**Cost:**

See resources link for further details and correspondence.

**Outcomes:**

A total of 45 practices submitted data for 1,982 patients. Of the initial 1982 patients: 26 patients did not respond to invitations for an initial BP review from the practices and a further 445 (22.5%) failed to attend for follow up readings despite repeated invitations from the practices during the timescale of the project.

Of the remaining 1526 patients followed up; the following BP reductions were achieved:

* In 1,231 patients with an initial systolic BP ≥ 160mmHg (mean systolic blood pressure at baseline 172.9 mmHg); the mean reduction in BP across the cohort was 25mmHg (95% confidence interval 23.9 to 26.2 mmHg;
* In 494 patients with an initial diastolic BP ≥ 100mmHg (mean diastolic blood pressure at baseline 107.9 mmHg); the mean reduction in BP across the cohort was 17.9mmHg (95% confidence interval 16.8 to 18.9 mmHg).

**Project aims:**

To ensure hypertensive medication and lifestyle interventions are optimised in all patients diagnosed with hypertension with a systolic BP ≥160mmHg and/or a diastolic blood pressure ≥100mmHg

**Project title:**

Hypertension: Improving blood pressure management in primary care