

Outline F2F teaching session for Training of Pharmacists in Hypertension

10:00 Introduction and overview of importance of screening for hypertension (15 min).

Phil Chowienczyk

Prevalence of hypertension in different age groups and ethnicities
Complications of hypertension
Burden of disease attributable to hypertension
Efficacy of treatment to reduce burden of disease associated with hypertension

10: 15 NHSE expectations for the pharmacy service (30 min).

Led by NHSE

Opportunities for promoting the opportunistic aspects of BP check service and referrals from practices.
Improving pharmacy and GP relationships
Engaging patients in such a way that they accept the ABPM.
Process for escalating very high readings.
Good record keeping

11:15 Overview of blood pressure measurement techniques: clinic, home monitoring and ambulatory BP (15 min)

Philip Lewis

12:00 Clinic blood pressure (10 min)

Ryan McNally

The environment
Choice of device (including wrist vs. arm)
Patient position
Irregular pulse
Cuff size
Measurement in both arms including exclusions (e.g. lymphoedema)
Number of measurements
Special considerations e.g. postural hypotension

12:15 Practical session on office BP measurement (45 min)

13:00 Lunch

13:30 Ambulatory blood pressure and home BP monitoring (30 min)

Luca Faconti

Who should be offered ABPM
Setting patient expectations and obtaining consent
Choice of device
Cuff size
Consideration of time of placement
Instructions to patient
Interpretation of ABPM

When to advise HBPM
Choice of device and cuff size
Instructions for the patient
Ensuring the quality of HBPM

14:00 Interpretation and actions following BP measurement with scenarios (30 min)

Spoorthy Kalkarni

Office BP in symptomatic and asymptomatic patients
Who needs urgent referral
Urgent action after ABPM and HBPM

14:30 Open Q & A (30 min)

15:00 Close