

Cheshire & Merseyside Blood Pressure Annual Report 2018

Welcome to the Saving Lives: Reducing the pressure Annual Report 2018

Welcome to the Annual Report for the '*Saving Lives: Reducing the pressure*' strategy for 2018. Thanks to the fantastic dedication and support from partners across the sub-region it has been another successful year tackling high blood pressure (BP) throughout Cheshire & Merseyside, thank you!

High BP remains a national and local priority. Nationally, high BP and CVD prevention feature in the new NHS Long Term Plan and the CVD System Leadership Forum (CVD SLF) plans to launch a set of CVD prevention ambitions in February 2019 (including for high BP detection and management).

With nearly 650,000 people thought to be affected locally, and many thousands of those affected either not identified or adequately controlled, high BP is established as one of the C&M Health and Care Partnership Prevention priorities so we can improve care, health outcomes and system sustainability.

This year's annual report takes on a new format, guiding you online through our 2018 journey. The sections take you through a summary of progress with key strategic work-streams ('2018: A Productive Year'), then gives an overview of the impact on outcomes so far ('Demonstrating impact').

But our journey is not over, and there is still much work to be done; the 'Moving Forwards' section outlines the BP Board's updated delivery plan for 2018-2020, reflecting and responding to new structures, opportunities and challenges across the system. We wouldn't be where we are now if it wasn't for the hard work of local partners. The final section, 'Local Case Studies,' gives just a few examples of projects and learning from across Cheshire and Merseyside relating to the prevention, detection and management of high BP.

Community empowerment is a crucial element in preventing and tackling high BP. A number of work streams including the awareness-raising campaign 'Know Your Numbers', the new Cheshire and Merseyside public-facing Happy Hearts website, and sub-regional progress with Making Every Contact Count are all helping us to drive a shift towards prevention and self-care.

Detection of the 260,000 people across Cheshire and Merseyside estimated to have undiagnosed high BP is a priority, and short term outcome measures around detection demonstrate encouraging progress so far. C&M is the only sub-region to have been successful in two subsequent rounds of bids to British Heart Foundation for community BP testing pilots, enabling over 6,000 BP checks so far to be delivered in less than 12 months by community partners such as Fire and Rescue staff, Healthy Living Pharmacies, Health Trainers and kiosks.

The second pilot phase focuses on BP testing opportunities within work place settings across all nine C&M local authorities, contributing not only to population health but also a healthier workforce and local economy.

Community pharmacies are ideally placed to play a central role in BP prevention, detection and management, and this year we have seen all three roles develop through the Healthy Living Pharmacy programme, the BHF BP testing pilots, and the development of a new

contract to support remuneration of BP testing for case-finding and medicines optimisation services, due to go live early in 2019.

If **Management** of high blood pressure in C&M patients known to general practice is optimised, over 3 years it is estimated we could avert 460 heart attacks and 680 strokes, improving patient lives and saving nearly £13m.

C&M partners in health, public health, arms-length body and the voluntary sector have co-developed a high blood pressure quality improvement support package for general practices with a nursing focus. The package has been demonstrated to be effective and popular with early adopting practices, and plans are being developed with NHS England (C&M) to support roll out across C&M in 2019.

The Cheshire and Merseyside Blood Pressure programme of work has been shared at a number of national and regional events over the last year, and the sub-region retains strong links with the national CVD SLF.

We hope you enjoy the 2018 annual report and would like to take this opportunity to thank all of the partners who have contributed towards this work over the last year. We look forward to continuing making excellent progress as we move forward!



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