

Blood Pressure @Home

Hypertension service

Background

- High blood pressure is the largest single known risk factor for strokes and heart attacks. It affects one in four adults in England.
- Studies have shown that the white coat effect is real – where the thought of a clinician measuring your blood pressure may raise it further.

This can mean that blood pressure measurements taken by a doctor are fifty per cent less accurate than when taken at home.

- For those patients who are not taking readings at home, irregular, “one-off” testing may not identify any increase in blood pressure in such a timely way.

This could increase the risk of cardiovascular disease, increase A&E admissions and attendances, and create more GP appointments.



Solution

Inhealthcare’s home monitoring allows a clinician to monitor a patient’s blood pressure remotely.

Using a simple device provided by the NHS, patients record their blood pressure and heart rate readings on a twice-daily basis for four consecutive days.

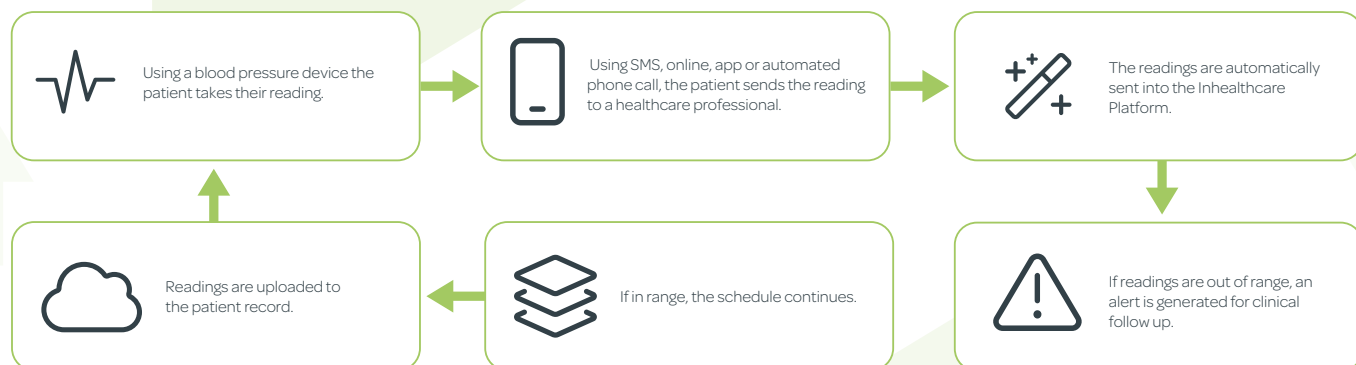
Patients submit these for clinical review in a way that suits them best, either by email, SMS text message, automated phone call, or via the Inhealthcare app, making the service fully inclusive.

Readings are automatically sent into the Inhealthcare Platform. The Platform analyses the readings, calculates averages, alerts healthcare professionals if thresholds are breached, and uploads readings onto GP systems.

Feedback and helpful information is sent to patients and asks them to test themselves again if necessary or contact their clinical teams of NHS 111.

The service allows patients to monitor their condition on an ongoing, long-term basis rather than as a one-off.

How the service works



Benefits

- Frequent monitoring identifies changes in a patient's health.
- The need for patients to attend GP appointments is reduced.
- Clinician can prioritise patients most in need of urgent care.
- Administrative work is reduced by automating tasks, enabling staff to concentrate on supporting patients.
- The service is digitally inclusive.
- An **NHS evaluation** of our Blood Pressure @Home service in Surrey Heartlands ICS, found that of the 2,100 patients from high-risk cohorts who engaged with the service between October 2021 and December 2022, nearly half are now being treated to target. This means they are providing green category readings for both systolic and diastolic blood pressure.
- **56%** of these achieved this through adopting lifestyle changes such as increasing exercise or changing their diet.

