

# BP@home flowchart

## Identify

Identify patients who have hypertension AND who are not controlled

Prioritise patients based on BP control and covid vulnerability (eg BAME, comorbidities, obesity) eg [UCL searches](#)

## Recruit

Work down the list of prioritised patients

Do they have an irreg pulse? Or known AF?

Y

?AF: assess remotely (eg [Fibrichck](#) or mobile ECG device) or F2F pulse/ ECG

Y

Home monitoring not suitable if AF. Clinic BP.

N

N

Has the patient their own monitor?

Y

Is the monitor <5 yrs old and [approved](#)?

N

Could they buy their own £20 [monitor](#)?

N

Supply monitor

Y

Y

Provide training and resources to self monitor BP eg [leaflet](#), [video](#), [patient diary](#), [accuRx BP monitoring Florey](#)

## Manage

Initial monitoring of BP over 4 days with ideally 2 measurements, twice a day – but be pragmatic

Code Average Home BP

- 413606001 Av home syst BP
- 413605002 Av home diast BP

Titrate anti-hypertensives as per guidance

Monthly check-in with 4 day average until BP controlled. Code average BP each time

6-monthly check-in once BP controlled. Code average BP each time