

Hypertension Case Finding

Hypertension screening for 40-65 year old patients from Black Asian and Minority Ethnic population within the Primary Care Network (PCN)

Lionah Musengezi

Clinical Team Lead & Advanced Nurse Practitioner, Southend West Central PCN



Aim

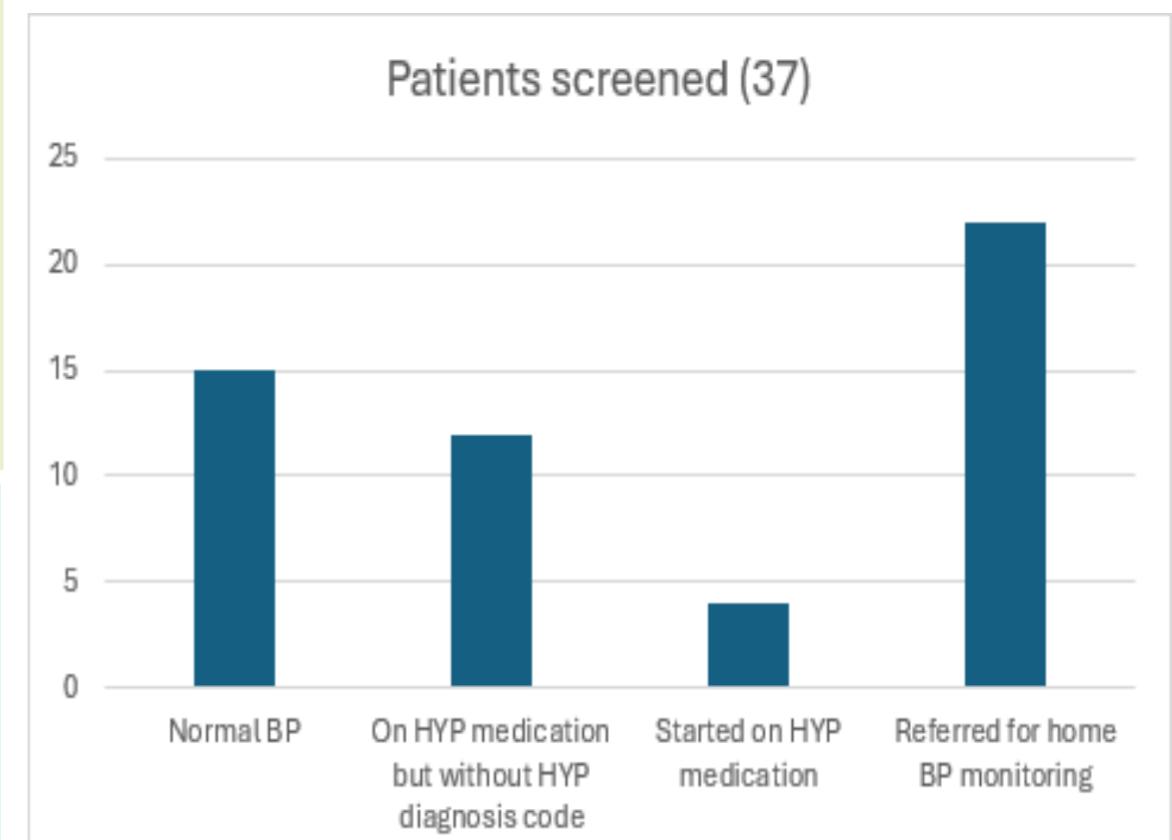
Invite all 40-65 year old ethnic minority patients who are not on the hypertension register but have at least one raised blood pressure (BP) in the last 3 months to at least 2 PCN outreach hypertension screening events and review those that attend by October 2025.

Method:

- Search conducted on SystmOne to identify patients who have had high blood pressure recorded in the last 3 months and are not on the hypertension register.
- Ethnicity data cleansing (only ethnic minority patients included).
- Planned outreach events.
- Patients invited to events for BP check via text message.

Summary of Results:

- 188 patients identified on SystmOne
- 37 patients (20%) attended one of the outreach events
- 15 patients had normal blood pressure
- 22 patients had elevated BP & were booked for further investigations
- 12 patients were already on BP medication but not coded correctly



Sustaining the Change

- Developing a standard operating procedure for identifying and inviting 40-65 year old ethnic minority patients with raised BP but no hypertension diagnosis.
- Train healthcare assistants, nurse associates, social prescribers and nurses to deliver opportunistic BP checks during all outreach events and practice-based events.
- Use community ambassadors to promote BP awareness and encourage follow-up attendance.

Learnings

- Data-driven targets.
- Community partnerships are essential.
- Integrating the process into routine PCN recalls will maintain long-term impact.
- Education empowers patients; providing clear BP information encouraged self-monitoring and follow up.
- Holding events in familiar, non-clinical settings reduced barriers and stigma.

Patient feedback

Convenient to get to. Lovely staff who listened and gave me great advice and education on blood pressure monitoring.

Staff feedback

The outreach event was well organised and provided an excellent opportunity to engage with the community.

Contact Details

@UCLPartners

@UCLPartners

@UCLPartners

UCLPartners
Health Innovation

uclpartners.com



**Boehringer
Ingelheim**

