

Is the Hypertension Study Day for me?

An interactive and informal study day designed for the multi-professional primary care team. All members of the team provide day to day care for the 13% of the national population currently diagnosed with hypertension and are also routinely screening and diagnosing this condition. From health care assistant to GPs there are aspects to revise, learn and actions to take “back to your practice”. The HCA, practice nurse and patient roles when working in a coordinated manner are pivotal and when working effectively and are supported, the majority of BP and hypertension management does not need to hit the GP. This day has been delivered to rave reviews and is perfect to support local care pathways and to up date the whole primary care team. The tutors are Chris Harris who is GP, LTC lead for a Bradford CCG, and winner of The BMJ Clinical Leadership of the Year award for the Bradford’s Healthy Hearts ongoing campaign and Jan Procter-King, Practice Nurse, former editor of the BJPN and Nationally recognized Primary Care CVD Nurse.

What’s it all about?

We briefly set out the national scene and clarify the need for the effective management of hypertension. Moving on swiftly to the diagnosis of hypertension and the more recent approach to the use of ambulatory and home monitoring, with the roles of the team members laid bare. The physiology of the normal management of blood pressure are explained with a building story on the wall. This is then the basis for explaining the causes and management of hypertension, facilitating discussion and to support the understanding of the way BP drugs affect this system, the side effects and the reasons for the selection of particular drugs. Once diagnosed and the appropriate treatment and up titration selected, according to the NICE Guidelines, monitoring and targets are the issue. Acute kidney injury (AKI) is a potential especially in the older patient, so the cause and prevention of this is explained in an interactive manner. Complicated and rarer causes of hypertension are outlined, and then clinical cases help consolidate the knowledge.

What happens on the day?

9:00	Zoom opens to access once in you may get a drink and relax
9:30	Zoom day locked - Introductions – What is Hypertension and what is its current position in Primary Care Management?
9:50	Pathophysiology of Hypertension – back to basics
10:15	Diagnosis and risk assessment ABPM CBPM HBPM what are they all about?
10:45	Official break (other frequent short breaks will be given)
11:00	Therapeutics in Hypertension – back to basics
11:30	Monitoring and targets and what’s new
12:00	Trials and evidence (but not death by power point). Why does age matter?
12:20	Guidance! With a focus on NICE guidance and the impact on the practice routine
12:45	Lunch
13:45	Hypertension - what else is new?
14:00	Clinical Hypertension Cases
15:00	Interactive consolidation
15:45	Close and Evaluation

Date 21 October 2021

What do I do next?

To register for this course please contact:

Please email pl.th@nhs.net with requests to join the event

What’s the result?

At the end of the day, Delegates will:

- Understand the importance of hypertension and relevance in prevention of CVD
- Understand the principles of diagnosis and management in primary care and the team’s roles
- Understand the rationale behind the National Clinical Guidelines for the management of hypertension in patients in primary care