



UCLPartners Proactive Care Framework:

Managing Hypertension and Cardiovascular Risk

The Challenge: COVID-19 disruption and historical lack of capacity in primary care



Real World Primary Care:

- Complexity, multimorbidity and time pressures
- Soaring demand and shifting priorities
- Winter pressures



Pandemic impact:

- Disruption of routine care in long term conditions
- Risk of poorer outcomes for patients and health inequalities
- An increase in health care demand



Historical challenge in long term condition care

- Late diagnosis, suboptimal treatment, unwarranted variation
- Lack of self management support
- Holistic care not always provided

UCLPartners Proactive Care: A framework to address critical challenges in primary care

Aim

To improve care and free up capacity

Objectives

1. Identify patients whose care needs optimising
2. Optimise care in clinical priority order, starting with those at highest risk
3. Standardise delivery of holistic proactive care by primary care teams including ARRS* roles
4. Support GPs to safely manage workflow and release capacity
 - Stratify and prioritise
 - Task shift to the wider team

Framework components

1. Systematic risk stratification tools
2. Resources to guide real world management of long-term conditions
3. Resources to support wider primary care team (including ARRS* roles) to deliver:
 - structured proactive care
 - structured support for education, self management and behaviour change

Atrial Fibrillation, Blood Pressure, Cholesterol, Chronic Kidney Disease, Non-Diabetic Hyperglycaemia, Diabetes

UCLPartners has developed [a series of frameworks](#) for local adaptation to support proactive management of long-term conditions in post-COVID primary care.

- Led by clinical team of GPs and pharmacists
- Supported by patient and public insight
- Working with local clinicians and training hubs to adapt and deliver

Core principles:

1. Virtual where appropriate
2. Mobilising and supporting the wider workforce (including Additional Role Reimbursement Scheme roles and other appropriately trained roles)
3. Step change in support for self-management
4. Digital innovation including apps for self management and technology for remote monitoring



UCLPartners Proactive Care Frameworks: Supporting primary care to do things differently ... at scale

Core Elements of the Frameworks:

- ✓ Stratification and prioritisation
- ✓ Greater use of ARRS* roles
- ✓ Support for self-management

- Significant national uptake
- 12,000 downloads of search tools
- Adopted into NHSE @home programme for LTC recovery (14 ICSs)
- National BP Optimisation programme (15 AHSNs – all ICSs)



AF, Blood Pressure, Cholesterol, Type 2 Diabetes, Asthma, COPD, Severe Mental Illness

“First time I have not felt dismissed or judged” – Patient feedback

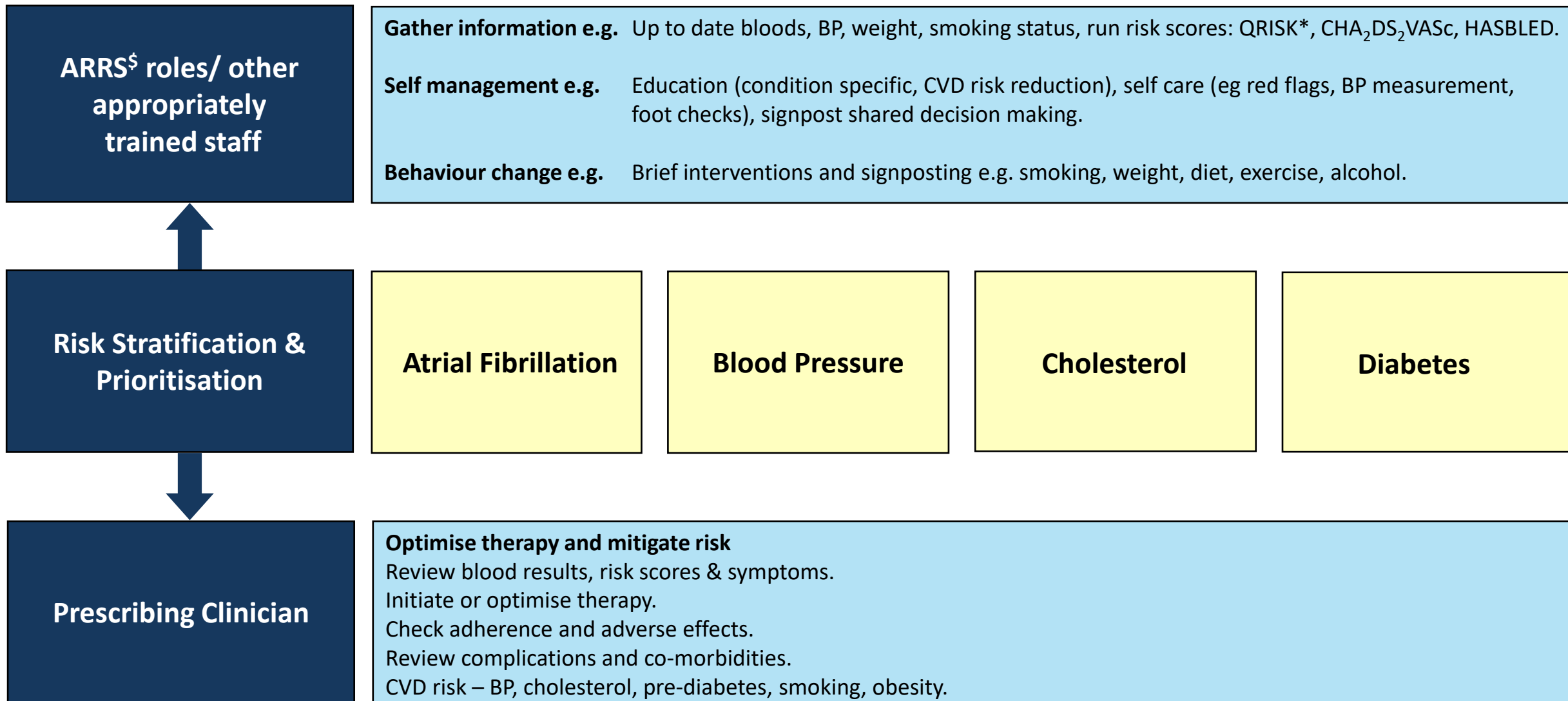
“... the stratification tools are wonderful...super-easy to upload and already in a few days making a difference to patient care and staff resilience in my PCN...”

Dr Hannah Morgan, Clinical Director Hayling Island & South Emsworth PCN

The UCLP Proactive Care Frameworks are a great resource for primary care that can help transform our approach to targeting health inequalities

Dr Bola Owolabi, Director Health Inequalities, NHS England

Cardiovascular Disease (CVD) Conditions – Stratification and Management



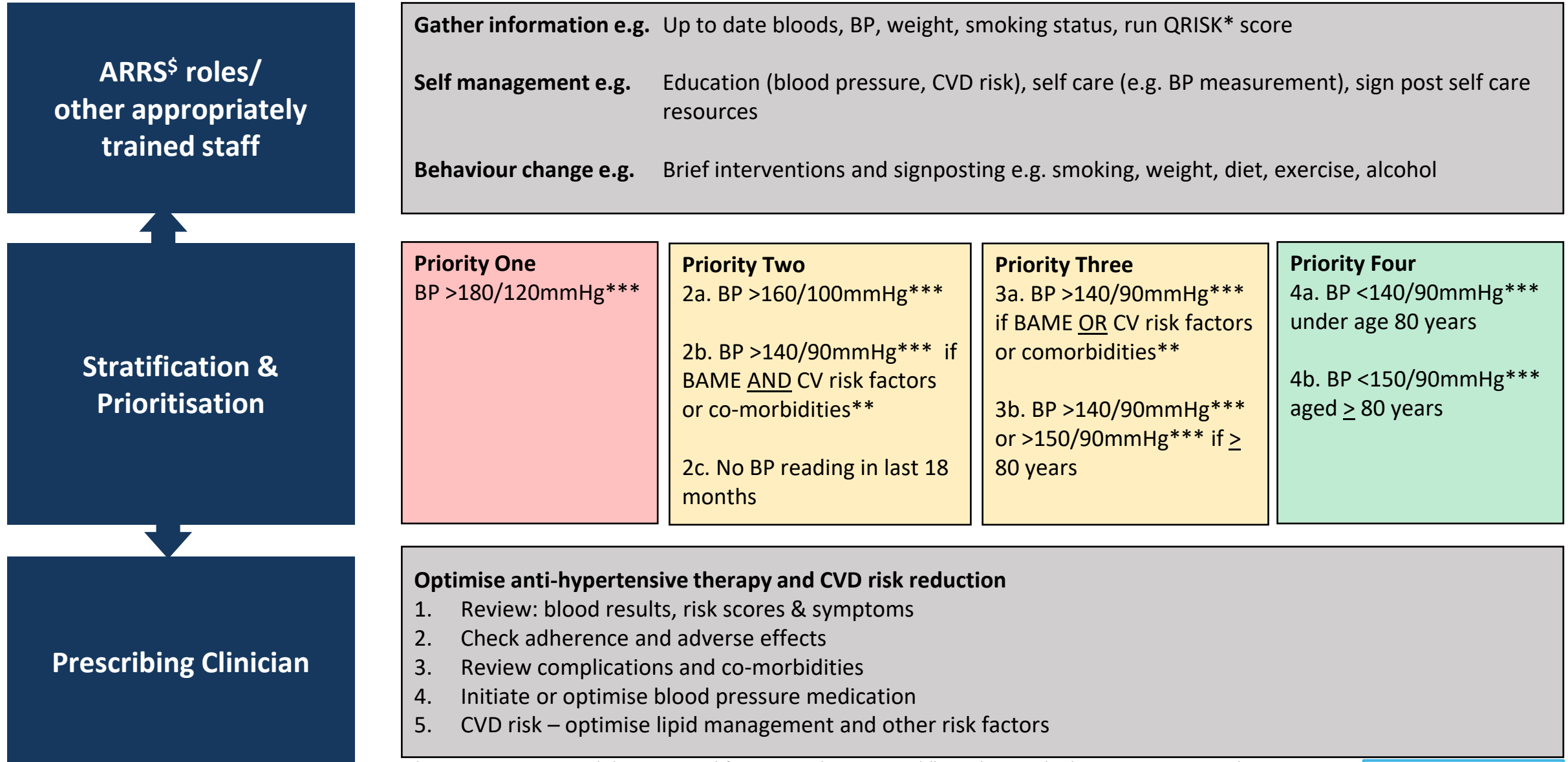
Why the Focus on Hypertension and Cardiovascular Risk

- Hypertension is the leading risk factor causing death worldwide
- In England, there are:
 - An estimated 3.3 million people with undetected hypertension
 - 2.2 million adults under 80 years old with diagnosed hypertension who are not achieving the clinic BP treatment target <140/90mmHg
- Delaying intervention for more than 6 weeks for people with hypertension leads to an increased risk of cardiovascular events
- Lowering blood pressure and reducing cardiovascular risk (1^o and 2^o prevention) is very effective at preventing heart attacks and strokes and premature death.
- The UCLPartners Hypertension Framework supports remote monitoring and management of hypertension, including control of blood pressure and lipid management.

1. The UCLP Hypertension Framework supports practices and PCNs with search and stratification tools, pathways, resources and training:
 - To prioritise patients – who do we need to see now and who can we safely phase for later review?
 - To determine who has home BP monitors and support patients to buy valid monitors and submit accurate readings
 - To use the wider workforce to support patient education, self management and lifestyle change
2. The UCLP Hypertension Framework will align with and support other local interventions for hypertension, e.g.:
 - Virtual group consultations to teach and check BP technique
 - Provision of free or loaned BP monitors to improve access
 - Targeting implementation to reduce health inequalities
 - Local quality improvement schemes for treatment optimisation

Stratification and Management of High Blood Pressure

Hypertension: stratification and management



- ** Co-morbidities / risk factors

- Established CVD (prior stroke/TIA, heart disease, peripheral arterial disease)
- Diabetes
- CKD 3 or more
- Obesity with BMI > 35

- ***Clinic vs Home BP readings

Clinic BP reading	Equivalent Home BP
BP = 180/120mmHg	BP = 170/115mmHg
BP = 160/100mmHg	BP = 150/95mmHg
BP = 150/90mmHg	BP = 145/85mmHg
BP = 140/90mmHg	BP = 135/85mmHg

Modification	Recommendation	Approximate Systolic Blood Pressure Reduction (mm Hg)**
Weight loss	Maintain normal body weight	5–20 per 10-kg weight loss
DASH-type diet*	Consume a diet rich in fruits, vegetables, and low-fat dairy products with reduced saturated and total fat	8–14
Reduced salt intake	Reduce daily dietary sodium intake	2–8
Physical activity	Regular aerobic physical activity (at least 30 min/day, most days of the week)	4–9
Moderation of alcohol intake	Limit consumption to 2 drinks/day in men and 1 drink/day in women and lighter-weight persons	2–4

*DASH, Dietary Approaches to Stop Hypertension. Effects of implementing these modifications are time and dose dependent and could be greater for some patients.

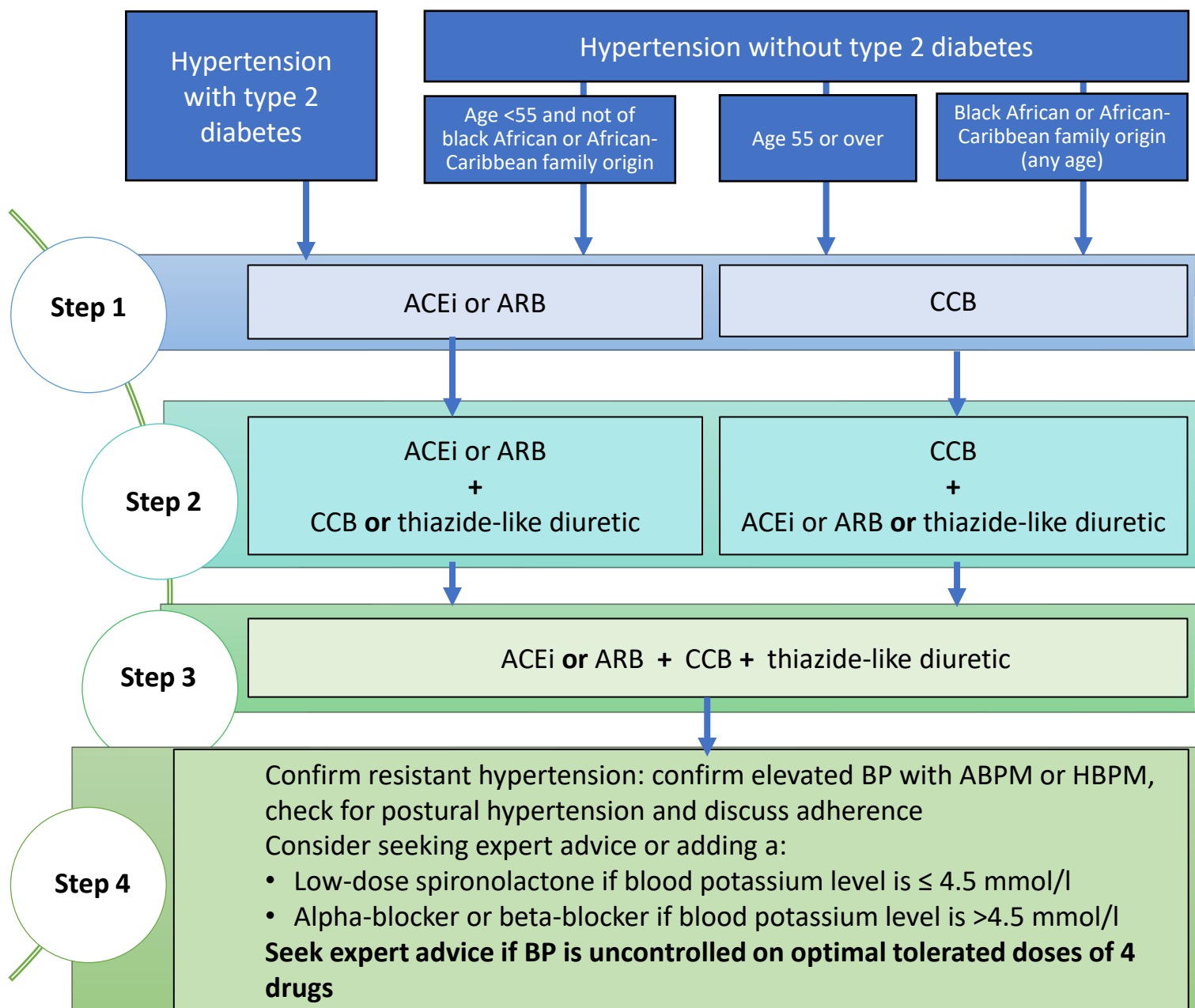
**Vooradi S, Mateti UV. A systemic review on lifestyle interventions to reduce blood pressure. J Health Res Rev [serial online] 2016 [cited 2021 Apr 27];3:1-5.

Available from: <https://www.jhrr.org/text.asp?2016/3/1/1/173558>

In monotherapy, most drugs achieve systolic BP reductions of ~ 10 to 15 mmHg

https://journals.lww.com/md-journal/Fulltext/2016/07260/Treatment_efficacy_of_anti_hypertensive_drugs_in.16.aspx

NICE Hypertension Treatment Pathway (NG136)



Use clinical judgement for people with frailty or multimorbidity

Offer lifestyle advice and continue to offer it periodically

Monitoring treatment

Use clinic BP to monitor treatment
 Measure standing and sitting BP in people with:

- Type 2 diabetes or
- Symptoms of postural hypotension or
- Aged 80 and over

Advise people who want to self monitor to use HBPM. Provide training and advice

Consider AMPM or HBPM, in addition to clinic BP, for people with white-coat effect or masked hypertension

BP targets

Reduce and maintain BP to the following targets:

Age <80 years:

- Clinic BP <140/90 mmHg
- ABPM/HBPM <135/85mmHg

Postural hypotension:

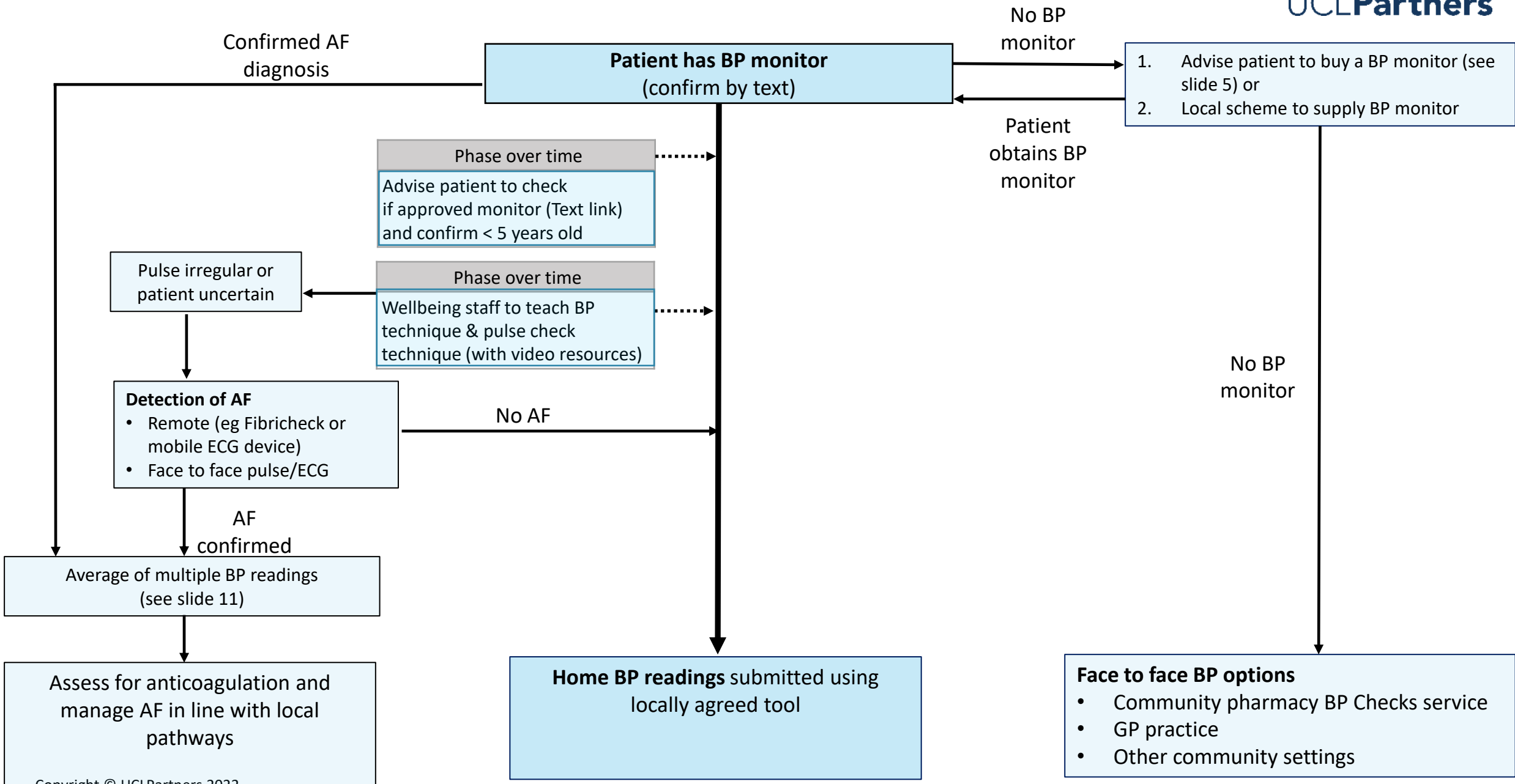
- Base target on standing BP

Frailty or multimorbidity:

- Use clinical judgement

Pathway adapted from NICE Guidelines (NG136) Visual Summary
<https://www.nice.org.uk/guidance/ng136/resources/visual-summary-pdf-6899919517>
 Abbreviations: ACEi: ACE inhibitor, ARB: Angiotensin II Receptor Blocker, CCB: Calcium Channel Blocker, ABPM: Ambulatory Blood Pressure Monitoring, HBPM: Home Blood Pressure Monitoring

Home Blood Pressure Monitoring Pathway



Management of Broader Cardiovascular Risk in Hypertension: Detecting Atrial Fibrillation (AF)

- Palpate pulse and if irregular or patient uncertain:
 - Assess for AF using ECG or [remote devices](#).
- If AF is confirmed, undertake stroke and bleeding risk assessment and anticoagulate as appropriate.
- Ensure following information is followed for an accurate blood pressure (BP) measurement:
 - Patients **without** AF:
 - Take 2 BP readings. If the values are more than 5mmHg apart, do a third BP reading and take an average of the lowest 2 BP readings.
 - Patients **with** AF:
 - Take blood pressure twice in the morning and twice in the evening for 4 consecutive days and then calculate an average of the values. (An average of 14 readings is required)

Please refer to UCLP AF pathway for detailed guidance:

https://s31836.pcdn.co/wp-content/uploads/Atrial-Fibrillation-Framework_UCLPartners-LTCs-April-2021-v2.0.pdf

Newly identified irregular heart rhythm in people with high blood pressure



- Fibrichck (needs smartphone) www.fibrichck.com/ and ask patient to monitor morning and evening for 7 days
- Utilise mobile ECG technology, if available e.g.:
 - Kardia by AliveCor (needs smartphone): www.alivecor.co.uk/kardiamobile
 - MyDiagnostick: www.mydiagnostick.com/
 - Zenicor: <https://zenicor.com/>

ACR - home urine testing

- Healthy.io <https://healthy.io/urinalysis-products/>

Management of Broader Cardiovascular Risk in Hypertension: Cholesterol

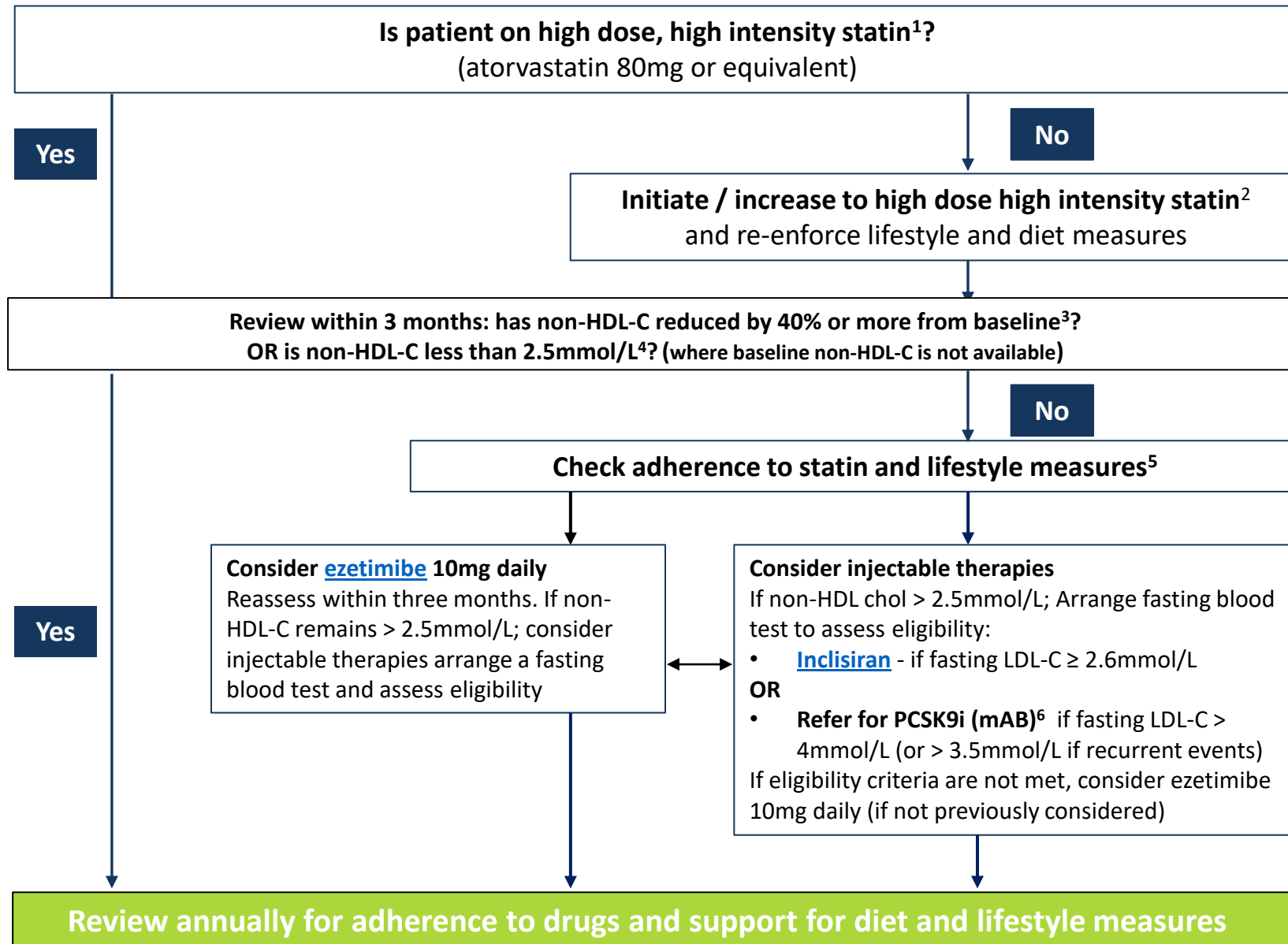
Managing High Cholesterol and Cardiovascular Risk in People with Hypertension

The following slides will help clinicians manage the broader cardiovascular risk in people with hypertension:

- **Pre-existing cardiovascular disease**
 - Optimise lifestyle
 - Use of high intensity statins at maximal appropriate dose
- **No pre-existing cardiovascular disease**
 - Optimise lifestyle and lipid lowering therapy as primary prevention in people with:
 - QRisk >10% in ten years
 - CKD 3-5
 - Type 1 Diabetes for >10 years or over age 40
- **All patients:**
 - Responding to possible statin intolerance
 - Managing muscle symptoms and abnormal LFTs in people taking statins
- **Please refer to UCLP lipid pathway for detailed guidance:**

https://s31836.pcdn.co/wp-content/uploads/Lipids-and-FH-Framework_UCLPartners-LTCs-April-2021-v4.1.pdf

Optimisation Pathway for Secondary Prevention

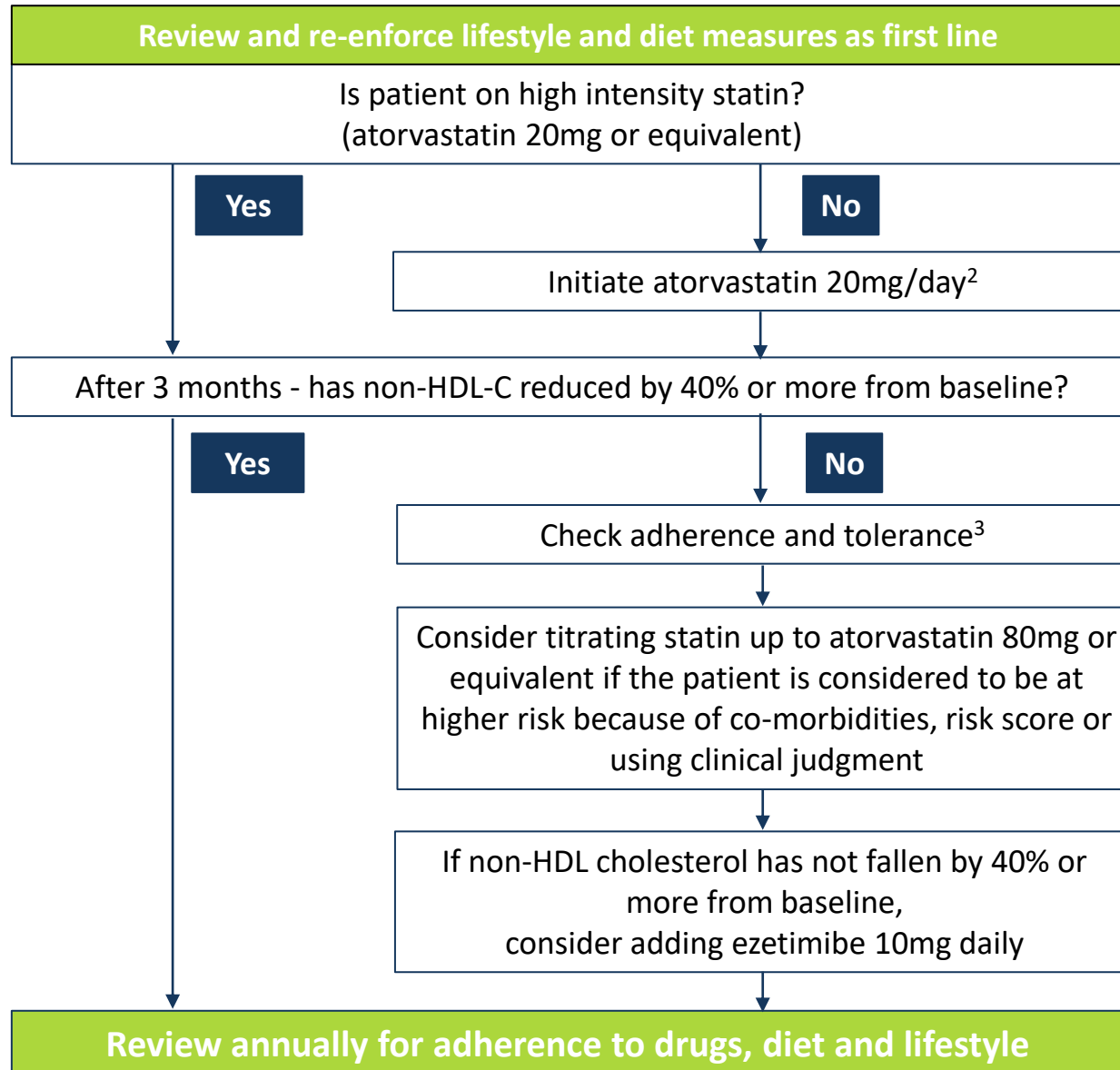


Optimal High Intensity Statin for secondary prevention
(High intensity statins are substantially more effective at preventing cardiovascular events than low/medium intensity statins)

Atorvastatin	80mg
Rosuvastatin	20mg

- Dose may be limited, for example if:
 - eGFR<30ml/min
 - Drug interactions
 - Intolerance
 - Older age / frailty
- See [statin intensity table](#). Use shared-decision making and incorporate patient preference in treatment and care decisions.
- [NICE CG181 CVD Risk Assessment and Reduction](#)
- [NICE approved Summary of National Guidance for Lipid Management](#)
- If statin not tolerated, follow [statin intolerance pathway](#) and consider [ezetimibe 10mg daily +/- bempedoic acid 180mg daily](#). If non HDL-C remains ≥ 2.5mmol/L despite other lipid lowering therapies consider injectable therapies.
- NICE Guidance: [Evolocumab](#), [Alirocumab](#)

Optimisation Pathway for Patients with High Cardiovascular Risk¹ – Primary Prevention



Optimal High Intensity statin for Primary Prevention
 (High intensity statins are substantially more effective at preventing cardiovascular events than low/medium intensity statins)

Atorvastatin 20mg

Rosuvastatin 10mg

1. High cardiovascular risk:
 - QRisk >10% in ten years
 - CKD 3-5
 - Type 1 Diabetes for >10 years or over age 40
2. See [statin intensity table](#). Use shared-decision making and incorporate patient preference in treatment and care decisions.
3. If statin not tolerated, follow [statin intolerance pathway](#) and consider [ezetimibe](#) 10mg daily +/- [bempedoic acid](#) 180mg daily

Important considerations

- Most adverse events attributed to statins are no more common than placebo*
- Stopping statin therapy is associated with an increased risk of major CV events. It is important not to label patients as 'statin intolerant' without structured assessment
- If a person is not able to tolerate a high-intensity statin, aim to treat with the maximum tolerated dose
- A statin at any dose reduces CVD risk – consider annual review for patients not taking statins to review cardiovascular risk and interventions

A structured approach to reported adverse effects of statins

1. Stop for 4-6 weeks.
2. If symptoms persist, they are unlikely to be due to statin
3. Restart and consider lower initial dose
4. If symptoms recur, consider trial with alternative statin
5. If symptoms persist, consider ezetimibe +/- [bempedoic acid](#)

*(Collins et al systematic review, Lancet 2016)

Resources



Validated devices

- A list of validated devices for home use can be found at: <https://giftshop.bhf.org.uk/health/blood-pressure-monitors>. Validated devices for home use are accurate for up to 5 years after purchase

(Hodgkinson JA et al. 2020 Accuracy of blood-pressure monitors owned by patients with hypertension (ACCU-RATE study): a cross-sectional, observational study in central England. BJGP 1 June 2020; bjgp20X710381. DOI: <https://doi.org/10.3399/bjgp20X710381>)



Considerations

- Upper arm blood pressure devices preferred
- Basic model (~£20) is suitable for most patients
- Ensure patient has the correct cuff size based on arm circumference
- Bluetooth connectivity allows automatic transfer of data into a patient held device. However few NHS services are able to interface with these data portals at this time and Bluetooth enabled devices are more expensive to purchase

Resources on high blood pressure and how to manage it:

- **British Heart Foundation** hub for managing blood pressure at home aimed at patients www.bhf.org.uk/bloodpressureathome
- **Stroke Association:** www.stroke.org.uk/what-is-stroke/are-you-at-risk-of-stroke/high-blood-pressure

Monitoring your blood pressure at home:

- [How to check your blood pressure using a blood pressure machine \(video\)](#)
- [Home Blood Pressure Monitoring Explained](#)
- [Step by step guide for patients on how to take BP](#)
- [Home monitoring diary for patients](#)
- [Validated BP monitors for home use](#)
- [How to choose a BP monitor](#)
- [Remote Blood Pressure Monitoring Video for Patients](#)

How to assess pulse rhythm at home

British Heart Foundation: [How to take your pulse video](#)

Heart Rhythm Alliance: [Know Your Pulse Factsheet](#), [What is an Arrhythmia?](#)

Diet

Heart UK: [Blood fats explained](#)

Providing information on healthy eating from the [NHS website](#)

Advice and guidance on losing weight including useful apps and healthy recipes on the [better health website](#)

[NHS advice on lowering cholesterol levels](#)

Smoking cessation

[NHS support](#), stop smoking aids, tools and practical tips

Exercise

[Getting active around the home](#): tips, advice and guidance on how to keep or get active in and around the home from Sport England

[Dance to health](#): Online dance programme especially tailored to people over 55 years old

Alcohol

[Heart UK alcohol guidance](#) & [NHS Drink Less guidance](#)

Implementation Support

Implementation Support is critical to enable sustainable and consistent spread. UCLPartners has developed a support package for the Integrated Care Systems within our geography covering the following components. Contact your local [Academic Health Science Network](#) to enquire about available support in your geography.

Search and stratify

Comprehensive search tools for EMIS and SystemOne to stratify patients

- Pre-recorded webinar as to how to use the searches.
- Online FAQs to troubleshoot challenges with delivery of the search tools.

Workforce training and support

Training tailored to each staff grouping (e.g. some ARRS* roles) and level of experience

- **Delivery:** Scripts provided as well as training on how to use these underpinned with motivational interviewing/health coaching training to enable adult-to-adult conversations.
- **Practical support:** [Recommended training](#) e.g. correct inhaler technique; correct BP technique, Very Brief Advice for smoking cessation, physical activity etc.
- **Digital implementation** support: how to get patients set up with appropriate digital.
- **Education** sessions on conditions.
- **Communities of Practice.**

Digital support tools

Digital resources to support remote management and self-management in each condition.

Implementation toolkits available where required, e.g. MyCOPD.

Support available from UCLP's commercial and innovation team for implementation.

Thank you

For more information please contact:

primarycare@uclpartners.com

www.uclpartners.com
[@uclpartners](#)

Version tracker

Version	Edition	Changes Made	Date amended	Review due
2	2.0	<ul style="list-style-type: none"> Incorporated lipid management content for patients with multi-morbidity Added lifestyle interventions for patient self-management Added statin intensity table for reference 		
3	3.0	<ul style="list-style-type: none"> Added option of bempedoic acid Amended slide on managing high cholesterol Amended slide on managing/detecting AF 	August 2021	February 2022
4	4.0	<ul style="list-style-type: none"> Included Inclisiran into lipid management pathway Updated priority groups Updated web links for resources 	July 2022	July 2023
5	5.0	<ul style="list-style-type: none"> Introduction slides updated HCA roles amended to ARRS roles Lipid pathway treatment targets updated to align with NICE and AAC guidance 	December 2022	December 2023