

## **Delivery and Impact four years on: The Cheshire and Merseyside (C&M) Systems Approach to High Blood Pressure.**

### **Background**

The C&M BP Partnership Board oversees a programme of work to prevent, detect and manage high blood pressure (BP). Underpinned by a strategy launched in 2016. Accountability is to the C&M Directors of Public Health, the C&M Health and Care Partnership (STP), and organisations funding competitive awards. The NHS Long Term Plan, the launch of national ambitions for CVD prevention, and the CVD Prevention System Leadership Forum have played a key role in driving, shaping and supporting the work on BP.

Progress and outcomes at four years includes:

- **BP testing where people live and work:** Training, equipment, resources and BP kiosks enable community pharmacies, health trainers, voluntary sector, Fire and Rescue Services and workplace champions to deliver BP testing at scale outside of general practice to a locally agreed pathway.
- **Improving quality in general practice:** The locally developed BP Quality Improvement 'BPQI' package has generated interest with plans for roll out across 10 C&M CCGs (out of 12) by early 2020 (with IT support and bespoke education sessions).
- **Optimising community pharmacy roles:** Over half (>300) of C&M community pharmacies are engaged in BP testing for case finding and medicines optimisation. Eligible pharmacies receive NHSE remuneration, supporting sustainability.
- **Engaging to empower prevention:** National awareness-raising campaigns (e.g. 'Know Your Numbers!'), the Happy Hearts website and C&M Making Every Contact Count resources provide communities and professionals with consistent information, signposting and resources to empower prevention. A 'Prevention Pledge' for NHS Trusts is in development.
- A collaboratively funded public health consultant leads on high BP

### **Results**

- >16,000 additional BP patients diagnosed since 2015/16
- patients treated to <150/90mmHg has increased over the same period ~ 11,000
- unwarranted variation in BP outcomes between practices is falling.
- mortality from CHD has fallen from 45 per 100,000 (2013-15) to 43 per 100,000 (2015-17).

However, to achieve the national ambition (80% detection and 80% control to 140/90mmHg by 2029) 122,000 more patients need to be found and improved BP control in 100,000.

### **Conclusion**

If we are to achieve the national blood pressure ambitions this successful programme of work needs to be scaled up and sustained at 'Place' to achieve the national BP ambitions by 2029. The work continues.

For more information including the Cheshire and Merseyside Blood Pressure Annual Report 2019, see <http://www.champspublichealth.com> or contact Dr M Roche (BP Lead, PH Consultant Champs Support Team) [melanieroche@wirral.gov.uk](mailto:melanieroche@wirral.gov.uk)

### **External funding**

C&M directors of public health collaboratively fund the Champs Support Team and a lead PH consultant for high BP. C&M HCP provided funding for BP kiosks, community partner/pharmacy BP testing, the prevention pledge and to support BPQI roll out. HEE awarded education and training grant. BHF awarded C&M partners 2x consecutive awards for community BP testing pilots. In addition, much investment in the programme of work has been 'in kind' partnership working, e.g. British Heart Foundation, NICE, health partners in primary care, public health time.