**Know Your Numbers Resources and Support for September 2022**

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|  | **Resources and Support** |
| **Know Your Numbers! campaign** | [**Blood Pressure UKs Know Your Numbers!**](https://www.bloodpressureuk.org/know-your-numbers/)is the nation’s biggest blood pressure testing and awareness-raising campaign. **Dates: 5th -11th Sept 2022** (but many areas promote throughout September)Register via the above link for info on BPUK resources on offer, T&Cs, benefits of taking partThis year's BPUK KYN themes focus on home BP monitoring and BP testing in friends, family, colleagues & community settings. |
| **Social Media** | **Facebook & Instagram: C&M Happy Hearts social media campaign** continues to run across C&M from Liverpool Heart and Chest Facebook account, targeted towards areas with high levels of deprivation and postcodes with high % ethnic minority populations. Themes include healthy behaviours, ‘ABC’, home BP monitoring and seeking help. These will be adapted during September to support KYN campaign. |
| **KYN Communications toolkit:** Nearer September, the Champs Support Team will share a simple KYN communications toolkit to support local PH/ comms teams, including suggested tweets etc |
| **Social media resources** via [Happy hearts toolkit](https://www.happy-hearts.co.uk/professionals/happy-hearts-resources) includes **animations** suitable for inclusion in local social media on health an wellbeing, AF/ BP/cholesterol, home BP monitoring and heart attack/stroke symptoms. |
| **Community BP testing & events** | **Digitally available C&M resources** • [Public facing **Happy Hearts High Blood Pressure webpage**](https://www.happy-hearts.co.uk/blood-pressure)**:** Includes a [BHF video on how to measure BP at home](https://www.google.co.uk/search?q=BHF+video+how+to+take+your+blood+pressure&source=hp&ei=Q5GwYsOSH56VhbIP9PmdwAs&iflsig=AJiK0e8AAAAAYrCfU6DocUzTk7jrAPfdHizS4ddDwnB3&ved=0ahUKEwiDwLGkq7z4AhWeSkEAHfR8B7gQ4dUDCAk&uact=5&oq=BHF+video+how+to+take+yo), translated resources and other top tips. www.happy-hearts.co.uk/blood-pressure• Professional facing webpage with [**Happy Hearts resources to support community BP testing**](https://www.happy-hearts.co.uk/professionals/happy-hearts-resources)**:** includes links to BP testing guidelines, A5 'traffic light' chart and more:o [**Guideline for BP testing in the community** (outside of general practice) V2](https://www.happy-hearts.co.uk/media/Professionals/Documents/Blood%20Pressure/Job_000762_BP%20Guidelines%20FINAL.pdf)o [**A5 'Know your Blood Pressure' chart**](https://www.happy-hearts.co.uk/media/Professionals/Documents/Blood%20Pressure/Blood%20Pressure%20Card%20AW%20final%20web%20version.pdf)* [**A5 CVD prevention leaflet**](https://www.happy-hearts.co.uk/media/pdf/HH%20Leafter%20A5%20with%20NHS%20logo.pdf)(double sided) and [**A4 CVD prevention poster**](https://www.happy-hearts.co.uk/media/pdf/HH%20Poster%20with%20NHS%20logo.pdf)(single sided)
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| **FREE hard copy C&M resources to support BP testing** (please contact hannahsharp@wirral.gov.uk with queries/ requests)• Community BP testing guidelines (as above)• A5 'traffic light' chart (as above)• Z cards   |
| * A5/A4 CVD prevention leaflet and poster
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| **Blood Pressure kiosk**• Opportunity for C&M PH teams to host a funded kiosk for approximately 6 months from start Sept ‘22, in time for KYN week. • PH teams to determine the community locations and can factor in moves during the rental period. • Details re simple expressions of interest process out shortly.Resources such as pop up stands also available to accompany kiosk |
| **Training** support for non-clinical community BP champions- TBC shortly |
| **Innovation Agency Heart Heroes**• The Innovation Agency Heart Heroes are trained volunteers, led by the patient and public involvement team and can support local health promotion teams with public events where they can take blood pressure and pulse readings and also discuss cholesterol.• The Heroes will raise awareness of ‘ABC’ (atrial fibrillation, high blood pressure and cholesterol) and discuss issues with event attendees, signposting as needed• Local teams interested in exploring if the Heart Heroes could support a community BP testing event, please contact Debbie.parkinson@innovationagencynwc.nhs.uk  |
| **Translated and easy to read resources** | Available digitally via [Happy hearts public BP webpage](https://www.happy-hearts.co.uk/blood-pressure): * [BP information translated into multiple languages](https://medlineplus.gov/languages/highbloodpressure.html) (Medline Plus)
* [Translated patient information about high BP](http://www.bloodpressureuk.org/resources/publications/translated-blood-pressure-information/) (BPUK)
* [Understanding blood pressure (Welsh)](https://www.bhf.org.uk/informationsupport/publications/heart-conditions/understanding-blood-pressure-welsh) (BHF)
* 2 minute videos on the benefits of remote blood pressure monitoring in [English](https://www.youtube.com/watch?v=edKbuoZPNyg&list=PLUQr-7EYOp6SvE7xnzX82i8nfzENBUGy4&index=1), [Bengali](https://www.youtube.com/watch?v=NF0GQZwQxco&list=PLUQr-7EYOp6SvE7xnzX82i8nfzENBUGy4&index=2), [Gujarati](https://www.youtube.com/watch?v=wk7nAheX99s&list=PLUQr-7EYOp6SvE7xnzX82i8nfzENBUGy4&index=6), [Polish](https://www.youtube.com/watch?v=T9Zm_v-PkWU&list=PLUQr-7EYOp6SvE7xnzX82i8nfzENBUGy4&index=7), [Punjabi](https://www.youtube.com/watch?v=15mhWacxFVs&list=PLUQr-7EYOp6SvE7xnzX82i8nfzENBUGy4&index=3), [Somali](https://www.youtube.com/watch?v=gZ0vpVlqjxE&list=PLUQr-7EYOp6SvE7xnzX82i8nfzENBUGy4&index=5), [Urdu](https://www.youtube.com/watch?v=ka415KQRpso&list=PLUQr-7EYOp6SvE7xnzX82i8nfzENBUGy4&index=4) (NHSx & UCLPartners)
* [Easy to read BP check leaflet](https://www.cwp.nhs.uk/application/files/8416/5640/5458/Blood-pressure-checks-Easy_Read.pdf)(Cheshire and Wirral Partnership)
* [Easy to read BP leaflet](https://www.cwp.nhs.uk/application/files/8816/5640/5461/Blood-pressure-Easy_Read.pdf) (Cheshire and Wirral Partnership)
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| **Home blood pressure monitoring** | **C&M BP@home programme and resources**The C&M BP steering group is leading on implementation of BP@home (the national home blood pressure monitoring programme), with the Innovation Agency and Digital First in Primary Care programme playing key roles in implementation across C&M. • Home Blood Pressure Monitoring resource packs for Primary Care Networks/practices, patients and pharmacies are available via the Happy Hearts website here: [Home Blood Pressure Monitoring resource packs](https://www.happy-hearts.co.uk/professionals/blood-pressure/professional-resources-and-materials)  |
| For more information on how you can link in to and support BP@home in your area contact Jane.Briers@innovationagencynwc.nhs.uk |