

# Your NHS blood pressure check

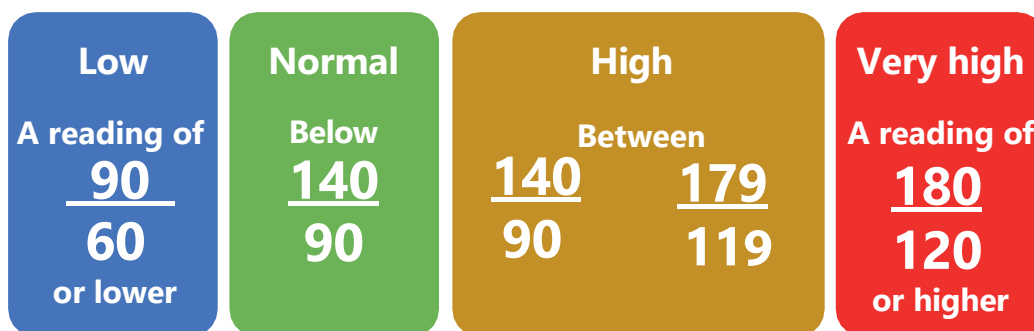
Thank you for having your blood pressure checked at the pharmacy.

## Why get your blood pressure checked?

- High blood pressure, also called hypertension, is a condition which can be controlled to reduce your risk of a heart attack, stroke or other cardiovascular disease.
- In the UK there are about five million adults (one in every nine) who have high blood pressure without even knowing it, since high blood pressure itself rarely causes symptoms.
- The British Heart Foundation estimates that high blood pressure causes over 50% of heart attacks and strokes.

## High blood pressure – know your numbers

Blood pressure is the force of your blood moving against the walls of your arteries. It is expressed as two numbers, one above the other:



Your blood pressure reading:

\_\_\_\_\_

Date:

**For general healthy living and high blood pressure information visit:**

[www.nhs.uk/conditions/high-blood-pressure-hypertension/](http://www.nhs.uk/conditions/high-blood-pressure-hypertension/)

[www.bloodpressureuk.org/](http://www.bloodpressureuk.org/)

[www.bhf.org.uk/information-support/risk-factors](http://www.bhf.org.uk/information-support/risk-factors)



## Background to the service

As set out in the NHS Long Term Plan, there is now a national focus on preventing disease. This focus is a vital part of the strategy for managing demand on NHS services, maximising the efficient use of NHS resources and improving population health.

The commissioning of a new community pharmacy service - **the NHS blood pressure service** - is part of this strategy and is **free of charge to people aged 40 and over**.

## What are the benefits of this service?

According to recent estimates, there are around **5 million undiagnosed cases of high blood pressure** in England.

Over **8,000** pharmacies have signed up to provide the service to date, and pharmacists have completed over **395,000** clinic blood pressure checks and over **18,000** ambulatory blood pressure monitoring checks. By investing further in this service and extending it, community pharmacies can do more to identify those 5 million undiagnosed cases.

This initiative is part of NHS England's **Core20PLUS5** approach, which supports the reduction of health inequalities by targeting the most deprived **20%** of the population (**plus** other disadvantaged groups) by focusing on **5** clinical areas, of which hypertension case-finding is one.

Community pharmacies are the most accessible healthcare resource. They can be accessed without the need for an appointment and the public visit pharmacies frequently.

## What can you do to help?

There are a number of supportive actions parliamentarians can take to support community pharmacies

- **Become a pharmacy champion in parliament by supporting PSNC's four point action plan** and our call for a Pharmacy First programme to be adopted in England.
- **Contact your Local Pharmaceutical Committee** to hear first-hand the current situation faced by community pharmacists in your constituency.
- **Arrange a visit to a pharmacy in your constituency** - either through your LPC, or by contacting the PSNC via **commsteam@psnc.org.uk**. You can then discuss these issues with them and their parents, to find out more about the vital role that pharmacies in supporting good health in your communities.

## Thank you for your support

A wide range of resources, including further information about the Pharmacy First approach and PSNC's four point action plan is available.

Scan the QR code or for further support

Contact us on **commsteam@psnc.org.uk**

