



Community Blood Pressure Screening Tool: A Training Resource

Contents

Selection		Page number
1.	<u>How to navigate this document</u>	3
2.	<u>About Hypertension</u> <ul style="list-style-type: none">• Hypertension & its impacts• Hypertension prevalence in underserved South East London communities• Improving hypertension outcomes in underserved South East London communities	4 - 7
3.	<u>Project background</u> <ul style="list-style-type: none">• Why focus on underserved communities?• What is unique about this approach?• The purpose of this training resource	8 - 11
4.	<u>Steps to Deliver the Screening Tool</u> <ul style="list-style-type: none">• Building trust and rapport in blood pressure testing• Steps 1 - 5	12 - 21
5.	<u>What We Learned</u> <ul style="list-style-type: none">• Recommendations for future implementations• Collaboration and stakeholder engagement	22 - 25
6.	<u>Local Support Resources</u>	26 - 27
7.	<u>Acknowledgements</u>	28 - 30
8.	<u>Appendix</u>	31 - 77

How to navigate this document

This training resource is designed for ease of use and to allow you to access summary information but also deep dive into specific areas should you desire more detail. Interactive buttons and links provide a two-way navigation system (forward to details, back to main content) to allow you to easily explore detailed information while maintaining their place in the main document flow.

Interactive buttons and links

- Throughout the main content, you'll find clickable buttons and links marked with "Click here". These come in two types:
 - **External links:** Takes you to relevant websites for additional resources (e.g., NHS websites, local support services)
 - **Internal navigation links:** Takes you to related content within the document's appendix. At the bottom of each appendix page, you'll find a "Return to previous location" button. This button allows you to jump back to exactly where you were in the main content.

Supporting materials

- For each step in the screening process, there are two types of supporting documents. Both can be accessed via buttons and include return navigation:
 - "Script" - Provides illustrative wording to use
 - "Rationale" - Explains why certain approaches are recommended





About Hypertension

Hypertension & its impacts

What is hypertension?

Hypertension, or high blood pressure, occurs when the force of blood against your artery walls is consistently too high and over time this can cause damage. Blood pressure is measured in **millimetres of mercury (mmHg)**. It tells us how strong someone's blood is pushing against their artery walls.

Impacts of hypertension

If untreated, high blood pressure can cause

- Heart attacks
- Strokes
- Heart failure
- Kidney disease
- Memory loss or dementia

Why it matters

Managing blood pressure through lifestyle changes and medication can reduce the risk of these health conditions. Regular screening is recommended, especially for those over 40 or in high-risk groups.

[Click here to find out more about Hypertension & its impacts from the NHS](#)

Hypertension prevalence in underserved South East London communities

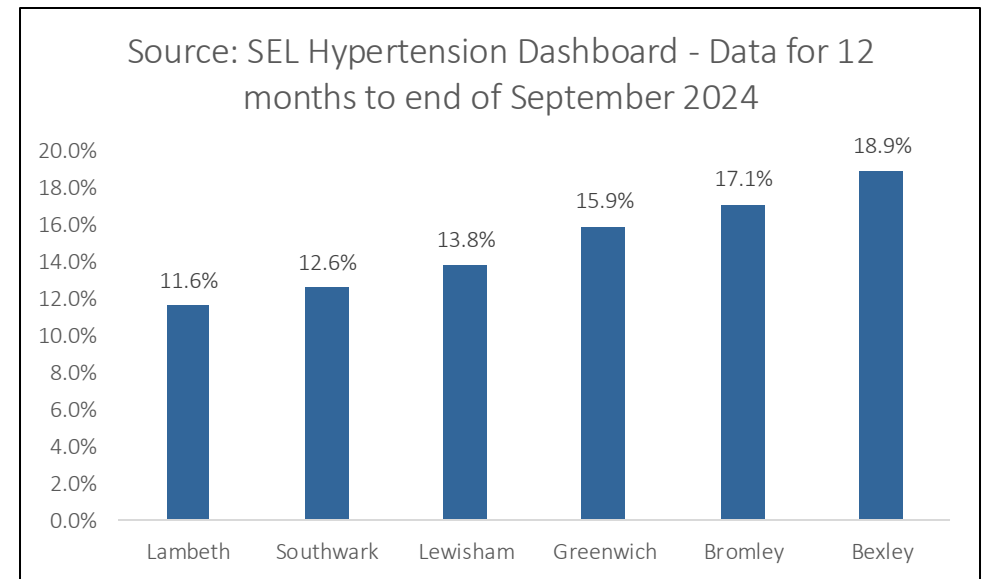
Across South East London, about **15% of adults** are known to have high blood pressure. Looking at different areas:

- In **Lambeth** and **Southwark**, around **12%** of adults have recorded high blood pressure
- In **Lewisham** and **Greenwich**, this rises to **14-16%** of adults
- In **Bromley** and **Bexley**, about **17-19%** of adults have recorded high blood pressure

However, many more people might have high blood pressure without knowing it, as they haven't had a recent check. The differences between the various areas could be due to:

- Different age groups living in different areas (areas with older residents, like Bromley and Bexley, tend to show higher numbers)
- How well high blood pressure is being found and recorded in different communities.

This is why regular blood pressure checks are so important for everyone!



Improving hypertension outcomes in underserved South East London communities

Hypertension remains a significant health challenge in our communities. Early detection and effective management of high blood pressure enables individuals to live healthier, longer lives by reducing their risk of strokes, heart attacks, and other health problems.

If 80% of people with hypertension maintained optimal blood pressure control, substantial health benefits could be achieved within a year.

If 80% of patients in South East London with hypertension had optimal blood pressure control, in one year it could prevent:

**203
Heart Attacks**

**303
Strokes**

**162
Deaths**

Source: CESEL Guide

[Click here for the CESEL Guidance](#)





Project background

Background

The **Hypertension Inequalities Project** was developed and commissioned by a collaboration between **King's Health Partners, Health Innovation Network, South London Operational Delivery Network** and **Clinical Effectiveness South East London**, with funding from **NHSE Inequalities funding**. It aimed to address the challenge of undiagnosed hypertension by developing a community-based blood pressure (BP) screening tool. The tool was co-developed by **community members** and **healthcare professionals** from South East London (SEL) and integrates principles of **behavioural science** and **feedback from community members** to ensure its relevance and accessibility ([Click here to see the final 2023 project report on developing the blood pressure screening tool.](#)) This work is part of a [wider programme of hypertension-related activity across South East London](#).

This tool was created to equip healthcare professionals and community members with the skills and knowledge to deliver effective, **culturally sensitive blood pressure checks**. Its development aimed to promote **early detection**, provide **health education**, and encourage **preventative care** within **underserved communities most affected by health inequalities**. The tool was piloted by **teams of community members and healthcare professionals** in **community locations** as well as two Lewisham general practices in 2023. Please refer to pages 22-25 to read key lessons learned for successful implementation of this protocol, including **ensuring that participating clinicians have appropriate indemnity insurance for working in the community/outside of practice premises**.

SEL health inequalities

Why focus on underserved communities?

Many underserved populations face significant barriers to accessing traditional healthcare. They face barriers like mistrust, lack of access, and language differences, leading to undiagnosed hypertension and increased health risks. Providing support to these communities helps reduce inequalities and promotes early intervention. Specifically, the tool is aimed at those diagnosed with or at risk of hypertension, but not regularly engaging with healthcare professionals. We specifically focused on:

- Racially marginalised and minoritised communities (Black African, Black Caribbean, South Asian)
- People living in poverty

What is unique about this approach?

A key element of this innovative approach is the collaboration between healthcare professionals & community members in the delivery of the tool. Healthcare professionals ensure accurate testing and follow-up, while community members provide cultural sensitivity and trust. Together, they deliver a more effective and culturally appropriate service.

“

Being part of this initiative has helped me realise the importance of looking out for each other's health in our community. People felt comfortable opening up, and many wouldn't have checked their blood pressure if not for the support of familiar faces – Community Member

”

The purpose of this training resource

The resource is designed to equip **both healthcare professionals and community members** with the skills **to co-deliver community-based blood pressure testing**, to enable a **more inclusive approach to blood pressure screening**. This includes:

- **Healthcare professionals** (e.g., GPs, nurses, healthcare assistants) who want to enhance their community engagement skills.
- **Community leaders and volunteers**, trusted by their local populations, who play a key role in encouraging participation.
- **Public health organisations and primary care networks (PCNs)** looking to address **health inequalities** through community-based health interventions.

We hope this resource will help:

- Bring blood pressure checks to more places in the community, outside of general practice clinics, community pharmacies (and hospitals), leading to **wider implementation**.
- **Early detection** of high blood pressure in communities that don't often visit the doctor, and giving them better access to care.
- **Build lasting partnerships** between healthcare workers and local communities, helping public health efforts reach more people.

[Click here to find out more about the governance underpinning this resource](#)



Steps to deliver the screening tool

Building trust and rapport in blood pressure testing

Click on the techniques below to learn more:

[Start with personalised engagement](#)

[Provide jargon-free explanations](#)

[Respect cultural beliefs and practices](#)

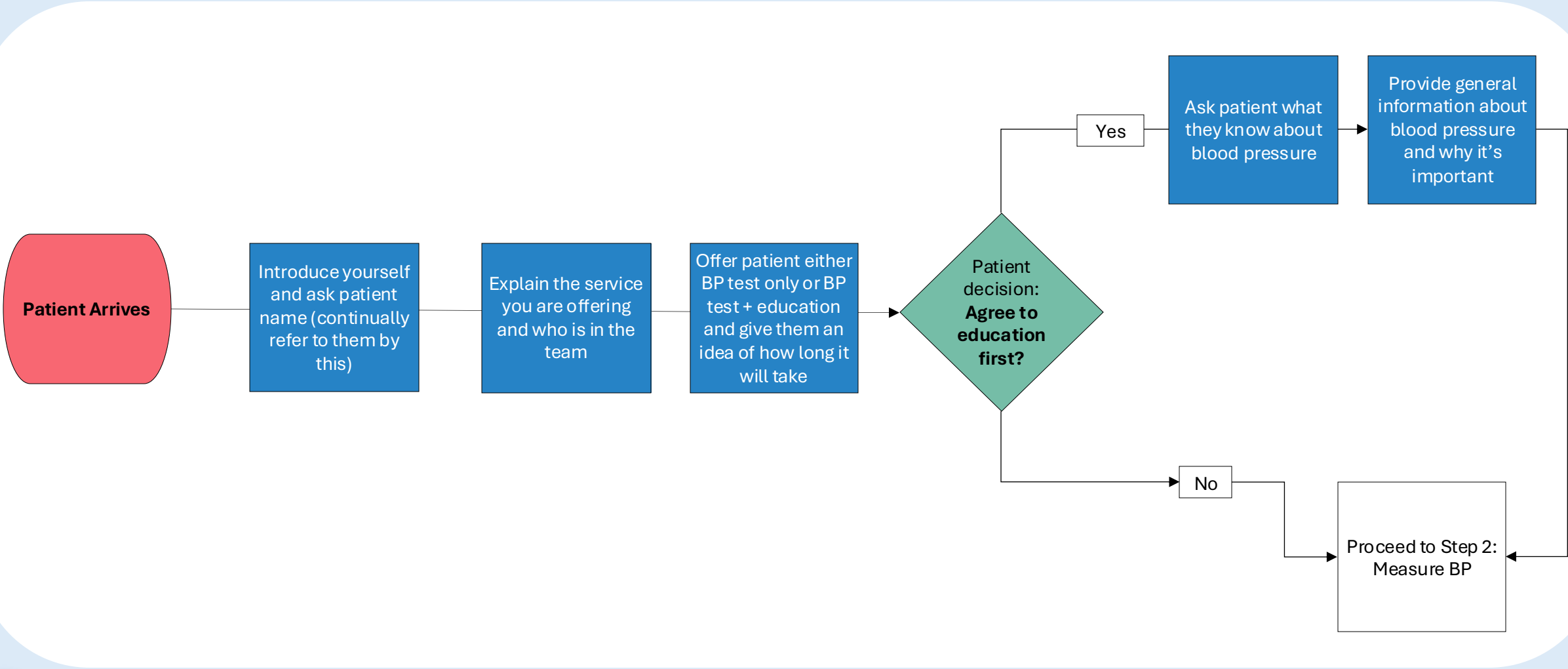
[Use empathy to build rapport](#)

[Empower participants with autonomy](#)

[Address historical trust issues transparently](#)

[Click here for guidelines for effective communication](#)

Step 1: Invite to service and obtain consent

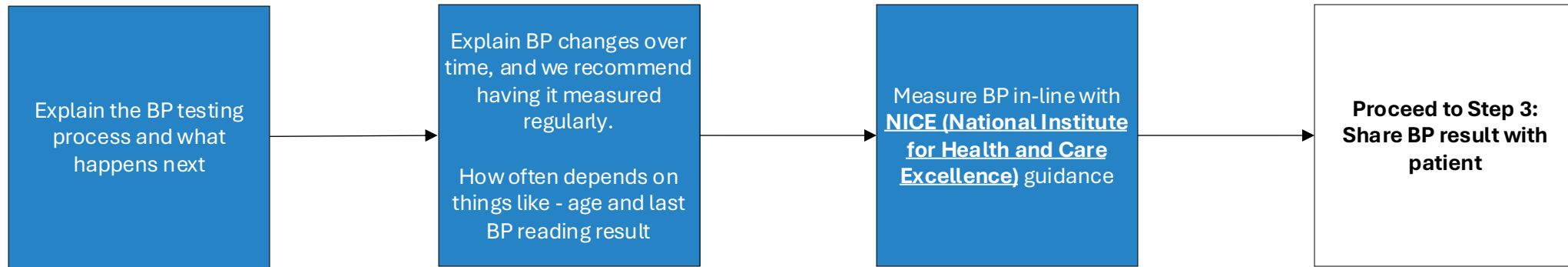


TIP

[Click here for illustrative script](#)

[Click here for script rationale](#)

Step 2: Measure BP in-line with NICE guidance



[Click here for illustrative script](#)

[Click here for script rationale](#)



TIP

Step 3: Share BP result with patient – NORMAL RANGE



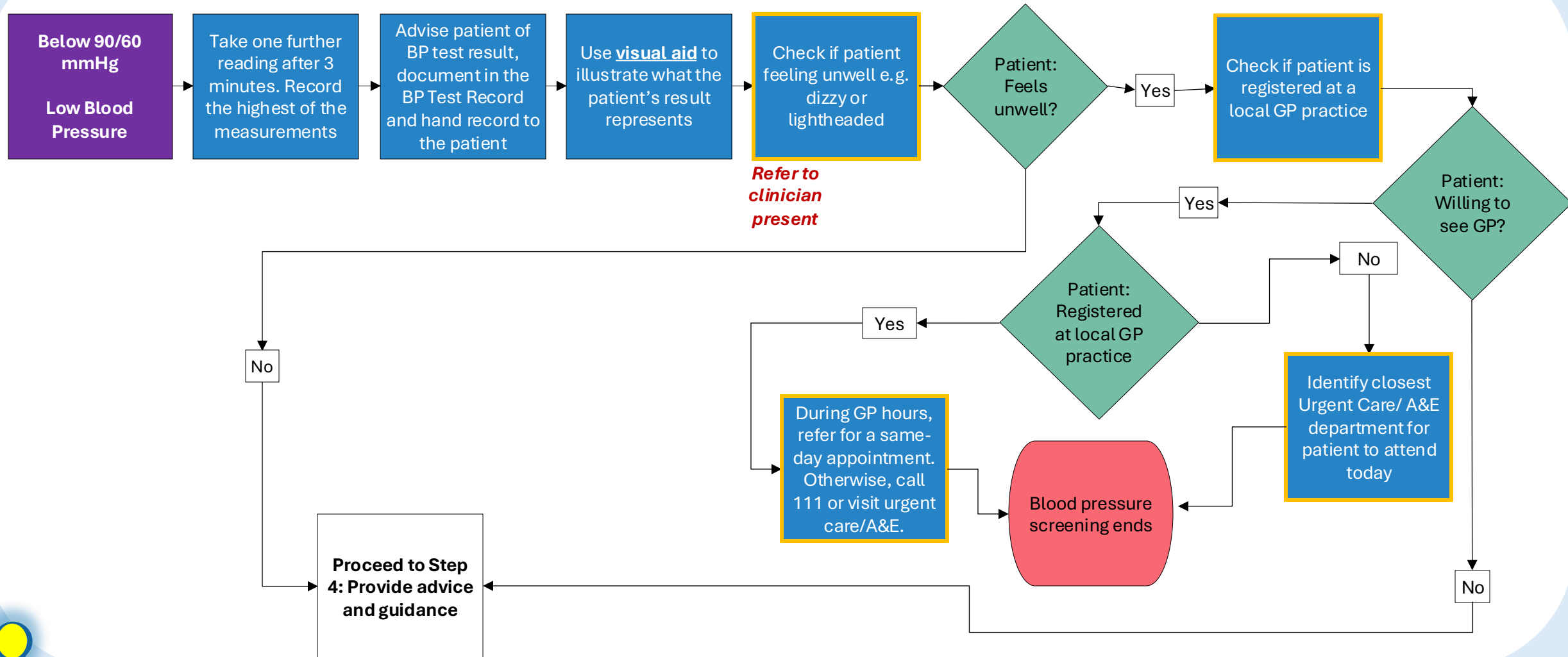
[Click here for illustrative script](#)

[Click here for script rationale](#)



TIP

Step 3: Share BP result with patient – LOW BLOOD PRESSURE



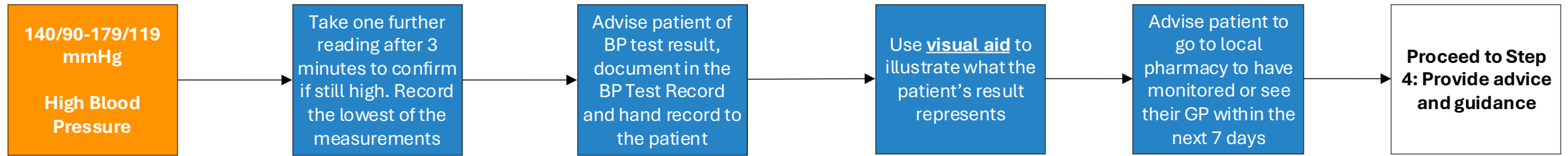
[Click here for illustrative script](#)

[Click here for script rationale](#)



TIP

Step 3: Share BP result with patient – HIGH BLOOD PRESSURE



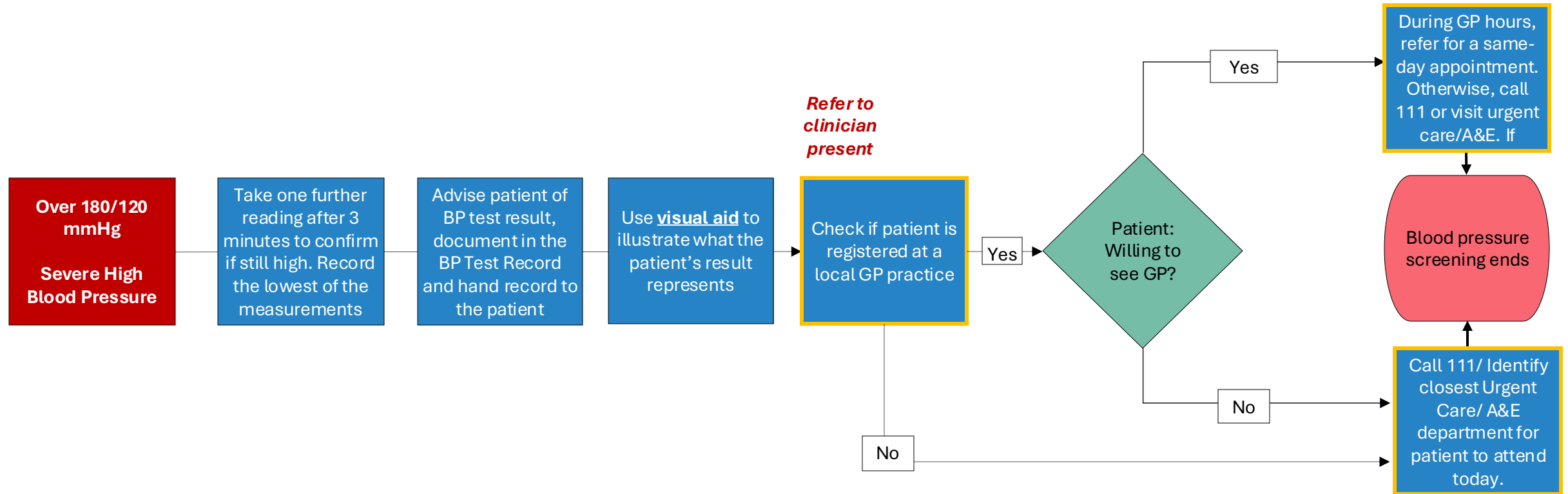
[Click here for illustrative script](#)

[Click here for script rationale](#)



TIP

Step 3: Share BP result with patient – SEVERE HIGH BLOOD PRESSURE



[Click here for illustrative script](#)

[Click here for script rationale](#)



TIP

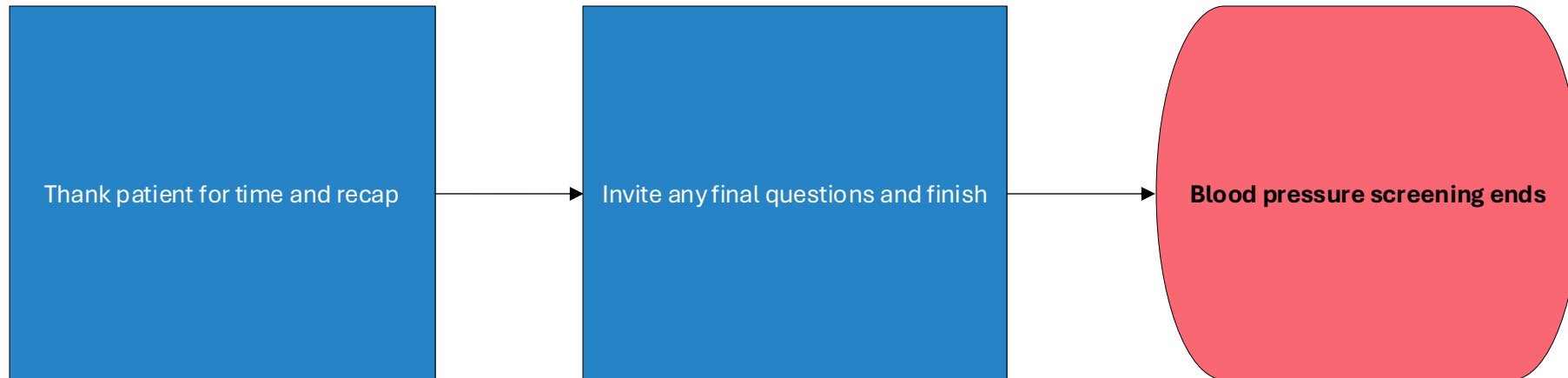
Step 4: Provide advice & guidance dependent on BP result



TIP

[Click here for detailed lifestyle advice & guidance](#)

Step 5: Invite final questions and close



[Click here for illustrative script](#)

[Click here for script rationale](#)



TIP



What we learned

Recommendations for future implementation

- **Ensure that participating clinicians have appropriate indemnity insurance for working in the community/ outside of practice premises.**
- The screening tool should be **scalable**, enabling implementation in a variety of settings, from small community centres to large public health events.
- Regular **training updates** for healthcare professionals and community members are essential to address evolving best practices, particularly in light of changing guidelines for blood pressure management.
- Implement **feedback loops** where patients can provide real-time input on their experience, allowing immediate refinements to the screening tool. This data-driven approach will ensure it remains responsive and patient-centred.
- Further integration of **digital tools** - like blood pressure monitoring apps or wearable technology - could improve patient self-management post-screening. For example, patients could receive automated reminders for follow-up BP checks and notifications about lifestyle tips through a mobile app, reducing the risk of follow-up non-compliance. This could also be linked directly to local GP systems for real-time health data sharing, streamlining referrals.

Recommendations for future implementations

- Using **visual aids** and simplified language helps bridge knowledge gaps, particularly in explaining blood pressure readings.
- Encourage community volunteers to take on more active roles in **follow-up support**, particularly with lifestyle advice or guidance on further medical referrals.
- One idea would be to have **multi-disciplinary teams** that can include not only healthcare professionals but also dietitians and physical activity experts who can provide immediate advice on managing hypertension through diet and exercise. These resources can be tailored for culturally relevant food and lifestyle recommendations, further embedding the community in their health journey.
- Additionally, training should emphasise **cultural competency**, enabling healthcare professionals and community members to understand and respect the diverse traditions and health beliefs that exist within the community.

Collaboration and stakeholder engagement

Importance of collaborating with local stakeholders

Partnerships of local VCSOs (Voluntary and Community Sector Organisations), healthcare providers, and community leaders are essential. These stakeholders not only increase the reach of blood pressure screening but also provide local insights, making the programme more trusted and effective. Community leaders, such as faith-based groups or local organisers, help connect healthcare professionals with harder-to-reach individuals. Involving local pharmacies or nearby hospitals ensures patients have immediate access to additional services. Working together increases the sustainability of the programme and embeds health education within the community fabric.

Liaising with GPs, VCSOs, and community spaces

Strengthening ties with GPs ensures timely follow-up care for patients, particularly those with high-risk readings. Establish a streamlined referral system between community-based screenings and local clinics to reduce delays in care. VCSOs can assist with delivering culturally sensitive educational materials and help integrate the screening tool into other ongoing public health efforts. Utilising community spaces such as local markets, churches, and libraries ensures accessibility, reaching people in comfortable environments where they feel safe and supported. This community-centred approach also fosters word-of-mouth engagement, attracting more participants.



Some local support resources

Some local support resources

Click on the buttons below for local support resources

Click on the buttons below for the CESEL Guide

Bexley patient and clinical support



Bromley support



Greenwich patient and clinical support



Lambeth patient and clinical support



Lewisham patient support



Southwark patient and clinical support



Hypertension resource pack for non-clinical staff



South East London Integrated Care System guidance





Acknowledgements

Acknowledgements

We would like to extend our sincere thanks to the following individuals for their valuable contributions to this report:

1. **Lead Investigator** – Dr. Nadine Fontaine-Palmer
2. **Co-investigator** – Natalia Le Gal
3. **Data Collection** – Dr. Nadine Fontaine-Palmer, Natalia Le Gal, Ritika Haresh Karamchandani
4. **Review and Editing** - Dr. Nadine Fontaine-Palmer, Ananya, Ritika Haresh Karamchandani
5. **Document Production** – Lauryn-Alexi Ipinson-Fleming, Ananya and Ritika Haresh Karamchandani
6. **Our Commissioners** – King’s Health Partners (KHP), Health Innovation Network (HIN), South London Cardiovascular Operational Delivery Network (SL ODN) and Clinical Effectiveness South East London (CESEL)
7. And to all the **South East London residents** who made invaluable contributions to this report





Thank you!



Appendix

Supporting aligned community and primary care blood pressure testing in South East London (SEL):

Focussing at risk communities to **reduce inequalities** in hypertension care across SEL

21/22

22/23

23/24

24/25

One London Pathfinder: STOP BP

SEL and partners in NEL and NWL received £500k from One London's Pathfinder Programme for a hypertension project (STOP BP) which asked: **How could data be used to improve hypertension outcomes and reduce inequalities?**

An output from this project was a need for strong community engagement. [Mabadiliko CIC](#), our community partner, then carried out research with local communities, focussing on at risk groups, to understand barriers to care (see [Insight Report](#)). **A key recommendation was to support capacity building for community-based organisations for BP testing and hypertension advice.**

Communities told us that **community-based clinics** for hypertension detection and advice would increase **trust** and engagement

Health Inequalities Funding

A collaboration across SEL (building on the STOP BP partners) was awarded £250k to support cardiovascular disease (CVD) prevention, COVID recovery and address the widening inequalities in CVD outcomes.

Based on their Pathfinder Insight report, Mabadiliko explored the idea of community-based clinics particularly targeting groups who may not engage with healthcare - racially minoritised people, people living in poverty and people living with physical disabilities. **They used CESEL's existing hypertension guide and then co-produced with communities and clinicians, a protocol to support community-based organisations with BP testing and advice. This was tested in different parts of SEL.**

A protocol for community-based hypertension clinics was co-developed with community groups and clinicians, and tested across SEL – targeting at risk communities

Health Inequalities Funding for 'Spread and Scale'

The 22/23 collaboration was awarded £250k which was used to enable CVD quality improvement efforts in primary care and community groups to develop their own community-based collaborations for BP testing and hypertension advice, using Mabadiliko's protocol.

Working with partners and clinicians, Mabadiliko developed an educational tool and a financial model for community-based organisations to understand how to operationalise the protocol, work with their local GP/Primary Care Networks (PCNs) and the costs involved.

An educational tool with a financial model was created for practices/PCNs and community groups looking to collaboratively deliver a hypertension community service

Health Inequalities Funding to enable 'Community groups to collaborate with practices and PCNs'

As Year 3 of Health Inequalities funding is available for community groups across SEL to work with primary care colleagues to use the protocol, training materials and financial model to kick-start their journey to collaboratively develop and deliver a community-based blood pressure clinic.

This aligns to funding for PCNs in the SEL CVD Inequality Scheme, who may choose to use the quality improvement support and funding to help them on this journey.

Funding for community groups to work with PCNs to develop and deliver a locally tailored community blood pressure clinic



[Return to previous location](#)

Governance

The blood pressure screening process described within this document has been informed by the following (please click on them to learn more):

- [Vital 5 Resident Gold Standard Guidance for Hypertension Screening](#)
 - [The Vital 5: Tackling the top five causes of poor health](#)
 - [Vital 5 check: A guide for South East London primary care](#)
- [National Institute for Health and Care Excellence \(NICE\) Guidance for Hypertension](#)
- [Clinical Effectiveness South East London \(CESEL\) Guidance](#)
- [The NHS Community Pharmacy Hypertension Case-Finding Advanced Service, November 2023](#)

The guide has been aligned to South East London and national guidance including the Vital 5 gold standard residents guide (which has gone through the V5 CRG chaired by Toby Garrood, and the BP sections worked on by the Vital 5 leads Dr Rachna Chowla, Helen William, Dr Hiten Dohdia – and aligned to NICE BP guidance and the NHSE community pharmacy BP protocol. Clinical review has been provided by Dr Sian Howell, Dr Rachna Chowla and Gillian Selman. The content of this resource has been endorsed by the SEL ICB Task and Finish Group chaired by Helen Williams, Astrid Holness and Rob McCarthy.

Start with personalised engagement



Personalising the interaction immediately sets a tone of respect and acknowledgment. Many individuals from underserved communities may feel overlooked or like a "number" in healthcare settings. Addressing them by name and starting with a personal introduction shows you're genuinely interested in them, not just the task at hand. It humanises the experience, reduces anxiety, and helps participants feel valued, increasing their willingness to engage in the process.



*"Hi, I'm [Your Name], and I'll be checking your blood pressure today. May I ask your name?"
When they respond, use their name: "Great, thanks [Name]. Blood pressure can be a tricky thing—do you know what it means for your health?"*

Even if they don't know, validating their response by saying something like, *"That's okay, many people aren't sure, let me explain it,"* builds rapport while educating them.

Provide jargon-free explanations



Medical jargon can be intimidating and alienating, especially for individuals who may have limited health literacy. Breaking down complex concepts into simple, relatable language not only increases understanding but also fosters trust, especially when discussing complex health issues like hypertension. It demonstrates that you respect their need to comprehend what's happening with their health and are willing to take the time to explain it clearly.



"Blood pressure is how hard your heart works to move blood around your body. The top number shows when your heart beats, and the bottom shows when it rests. If it's too high, it means your heart is working too hard, which can be dangerous over time. Keeping it in a normal range means your heart is healthy."

Asking follow-up questions like, *"Does that make sense to you?"* ensures they feel included and confident in understanding their health.

Respect cultural beliefs and practices



Cultural beliefs heavily influence how individuals perceive and interact with healthcare. Ignoring these beliefs can lead to mistrust. By acknowledging and respecting these practices, you make participants feel that their worldview is valued, which fosters a stronger bond of trust and prevents feelings of alienation. One should show respect for cultural and religious preferences by offering choices and being open to alternative approaches. Asking about cultural practices that might influence their healthcare decisions and integrating them respectfully into discussions demonstrates consideration and builds rapport.



"I understand that in some cultures, people prefer natural remedies or homeopathic treatments. Would you like to talk about how we can incorporate those into your care along with any medical treatments?"

This type of dialogue shows openness to integrating their beliefs while still promoting medically sound practices, leading to a partnership in care rather than a one-sided approach.

Use empathy to build rapport



Empathy helps to build rapport by showing participants that their feelings and concerns are valid. For many underserved groups, healthcare can feel like a cold, impersonal process. Demonstrating empathy, especially when they express fears or anxieties whilst discussing sensitive topics like high blood pressure or medication, helps alleviate those fears. It reassures the individual that they are being treated as a whole person, not just a medical case. One should listen actively and validate lived experiences to create a supportive environment.



"I know it can be scary to think about your blood pressure and what it could mean for your health. You're not alone in feeling that way, and we're here to help make sure we catch any potential problems early so that you can stay healthy."

This type of empathetic statement not only acknowledges their emotions but also reinforces the importance of preventive care in a non-threatening way.

Empower participants with autonomy



Many individuals from marginalised communities feel a lack of control when navigating healthcare systems. By giving them choices, you're empowering them to take ownership of their health, which builds confidence and encourages engagement. This sense of autonomy makes them more likely to trust the process and stay committed to follow-up care.



"You can choose how involved you want to be in your care today. Would you prefer just a quick blood pressure check, or would you like to go through your results in detail and discuss next steps?"

By offering choices, you're giving the participant control over their healthcare experience, which can significantly enhance their comfort level and willingness to engage.

Address historical trust issues transparently



Historical mistrust of the healthcare system is prevalent in many underserved communities, especially racially minoritised groups. Addressing this issue head-on by acknowledging past wrongs and emphasising transparency helps to rebuild trust. Transparency shows that you respect their concerns and are willing to provide clarity and honesty about the process.



"I know that, in the past, there have been reasons to mistrust healthcare, for some people. My goal is to make sure you're comfortable with every step of this process, and I'm happy to answer any questions you have about how we'll use your information."

This open, transparent approach reassures participants that they are in control of their health information and care, which is crucial for trust.

Invite to service and obtain consent



Use **clear and concise communication**.

Introduce yourself, ask for the patient's name, and explain the service in a way that's easy to understand. Ask if they would like to learn more about blood pressure before testing. This allows patients to feel in control, setting the stage for a positive interaction.

Why it's important: Clear, approachable communication helps establish trust early on, making the patient more likely to engage with the process.

Measure BP in-line with NICE guidance



Offer a **private space** and explain the testing process step by step. Let the patient know what to expect, including how the BP cuff may feel tight and that they should avoid talking during the test for accurate readings. Confirm their comfort before touching their arm.

Why it's important: Ensuring the patient's comfort and explaining the procedure builds trust and reduces anxiety, resulting in more accurate measurements.

Share BP result with patient – normal range



Use **visual aids** to help the patient understand their result. Show them where their reading falls on a colour-coded chart and explain that while their blood pressure is normal, it's still important to get regular checks.

Why it's important: Visual aids make complex health information more accessible and ensure that the patient leaves the interaction understanding their health better.

Share BP result with patient – low blood pressure



Check for **symptoms** like dizziness or lightheadedness after sharing a low blood pressure result. If the patient feels unwell, recommend they see a GP or visit urgent care. If they feel fine, suggest following up with their GP at a convenient time.

Why it's important: Promptly addressing symptoms ensures the patient's safety and demonstrates that their well-being is your top priority.

Share BP result with patient – high blood pressure



Provide **clear next steps** if the patient has high blood pressure. Recommend follow-up actions such as visiting a GP within 7 days or monitoring BP at a pharmacy. Emphasise the importance of timely follow-up care.

Why it's important: Clear instructions reduce patient anxiety and increase the likelihood that they will take the necessary steps to manage their blood pressure.

Share BP result with patient – severe high blood pressure



If a patient presents with severely high blood pressure, remain calm and explain the situation clearly. Recommend immediate follow-up actions, visit the GP or the nearest A&E for further evaluation. Offer to assist with making appointments or provide resources for further support.

Why it's important: Clear instructions reduce patient anxiety and increase the likelihood that they will take the necessary steps to manage their blood pressure.

Provide advice and guidance based on BP result



Offer **personalised lifestyle advice** based on the patient's reading. Discuss diet, exercise, or stress management strategies and ask what areas they'd like to focus on. Provide leaflets or additional resources if available.

Why it's important: Tailoring advice to the patient's interests and needs makes it more likely that they will make positive lifestyle changes to manage their blood pressure.

Invite final questions and close



End by **inviting questions** and thanking the patient for taking care of their health. Summarise what was discussed and remind them to monitor their blood pressure regularly.

Why it's important: Encouraging questions shows that you value the patient's concerns, and thanking them reinforces the positive interaction, making them more likely to engage with follow-up care.

Guidelines for effective communication

- Maintain a neutral, **non-threatening tone** and **avoid judgemental language**. Use phrases like 'many people feel this way' to normalise concerns, helping participants feel safe expressing themselves without fear of judgment.
- Acknowledge if participants seem hesitant and **empathise with their reluctance**. Phrases like, “I understand that discussing health can sometimes feel overwhelming,” can help them feel seen and more at ease.
- Encourage participants to share their health concerns by using **open-ended questions**.
- Listen actively and **validate lived experiences** to create a supportive environment.
- Address **language barriers** and provide culturally relevant examples when explaining health concepts.
- Regularly check in with participants to **confirm understanding** of what’s being discussed by asking them to summarise key points. This helps reinforce comprehension and provides an opportunity to clarify any confusion.

Step 1: Invite to service and obtain consent



Hi, I am _____, what's your name?

Today we are doing a community blood pressure (BP) check. It is part of South East London's efforts to support healthy communities. This is because 1 in 3 people under the age of 80 have untreated high blood pressure in Lewisham and it's really affecting their quality of life and risk of developing serious conditions. I'm a member of the local community who has been trained to do a blood pressure check today, and we have a doctor on hand supporting us today as well. Today we can measure your blood pressure and give you some guidance on how to keep it in a healthy range. That will take about 5 minutes. Depending on how much time you have, we could also spend a few minutes first just discussing blood pressure. We have already had a large number of people checking their blood pressure today. It's totally free and will give you an idea of where you are.

Would you like to have your blood pressure tested today? Would you like a little bit of information about blood pressure first or would you like to get straight to the test?

If they just want BP tested – That's absolutely fine. When we've finished, we'd like to ask you complete a short survey about how you felt you were looked after today. It should only take about 5 minutes, and you do not have to share any personal information at all. Would that be ok? Thank you.

If they want BP information first – Let's start with: what does blood pressure mean to you?

If they do not know: It's quite common to not know *NAME*. It's an important thing, but sometimes we are not sure why.

If they do know: Yes, you seem to have a pretty good grasp of it.

Even if they gave a good explanation, still good to explain. It's a measure of how hard your heart must work to pump blood around your body. The top number is when your heart contracts, the bottom number is when your heart is resting. BP is a very good indicator of our heart health. When it's in the normal range, which is between 90/60 and 139/89, then we are good, we do not need to do anything. And for most people it is in the normal range. And when it's too low or too high, then it's also a good indicator to look into our heart health. With high blood pressure, there are often no symptoms and it can lead to health problems, which could be prevented. We are talking today, so you are already taking a first step. *NAME*, we should all have our blood pressure tested regularly. At least every 5 years but more frequently if it is borderline, or if you have any blood pressure or heart problems. Can you remember the last time you had your blood pressure tested? Has there been any difficulty that has prevented you from doing it? If they have done it within the right range: Ok, I hear it's quite recent, which is great. If they have not done it within the right range: Ok, I hear it's not often.



1

Person visits location and is approached and invited to have a BP test

Script

Hi, I am _____, and I am doing a community BP check on behalf of _____.

This is part of an effort to keep the community healthy. As part of it, we are talking to people about blood pressure, measuring blood pressure for those who would like it and providing guidance on how to keep it in a healthy range.

If you're interested in taking part, would you help me by answering a few questions?

Can you just give me your first name, before we start?

Thank you, NAME.

Let's start with: what is blood pressure for you?

If they do not know: *It's quite common to not know about BP, NAME. It's an important thing, but sometimes we are not sure why.*

OR

If they do know: *Yes, you seem to have a pretty good grasp of it, NAME.*

Rationale

- At the invitation to health check, people should be guided through what happens at the results stage i.e. clear sign-posting to what will be achieved at the end of the process (tailored guidance, sign-posting or referral etc).
- The link to participation and the immediate benefit was perceived as key to acceptability.
- Provide clear and transparent information, either verbally, or in a written form, about who is collecting, what the purpose is, how data is handled and stored, and which data protection policies/ processes are in place.
- Taps into community support element through “can we help each other”.
- People prefer to be called with their first name.
- An open-ended question asking what BP means for the person builds confidence and mitigates perceived power imbalance.
- Helps the patient feel confident in doing the screening.
- Provides affirmation - ensuring the patient feels good.

1

Person visits location and is approached and invited to have a BP test

Script

Rationale

Even if they gave a good explanation, still good to explain.

It's basically a measure of how hard your heart must work to pump blood around your body. The top number is when your heart contracts, the bottom number is when your heart is resting. BP is a very good indicator of our heart health...

- Provides a simple explanations of what BP is.
- Shows the positives not just negatives.

...When it's in the normal range, which is between 90/60 and 139/79 mmHg (millimetres of mercury) then we are good, we do not need to do anything. And for most people it is in the normal range. And when it's too low and too high, then it's also a good indicator to look into our heart health...

- Provides reassurance in case of bad reading. Inform that it is a positive thing that this has been identified.
- Shows the positives, not just negatives.

...With high blood pressure, there are often no symptoms, that's why high blood pressure is often referred to as the 'silent killer'. Not knowing can lead to some serious consequences. But we are talking today, so you are already taking a first step.

- Communicates information about risk, i.e. there may be no symptoms, but consequences are dangerous and everyone in the community is at risk. This statement leverages the "Inform" technique by providing critical information on asymptomatic hypertension. Emphasising potential risks heightens awareness, encouraging participants to consider the screening as essential for health.

Ask the person to 'summarise what they heard'.

- Helps reinforce comprehension and provides an opportunity to clarify any confusion.

1

Person visits location and is approached and invited to have a BP test

Script

NAME, we should all have our blood pressure tested regularly. At least every 5 years but more frequently if it is borderline, or if you have any blood pressure or heart problems. Can you remember the last time you had your blood pressure tested? Has there been any difficulty that has prevented you from doing it?

If they have done it within the right range *Ok, I hear it's quite recent, which is great.*

If they have not done it within the right range: *Ok, I hear it's not that often.*

Knowing more about your blood pressure and looking after it can help you to live longer, and avoid heart attacks and strokes...

Rationale

- Uses a conversational approach to raise awareness about the importance of regular blood pressure testing, especially as age or heart-related concerns increase risk. It combines an informative reminder with an open-ended question, which serves two purposes: first, to prompt self-reflection on personal health habits, and second, to identify potential barriers to regular testing. This encourages the individual to explore their own experiences and potential challenges, fostering a supportive and empathetic dialogue.

- Helps the patient feel confident in doing the screening.
- Provides affirmation - ensuring the patient feels good.

- Provides information about the consequences of participating – they will be reassured or can be treated earlier and stop things from getting worse.
- Encourages agency and self-efficacy, which can empower individuals to take proactive steps in managing their health outcomes.
- Shows positives and not just negatives.

Step 2: Measure BP in-line with NICE Guidance



If applicable: Just to let you know, we have a dedicated and private space for that just here.

We will take your reading now. I'm going to put this sleeve on your arm, it's going to feel a bit tight for a few seconds, and then it will be done.

Once we know the numbers, then I will use this scale here [the person shows the chart with colours] to interpret your result. I will explain to you what it means and if needed, where to get support.

And just so you know, this reading we are doing today is just an indication, it is important to continue regularly monitoring your BP.

OK to go? We advise people not to talk during the reading as it can affect the measurement.

Test Blood pressure – If it feels appropriate/necessary to touch patient during reading, check with them first e.g. Is it ok if I touch your arm here?



2 Measure BP in line with NICE guidance

Script

We will take your reading now. Since you have already had your BP taken, I think you know how it goes. I'm going to put this sleeve on your arm, it's going to feel a bit tight for a few seconds, and then it will be done.

Once we know the numbers, then I will use this scale here [the person shows the chart with colours] to interpret your result. I will explain to you what it means and if needed, where to get support.

And just so you know, this reading we are doing today is just an indication, it is important to continue regularly monitoring your BP. OK to go?

Rationale

- Provides clear information about each stage of the health check including a short summary of education about each health condition at the start. Includes explaining the rationale behind questions and giving participants the opportunity to ask questions e.g. 'We would like to talk about your blood pressure because...'
- Explains what will happen and offer reassurance throughout.
- Explains how it works and what to expect. Explain what will happen after the reading.
- Explains the meaning of their numbers using the colour-coded chart simplifies complex information and makes it more accessible. This step increases the individual's confidence in understanding their health status. Additionally, by offering guidance on where to seek support, if necessary, it encourages self-efficacy and fosters a sense of preparedness, making participants more likely to seek further help if needed.
- Communicates information about what happens when the reading is performed.
- Emphasises the importance of ongoing monitoring, which aligns with best practices for managing blood pressure. By positioning today's reading as an "indication," it reinforces the idea that blood pressure varies over time, underscoring the need for regular checks. Asking for consent with "OK to go?" also promotes autonomy and ensures the participant is comfortable proceeding, which helps build rapport and trust.

2 Obtain and record consent for a BP test

Script

We already had ____ number of people checking their BP today. It's totally free and will give you an idea of where you are. Afterwards, depending on the readings, I will provide you with some recommendations about managing your blood pressure so that you can stay healthy and be there for your family for longer. Shall we do a quick check of your BP today to see where you are?

If applicable: *Just to let you know, we have a dedicated and private space for that just here.*

Rationale

- Draws patients' attention to the number of people that have already attended the screening (on that day).
 - Asks for consent to participate in the BP screening.
 - At the invitation to health check, people should be guided through what happens at the results stage i.e. clear sign-posting to what will be achieved at the end of the process (tailored guidance, sign-posting or referral etc). The link to participation and the immediate benefit was perceived as key to acceptability of a screening too.
 - Communicates the lifestyle risks/ benefits of managing high BP into terms of family and quality of life. Framing BP management as "being there for others for longer".
-
- By explicitly mentioning the dedicated space, it addresses potential concerns about confidentiality and helps reduce anxiety.
 - Demonstrates respect for their personal space and dignity, fostering trust and creating a more welcoming environment. In turn, this can increase participants' willingness to engage fully in the process.

Step 3: Share BP result with patient – NORMAL RANGE



[Show the colour-coded chart] It is in the green range, which is between 90/60 and 139/89. Currently it's neither too high, nor too low. Your blood pressure is ok at the moment, however it is important to continue to have your blood pressure checked regularly. Would you like some more information about getting your blood pressure tested regularly and keeping your blood pressure within the healthy range?

If yes, proceed to Stage 5: Provide advice and guidance dependent on BP result



3 Share BP result with patient

NORMAL BLOOD PRESSURE

Script

OK, *NAME*, we are done, thank you. Regularly checking your BP is a first step in taking your heart health in your own hands, so great that you said yes to it today. Your reading is ____ mmHg.

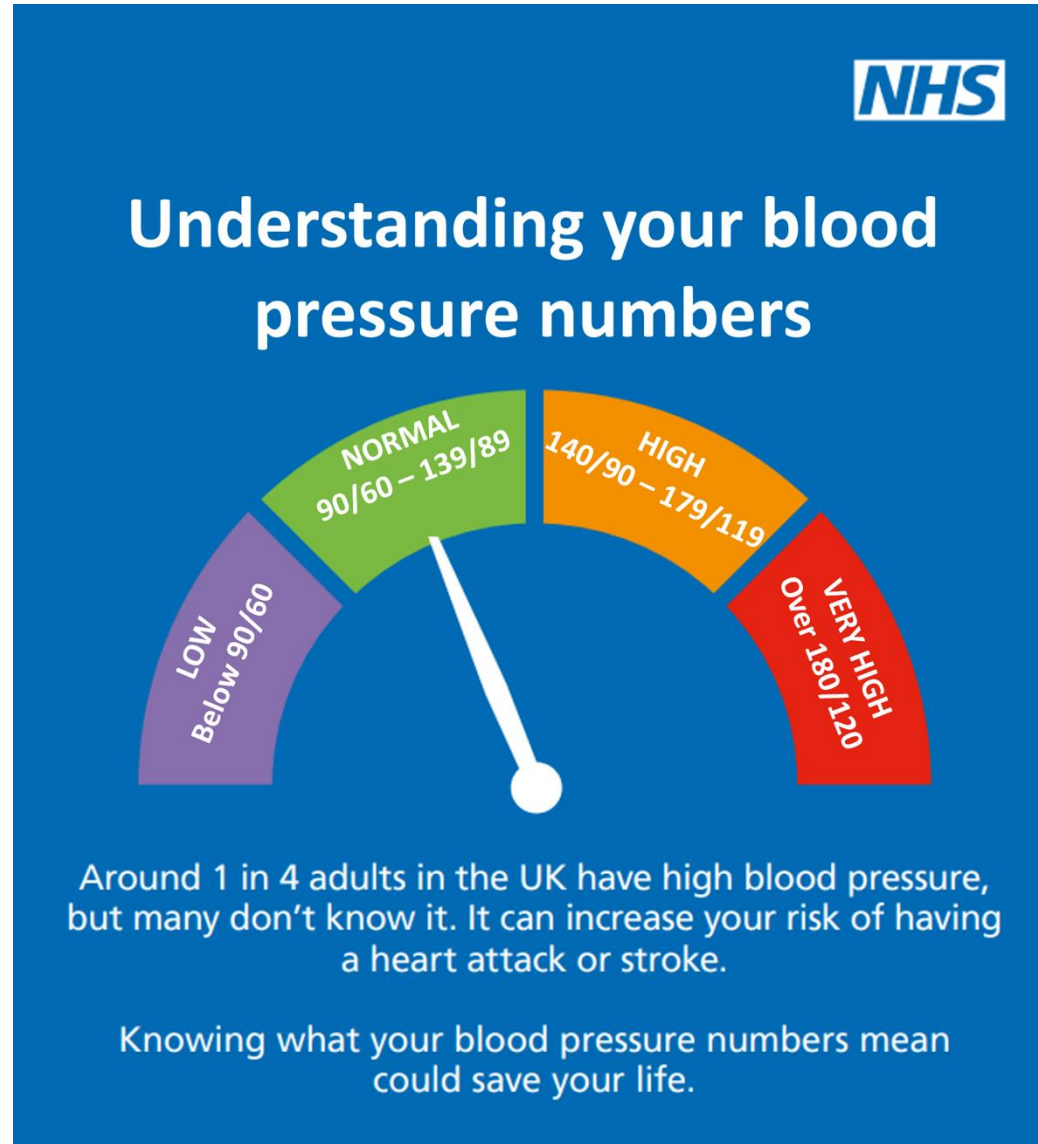
Green Range (normal range)

[Show the colour-coded chart] It is in the **green range**, which is between 90/60 and 139/89. Currently it's neither too high, nor too low. Your blood pressure is ok at the moment.

Rationale

- Uses visual aids to illustrate blood pressure ranges.
- Positive framing of participating in the screening.
- Increases perceived autonomy and self-efficacy about taking care of one's health.
- Make sure to congratulate patient for taking care of their health by participating in the screening.

The visual aid



[Return to step on normal range](#)

[Return to step on low blood pressure](#)

[Return to step on high blood pressure](#)

[Return to step on severely high blood pressure](#)

Step 3: Share BP result with patient – LOW BLOOD PRESSURE



OK, *NAME*, we are done, thank you. Regularly checking your BP is a first step in taking your heart health in your own hands, so great that you said yes to it today.

We will take a second reading now to make sure we can give you an accurate result. **Avoid telling patient first test result before taking the test is repeated so that their reaction does not affect the reading.**

IF BP is still low: [Show the colour-coded chart] Your BP is currently low and therefore in the **purple range** which is below 90/60. This doesn't mean you have a significant issue at the moment, but it would be worth checking things further. Can I check – are you feeling unwell at the moment like experiencing dizziness or lightheaded ness?

1. If feeling well: Do share this result with your GP when convenient. **Proceed to Stage 5: Provide advice and guidance dependent on BP result.**

2. If feeling unwell: It is important that you are seen by either your GP, Urgent Care or A&E today. I can see whether I can refer you to see a local GP today (**not applicable for weekends**), would you like me to do that for you? They can assess you and then advise on next steps which may include going to A&E/ Urgent Care or going to your own GP practice for a review within a week.

If want same day referral (not applicable for weekends) – For today, I'm only able to refer patients if they're part of a certain GP practices in Lewisham. Do you know which GP practice you are registered in?

If registered at a local GP practice, clinician can make the referral.

If not registered at a local GP practice: Ok, we can look together to see where your most convenient Urgent Care or A&E department is, and you can take the record of your BP test with you.



Step 3: Share BP result with patient – HIGH BLOOD PRESSURE



OK, *NAME*, we are done, thank you. Regularly checking your BP is a first step in taking your heart health in your own hands, so great that you said yes to it today.

We will take a second reading now to make sure we can give you an accurate result. **Avoid telling patient first test result before taking the test is repeated so that their reaction does not affect the reading.**

If BP is still high: Your reading is _____. Your BP is currently high and in the **amber range** which is between 140/90 and 179/119. [Show the colour-coded chart].

Your blood pressure is higher than it should be at the moment, and it is important to check things further. You can go to your local pharmacy for further readings and support, or you should make an appointment to see your GP within the next 7 days to have it rechecked and see if any actions are needed.

Proceed to Stage 5: Provide advice and guidance dependent on BP result.



3

Share BP result with patient

LOW & HIGH BLOOD PRESSURE

Script

Rationale

Low blood pressure (Purple Range)

*[Show the colour-coded chart] Your BP is currently low and therefore in the **purple range** which is below 90/60. As your BP is reading out of the normal range at the moment, we just want to check that this is an accurate reading and so we would now like to check your BP 3 more times with 5-minute gaps. Is that ok with you?*

If BP still low: *This doesn't mean you have a significant issue at the moment, but it would be worth checking things further. Can I check – are you feeling unwell at the moment like experiencing dizziness or lightheadedness?*

If yes: *It is important that you are seen by either your GP, Urgent Care or A&E as soon as possible. I can see whether I can refer you to see a local GP today, would you like me to do that for you? Otherwise, we can look together to see where your most convenient Urgent Care or A&E department is. **If no:** Do share this result with your GP within the next days.*

High blood pressure (Amber Range)

*[Show the colour-coded chart] Your BP is currently high and in the **amber range** which is between 140/90 and 179/119. As your BP is reading out of the normal range at the moment, we just want to check that this is an accurate reading and so we would now like to check your BP 3 more times with 5-minute gaps. Is that ok with you?*

If BP still high: *This doesn't mean you have severely high blood pressure (hypertension) at the moment, but it would be worth checking things further, so do share this result with your GP within the next few days.*

- Uses visual aids to illustrate blood pressure ranges.
- Provides reassurance in case of bad reading. Informs that it is a positive thing that this has been identified.
- Advise participant to share the results with the GP.
- Informs what the reading means and what can impact (negatively, then positively) one's BP.

[Return to step on low blood pressure](#)

[Return to step on high blood pressure](#)

Step 3: Share BP result with patient – SEVERE HIGH BLOOD PRESSURE



OK, *NAME*, we are done, thank you. Regularly checking your BP is a first step in taking your heart health in your own hands, so great that you said yes to it today. We will take a second reading now to make sure we can give you an accurate result. **Avoid telling patient first test result before taking the test is repeated so that their reaction does not affect the reading.**

If BP still high: Your reading is _____. Your BP is currently high and in the **red range** which is over 180/120. I'm a bit concerned about your reading today **[Show the colour-coded chart]** As you can see, this is not in the ideal range. As your BP is reading out of the normal range at the moment. Your heart is sending you a message to check things further and to do it urgently. At 180 or higher there is a risk of heart attack or stroke as your heart is having to working very hard.

The good news *NAME* is we've picked it up today and we can help prevent this.

It is important that you are seen by either your GP, Urgent Care or A&E today.

I can see whether I can refer you to see a local GP today, would you like me to do that for you? They can assess you and then advise on next steps which may include going to A&E/ Urgent Care or going to your own GP practice for a review within a week.

If want same day referral (not applicable for weekends) – For today, I'm only able to refer patients if they're part of a certain GP practices in Lewisham. Do you know which GP practice you are registered in?

If registered at a local GP practice, clinician can make the referral.

If not registered at a local GP practice: Ok, we can look together to see where your most convenient Urgent Care or A&E department is, and you can take the record of your BP test with you. Is there anything that might prevent you going to A&E today **(if yes try to help them problem solve e.g. finding someone to take care of children/ go with them etc.)**



[Return to previous location](#)

3

Share BP result with patient + Provide advice and guidance dependent on BP result **HIGH BLOOD PRESSURE**

Script

Okay, *NAME*, we are done, thank you. Regularly checking your BP is a first step in taking your heart health in your own hands, so great that you said yes to it today. Your reading is _____.

[Show the colour-coded chart] Your BP is currently high and in the red range which is over 180/120. I'm a bit concerned about your reading today [Show the colour-coded chart] As you can see, this is not in the ideal range. I would expect it to be here (point to the normal range). As your BP is reading out of the normal range at the moment, we just want to check that this is an accurate reading and so we would now like to check your BP 3 more times with 5-minute gaps. Is that ok with you?

If BP still high: *Your heart is sending you a message to check things further and to do it urgently. At 180 or higher there is a risk of heart attack or stroke.*

The good news NAME is we've picked it up today and we can help prevent this

It is important that you are seen by either your GP, Urgent Care or A&E today.

I can see whether I can refer you to see a local GP today, would you like me to do that for you? They can assess you and then advise on next steps which may include going to A&E/ Urgent Care or going to your own GP practice for a review within a week.

Otherwise, we can look together to see where your most convenient Urgent Care or A&E department is, and you can take the record of your BP test with you.

Rationale

- Positive framing of participating in the screening.
- Increases perceived autonomy and self-efficacy about taking care of one's health.
- Make sure to congratulate patient for taking care of their health by participating in the screening.

- Uses a visual aid to clearly show the individual how their blood pressure compares to the normal range, making the information easier to understand. Expressing concern in a calm manner conveys the seriousness of the reading without causing unnecessary worry. Seeking consent to recheck their blood pressure multiple times respects their autonomy and ensures the reading's accuracy. This approach promotes trust and aligns with evidence-based practice, allowing for accurate decision-making based on reliable measurements.

- Shows concern, but without being too alarming.
- Informs about risks using simple terminology.

- Provides reassurance in case of bad reading. Inform that it is a positive thing that this has been identified.

- Provides a direct referral to GP if possible or help identify where they can get more help on the day.

[Return to previous location](#)

Step 4: Provide advice and guidance dependent on BP result



In order to give you the best guidance for you, could you let me know if you are under or over 40 years of age.

If under 40: Great, so first of all it is important to regularly test your blood pressure every 5 years or more frequently if your blood pressure is near the threshold or if you have any other issues that can affect your heart such as diabetes. You can have this done at your GP.

If over 40: Great, so first of all it is important to regularly test your blood pressure every year. You can have this done at your GP or at most pharmacies. You can also ask your GP for an NHS health check which will include other important areas e.g. checking your cholesterol or your weight.

You can also start to keep a small BP diary to observe how it changes over time.

I can give you a few extra tips about how to manage your blood pressure so that you can help have the lifestyle and long-term health you would like. Is that ok with you? What are the things that you already do that contribute to good heart health?

Allow patient to respond.

Great, so it sounds like you're already thinking in some helpful ways. It can feel challenging to look after our heart sometimes.

I have a leaflet about some other things that you might consider adding to what you already do, if you want to take your self-care one step up. Small changes can make a big difference.

We can provide guidance about losing weight, food, exercise, alcohol, smoking and stress. Would you like to talk about any one of these in particular?



Step 4: Lifestyle advice and guidance



Smoking

Do you smoke? Right. And how do you feel about that?

I hear it does bother you a little bit. I won't give you any lessons, we are all adults and take care of ourselves as much as we can. What I do want to say is, more and more people in the community are smoke-free and if you wanted to join them, here are the resources that you could use to help you quit. You can call this number here [number on the leaflet] and ask for advice literally today.

OR

I hear you feel you have it under control, and you do not feel like quitting at this point of time would be feasible. I won't give you any lessons, we are all adults and take care of ourselves as much as we can. What I do want to say is, more and more people in the community are smoke-free and if you wanted to join them, here are the resources that you could use to help you quit. You can call this number here [number on the leaflet] and ask for advice literally today – or in the hypothetical tomorrow if you come to this decision.

Mental health

Many people with high blood pressure feel their blood pressure is better controlled when their stress levels are reduced. You know how some elders sometimes say: you are going to give me hypertension? There is actually some truth to that. We know more and more that our everyday lives impact our health. If we are stressed – both by big things, like bereavement, losing work, but also by small, daily things like difficulties in the family, there can be an impact on our health. For certain communities, structural racism and discrimination builds over time and can cause trauma and chronic stress that impacts health. That is why it is important to care for our mental well-being. I can talk to you about a couple of ways of taking care of mental wellbeing – connecting with others and sleeping. Which one would you like to hear more about today?



Step 4: Lifestyle advice and guidance



Connecting with others

When we connect with others, whose company we like and enjoy, our stress levels drop. It's particularly important these days, with all the cost-of-living stresses. But I know it may be hard to do that, for various reasons – busy lives, friends and family that live far away. What would you say your main difficulties in spending time with people you like are? One thing that you could do is do the things we would do anyway – shopping, going to pick up our kids from school or even cooking an evening meal – but with a friend or a family member. Now, when it happens that friends and family live far away, and you have a little bit of time on your hands, you can reach out to the community – by making oneself available to it. Volunteering is a great way to also make space for laughter... laughter is a very good de-stressor!

Sleeping

You may be surprised, but sleep has a massive impact on our mental wellbeing. It's easy to get sucked into watching Netflix until 2am, isn't it, but the impact the next day – and actually throughout the week – on our mood, and hence our reactions to stressful situations is much bigger than we think. As adults, we typically need at least 7 hours of sleep – and some people need more. What is the most difficult for you in getting enough sleep?

One thing that you could do is to set certain rules – for example that you do not watch Netflix on weekdays. When we set a rule for ourselves, it is easier to be consistent with sleep. How do you feel about this idea?

Losing weight

Our weight can have an impact on our blood pressure, and for some people they can see a significant improvement in their blood pressure for every 10kg of weight that is lost via healthy methods. Eating a healthy diet and maintaining good levels of exercise are important for overall health and can also help you lose weight healthily.



Step 5: Invite final questions and close



That's it from me today. Thank you for saying yes to your heart health today. It's self-care, and by taking care of yourself, you are also making sure you are in good shape for your loved ones and community.

As a recap: We've discussed what you can do to keep your blood pressure in a healthy range including regular monitoring of your BP. Your heart will thank you for it.

Do you have any questions before we finish up?

Before we finish, would you be able to help me out by taking a quick survey about how you found our discussion today. That's because this is a pilot of a new way of supporting those with blood pressure in the community, and we want to get a sense of what you found useful and what you found less useful. It should only take about 2-3 minutes, and you do not have to share any personal information at all.

Thank you again and have a lovely day.



5 Invite final questions and close

Script

That's it from me today. Thank you for saying yes to your heart health today. It's self-care, and by taking care of yourself, you are also making sure you are in good shape for your family and community.

As a recap: We've discussed what you can do to keep your blood pressure in a healthy range including regular monitoring of your BP. Your heart will thank you for it.

Do you have any questions before we finish up?

Before we finish, would you be able to help me out by taking a quick survey about how you found our discussion today. It should only take about 5 minutes.

Thank you again and have a lovely day.

Rationale

- Communicates the lifestyle risks/ benefits of managing high BP into terms of family and quality of life.
- Frames BP management as "being there for others for longer"

- Helps the person understand they have what they need to manage their BP. This statement underscores the importance of regular blood pressure monitoring as a proactive strategy for heart health. By recapping the key points discussed, it reinforces the individual's role in managing their health and highlights the benefits of maintaining blood pressure within a healthy range.

- Congratulate participant for taking care of their health.
- Reframes what the person said. It demonstrates that the facilitator values the participant's understanding and is committed to ensuring clarity.

Bexley patient support

- [Check your blood pressure reading - NHS \(www.nhs.uk\)](https://www.nhs.uk)
- [Blood pressure information for patients \(translated\) and 'Loving your heart: a South Asian guide to controlling your BP'](#)
- [Bexley Healthy Eating, Healthy Preventions](#)
- [Bexley Get Help Managing Your Weight](#)
- London Borough of Bexley Adult Weight Management Service Referral form (search 'weight management' on DXS)
- [British Heart Foundation: Preventing Heart Disease \(resources for patients\)](#)
- [British Heart Foundation: How to reduce your blood pressure 6 top tips \(see page 8 for more\)](#)
- [Bexley Stop Smoking](#)
- [\(Active\) Pharmacies providing Blood Pressure Checking Service and local SELGP Surgeries \(May 2022\) - Google My Map](#)

Bexley clinical support

- Urgent telephone advice - Consultant connect: Cardiology GSTT/LGT on the Consultant Connect app
- Non-urgent 'Advice & Guidance' - Depending on the context: Hypertension clinic (GSTT), CKD clinic (GSTT), Diabetic medicine (GSTT/KCH), Obstetric medicine (GSTT),
- Pregnancy in Hypertension clinic (GSTT)
- Community hypertension clinics (combined with lipids) led by GSTT pharmacists - referral by completing referral form on DXS. Search 'hypertension referral'. Once completed e-mail to gst-tr.KHPCCommunityCVD@nhs.net . Contact may be in form of virtual, telephone or F2F.
- Specialist clinics - Refer via eRS to: Obstetrics>'Maternal medicine' for Pre-conception counselling clinic (GSTT), [Pregnancy in Hypertension clinic \(GSTT\)](#), or more general
- Obstetric Medicine clinic (GSTT) – for pregnant women with multiple co-morbidities, [CKD clinic (GSTT/KCH), Diabetic medicine (GSTT/KCH)]
- Hypertension data: SELICB Hypertension Dashboard is available to practices. Watch this [webinar](#) for more information and contact bi@selondonics.nhs.uk for access

Bromley support

Patient support

- [Bromley Well: Hypertension Fact Sheet and Lifestyle Support Information](#)
- [Blood pressure information for patients \(translated\) and 'Loving your heart: a South Asian guide to controlling your BP'](#)
- [British Heart Foundation: Preventing Heart Disease](#) (resources for patients)
- [British Heart Foundation: How to reduce your blood pressure 6 top tips](#) (see page 8 for more)
- [British Heart Foundation: Our online community](#)
- [Get help to stop smoking \(London Borough of Bromley\)](#)
- [Stop Smoking London](#)
- [Better Health - NHS \(www.nhs.uk\)](#)

Professional support

- Urgent telephone advice - Consultant connect: Cardiology (using dedicated practice telephone number)
- Non-urgent – use eRS 'Advice & Guidance' - Nephrology, Cardiology or Obstetric medicine

Greenwich support

Patient support

- Practice connected social prescribing link worker
- Live Well Coach: For signposting and support to live well, 0800 470 4831
- Weight management programme: Tier 3 referral (see DXS)
- Greenwich 'Exercise on Referral' Scheme (see DXS, via Better Gyms)
- [British Heart Foundation: Preventing Heart Disease \(resources for patients\)](#)
- [DASH diet](#)
- Stop smoking services: [Live Well Greenwich | Stop Smoking](#)
- Greenwich Healthy Lifestyle Hub: [Live Well Greenwich | Healthy living activities around Greenwich, London](#). See also page 8 under self-management for excellent BHF patient support
- [\(Active\) Pharmacies providing Blood Pressure Checking Service and local SELGP Surgeries \(May 2022\) - Google My Maps](#)

Clinical support

- Urgent telephone advice- Consultant connect: Cardiology (your practice will have been given its own specific telephone number)
- Specialist clinics- Refer via eRS to: Obstetrics>'Maternal medicine' for Pre-conception counselling clinic (GSTT), Hypertension clinic, Pregnancy in Hypertension clinic (QE/GSTT), Obstetric Medicine clinic (QE/GSTT) - for pregnant women with multiple co-morbidities, (CKD clinic (GSTT), Diabetic medicine
- Hypertension data: SELICB Hypertension Dashboard is available to practices. Watch this [webinar](#) for more information and contact bi@selondonics.nhs.uk for access.

Lambeth patient support

- Practice social prescribing link worker or health and wellbeing coach
- Blood Pressure UK: [Patient information leaflets translated into 32 languages](#)
- Black and Asian people are being invited to attend a [dedicated wellness clinic](#) to help detect long-term health conditions
- Lambeth health and wellbeing [information and support](#) (smoking, healthy eating and physical activity)
- [NHS Digital Weight Management](#) 12-week online behavioural and lifestyle programme
- NHS Better Health [free tools and support](#) to kickstart your health (weight, smoking, activity, alcohol)
- Lambeth [Early Intervention Prevention Service \(LEIPS\) refer via DXS](#)
- [Silverfit physical activity for older people](#)
- Your Healthier You ([Diabetes prevention](#)) refer via DXS
- Local activity finders: [getactive](#) and <https://www.gomammoth.co.uk/>
- Walking for health [Lambeth Community Health Walking Scheme](#)
- Lowering your blood pressure with [DASH diet](#)
- [Local Community Pharmacy Blood pressure check service](#)

Lambeth clinical support

- Urgent telephone advice- Consultant connect: Cardiology at GSTT/KCH by telephone or via App
- Virtual hypertension clinics- These are available for practices to organise via the community hypertension clinics (see below)
- Community hypertension clinic- Referral criteria on form (see DXS). Can also provide hypertension drug related advice via email:
 - gst-tr.KHPCCommunityCVD@nhs.net
- Specialist clinics- Request advice and guidance or referral to specialist clinics via eRS to: Hypertension clinic (GSTT/KCH), Pre-conception counselling clinic (GSTT), Pregnancy in Hypertension clinic (GSTT), Obstetric Medicine clinic (GSTT) – for pregnant women with multiple co-morbidities, [CKD clinic (GSTT), Diabetic medicine (GSTT/KCH)]
- Data: SELICB Hypertension Dashboard is available to practices. Watch this [webinar](#) for more information and contact bi@selondonics.nhs.uk for access

Lewisham patient support

- [Social prescribing in Lewisham](#): Via GP practice or self-referral. [Community connections Lewisham \(CCL\)](#) also provide services for adults . They can provide links with local organisations such as cookery clubs, walking/exercise groups
- [Lewisham Council diet and exercise advice](#)
- [Lewisham Be Active Pass](#): Free or discounted use of Lewisham leisure centres. Self-service machines available at all Lewisham sites if no internet access available
- [Lewisham Healthy Walks](#)
- Healthwise referral: Exercise on referral scheme for patients with hypertension – Referral on DXS
- Slimming world - Referral on DXS
- SEL Tier 3 Healthy Weight Programme– Referrals on DXS
- [NHS Better Health: weight, smoking, exercise, alcohol](#)
- [Stop smoking services](#)
- British Heart Foundation: How to reduce your Blood Pressure [6 Top Tips](#) ; [Hypertension and COVID](#) ; [Online support group](#)
- [Online programme about hypertension for patients](#)
- [List of pharmacies providing Blood Pressure Checking Service](#)
- [BP Patient information leaflets in different languages](#)

Southwark patient support

- Practice connected social prescribing link worker
- [Southwark free gym and swim](#)
- [Southwark Weight management programme](#)
- [Healthy weight advice and support in Southwark](#)
- [Southwark Sport and Leisure](#)
- [Southwark Wellbeing Hub](#) Directory for community resources
- [NHS England » The NHS Digital Weight Management Programme](#)
- Southwark 'Exercise on Referral' Scheme (see DXS)
- British Heart Foundation: [Preventing Heart Disease \(resources for patients\)](#)
- [Home BP measurements](#)
- [DASH diet](#)
- [Stop smoking services](#)
- [Southwark Healthy Lifestyle Hub](#)
- [\(Active\) Pharmacies providing Blood Pressure Checking Service and local SELGP Surgeries \(May 2022\) - Google My Maps](#)

See also page 8 under self-management for excellent BHF patient support

Southwark clinical support

- Urgent telephone advice- Consultant connect: Cardiology
- Non-urgent 'Advice & Guidance'- Depending on the context: Hypertension clinic (GSTT), CKD clinic (GSTT), Diabetic medicine (GSTT/KCH), Obstetric medicine (GSTT), Pregnancy in Hypertension clinic (GSTT)
- Virtual hypertension clinics- These are available for practices to organise via the community hypertension clinics (see below)
- Community hypertension clinic- Referral criteria on form (see DXS). Can also provide hypertension drug related advice via email: gst-tr.KHPCommunityCVD@nhs.net
- Specialist clinics- Refer via eRS to: Hypertension clinic (GSTT/KCH), Pre-conception counselling clinic (GSTT), [Pregnancy in Hypertension clinic \(GSTT\)](#), Obstetric Medicine clinic (GSTT) – for pregnant women with multiple co-morbidities, [CKD clinic (GSTT), Diabetic medicine (GSTT/KCH)]