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| **Service Specification No.**  | **5** |
| **Service** | **Knowsley Blood Pressure lifestyle referral scheme** |

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| **1. Population Needs**  |
| Cardiovascular Disease (CVD) is the biggest contributor to the gap in life expectancy in the Northwest of England and a leading cause of premature death and health inequalities in Cheshire and Merseyside (C&M). It is associated with deeply embedded inequalities, particularly in relation to deprivation, certain ethnic minority groups, other demographics (e.g., working age males) and underserved or vulnerable communities (e.g., those with severe mental illness).CVD is largely preventable through a healthy lifestyle and the early detection and control of keyrisk conditions; atrial fibrillation (AF), high blood pressure (hypertension, BP) and high cholesterol(the ‘ABC’ of CVD prevention). In Cheshire & Merseyside it is estimated that improved bloodpressure control alone could prevent around 1,500 additional heart attacks and strokes in C&M overthe next 3 years. It is for these compelling reasons that in Cheshire and Merseyside, we have a dedicated focus on CVD Prevention and that we are seeking to further advance on cardiovascular disease (CVD) which causes 1 in 4 deaths in England, and is a leading cause of morbidity, disability and health inequalities.The Covid-19 pandemic has added to the urgency of tackling CVD because CVD significantly increases the risk of severe disease and death from Covid-19. CVD is largely preventable and preventing and managing CVD and its risk factors has the potential to improve population health, reduce health inequalities and ease pressures on overstretched health and care systems by reducing demand for services. (*The Kings Fund 2023*)The National CVD Prevent Programme, a National Primary Care Audit in England –CVD Prevention aims to support the national strategic ambition to prevent 150,000 strokes, heart attacks & cases ofdementia in the next 10 years.For example, successfully optimising the diagnosis and treatment of high blood pressure in line withthe national Long-Term Plan ambitions would prevent 244 heart attacks in Cheshire and Merseyside.Nearly 300,000 people in Cheshire and Merseyside are estimated to have undiagnosed high blood pressure (Hypertension). In Knowsley it is estimated there is over 16,000 individuals who have undiagnosed hypertension. Hypertension is known as the silent killer as symptoms don’t always show and can lead to serious medical problems including heart attacks, stroke, heart failure, chronic kidney disease and vascular dementia. If resting blood pressures are between 120/80 mmHg and 139/89 mmHg it can be a sign of an insidious progression of blood pressure towards hypertensive levels (≥140/90 mmHg). Blood pressure that is the high side of normal is associated with increased cardiovascular risk and end organ damage compared with individuals who are normotensive. |
| **2. Intention of the Service: Key Service Outcomes** |
| An incentivised Blood Pressure Check referral scheme to lifestyle interventions for Community Pharmacies.The NHS Community Pharmacy Blood Pressure Check Service supports risk identification and prevention of cardiovascular disease (CVD).This service will:* identify people over the age of 40 who have previously not been diagnosed with hypertension (high blood pressure), and to refer those with suspected hypertension for appropriate management.
* promote healthy behaviours to service users and offer a referral into the Healthy Knowsley Service.
* refer people identified as likely to have high blood pressure to general practice, for ongoing care to manage their blood pressure.
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| **3. Service Pathway – Action flow chart** |
| The following is a flow chart of who you could be referring to the Healthy Knowsley Service, and the process required to do this through Pharmoutcomes:*\*\*Please note that this service is for individuals who are either a Knowsley resident or have a Knowsley GP.* *Individuals who are above the 139/89 mmHg threshold may still want and greatly benefit from a Healthy Knowsley Service referral, and this is welcomed, however this referral will be made following consultation with their GP.***Payments** **A payment of £5.00 will be made for each lifestyle referral made - paid monthly via PharmOutcomes** |
| **4. Applicable Service Standards** |
| The service must adhere to best practice which includes:[Diagnosis | Diagnosis | Hypertension | CKS | NICE](https://cks.nice.org.uk/topics/hypertension/diagnosis/diagnosis/) Blood pressure testing outside of general practice - Case study - GOV.UK (www.gov.uk) |