

More than 5.5 million people in England have undiagnosed high blood pressure. Highly-accessible and embedded in rural and urban communities, pharmacy teams across the UK are ideally positioned to enhance awareness and understanding of high blood pressure.

In 2017, the Company Chemists' Association used a practice-based audit to help quantify the current contribution of community pharmacy teams in addressing high blood pressure, to determine what actions could have a greater impact.

221,091

interactions between pharmacy teams and patients relating to blood pressure

5,220
pharmacies

38%

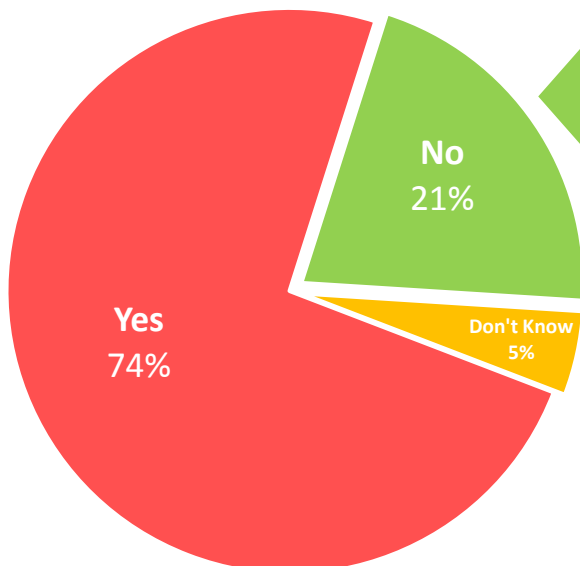
of community pharmacies in the UK represented in the sample

25%

of interactions involved providing healthy living advice.

59% of the interactions related to hypertension monitoring, support and management.

Patient already diagnosed with high blood pressure?



During the audit week, teams interacted with **19,393** people who had not been diagnosed with hypertension

This suggests that, every year, community pharmacy teams in the UK discuss blood pressure with over **2.5 million** people who have not been diagnosed with hypertension

69% of pharmacies had blood pressure monitors used in a face-to-face service. These monitors are crucial precursors to interactions about **prevention**, **medication** and **management** of hypertension.

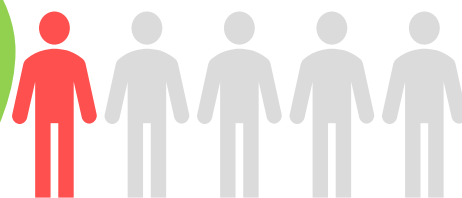
82% of pharmacies stocked blood pressure monitors for people to buy for personal use

48% of pharmacy teams were unaware whether their blood pressure monitors used in a face-to-face service were equipped to measure atrial fibrillation



1 in 3 patients had pre-high blood pressure

30,169
patients had their BP measured in the audit



1 in 5 patients had high blood pressure

The detection of **pre-high blood pressure** is a vital step in the **prevention** of hypertension.

9,102 patients were referred to their GP



Reflections & actions

Further commissioning of services

Ensuring all pharmacies have blood pressure monitors available for use by pharmacy teams as part of locally or nationally commissioned blood pressure measurement services.

Better digital referral pathways

Community pharmacy must be integral in the local public health and primary care workforce. Better data sharing between pharmacies and GPs will lead to effective follow-up appointments.

Increased atrial fibrillation detection

Encouraging pharmacy teams to undertake Continuing Professional Development (CPD) in blood pressure measurement/management and AF detection, would better equip them to support patients and discuss the risks associated with AF and hypertension.

More community pharmacist prescribing

Increasing the number of pharmacist independent prescribers actively using their skills to help hypertensive patients could reduce pressure on GP practices and other healthcare services.