



THE UNIVERSITY *of* EDINBURGH

Edinburgh Research Explorer

Scale-up BP: supervised self-monitoring of blood pressure

Citation for published version:

Paterson, M, McKinstry, B, Cumming, G & Payne, E 2017, 'Scale-up BP: supervised self-monitoring of blood pressure', NHS Scotland 2017 Event, 21st June, 21/06/17 - 21/06/17.

Link:

[Link to publication record in Edinburgh Research Explorer](#)

General rights

Copyright for the publications made accessible via the Edinburgh Research Explorer is retained by the author(s) and / or other copyright owners and it is a condition of accessing these publications that users recognise and abide by the legal requirements associated with these rights.

Take down policy

The University of Edinburgh has made every reasonable effort to ensure that Edinburgh Research Explorer content complies with UK legislation. If you believe that the public display of this file breaches copyright please contact openaccess@ed.ac.uk providing details, and we will remove access to the work immediately and investigate your claim.



Scale-up BP: supervised self-monitoring of blood pressure

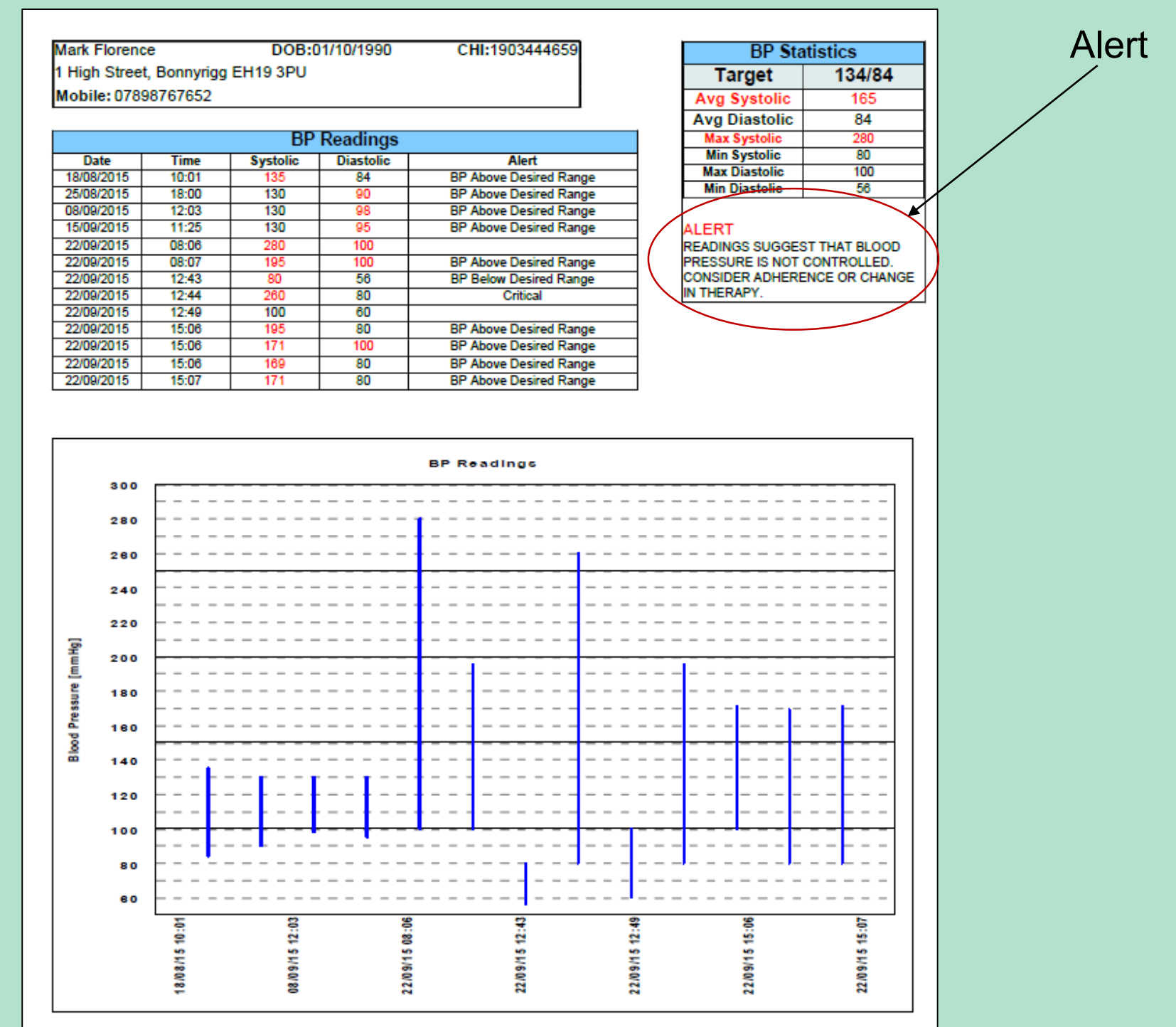
Mary Paterson¹, Brian McKinstry¹, Grahame Cumming² and Elizabeth Payne³

1.EHealth group, Usher Institute of Population Health Sciences and Informatics, The University of Edinburgh 2.NHS Lothian 3.Edinburgh Health and Social Care Partnership

Background: The problem in GP practices

- GP practices are struggling to maintain services
- BP measurement is a major use of GP and practice nurse time
- Telehealth data are not linked to the practice systems
- Clinicians can have problems accessing telehealth websites and so are reluctant to scale up telemonitoring systems

Methodology 2: The report solution for practices



Methodology 1: A patient centred solution

- Patients are issued with a BP monitor
- Patients sign a consent form to acknowledge that this system does not replace their GP and nurse care
- Patients are sent a text reminder to take BP at home
- Patients text their reading to a website using the Simple telehealth Florence system¹



- **Docman reports** of the readings are created
- Reports are reviewed by the GP or practice nurse monthly or 3 monthly
- BP readings and an average are displayed
- An alert is shown when the target is not met, with advice to consider intervention

Aims and objectives

- Patient self-management is supported
- Patient health is improved by identifying over and under treated BP
- A partnership approach is developed between the patient and clinician
- Staff have access to reliable information
- Time is freed up for clinicians

Results: Positive feedback from patients and GP practices

- 50 practices in Lothian have been recruited
- Over 850 patients are home monitoring BP and texting readings
- Patients appreciate the convenience of the system
- Staff value the reports delivered through routine information systems
- The need for GP visits is reduced
- A positive contribution is made to improving patient care in the community

