

## Cheshire & Merseyside Blood Pressure Annual Report 2018

### Warrington Council Case Studies

More than 23,000 people in Warrington have high blood pressure and don't know it. Raising awareness amongst the population is one of Warrington's local priorities so were delighted to be involved in the development and piloting of digital technologies. Through 2017/18 Warrington worked with two providers to pilot the use of technology to raise population-level awareness of hypertension, increase detection and improve the diagnostic pathway for suspected hypertensives.

#### 1. Wellpoint Health Kiosk

In October 2017 Warrington launched the Wellpoint Health Kiosk. The kiosk offers users the ability to check their blood pressure, find out their heart age, BMI and body fat composition. It provides appropriate guidance depending on the reading, and offers advice on healthy lifestyles.



By the end of March the kiosk had been in 6 locations around Warrington. 1,420 new people had used the health kiosk. Of these, 27% (356) people were found to have high blood pressure. 67% of people were overweight or obese and almost 45% had a heart age older than their actual age. 89% of users felt that the kiosk had enhanced their knowledge of how to improve their health.

#### 2. Digital innovation in general practice

Warrington worked with DXS International to develop the use of a mobile app to support the diagnosis of suspected hypertensives. Using home monitoring and automated alerts, this project seeks to optimise local pathways, support quality improvement in primary care and promote self-care. This is still in the early pilot stages, but the potential benefits are substantial both to patients and primary care.

Both projects will continue through 2018/19. Full evaluation is planned, and the next steps are to explore how the two strands can be linked to ensure potential is maximised, and embed the work to ensure sustainability.