

Digital resources for hypertension

The purpose of this document is to provide an overview of digital resources to support staff for the implementation of the [Proactive Care Frameworks](#). This is intended to be a resource that local systems can access for guidance and information on validated resources available, as well as providers of digital technology to support patient care.

Resources on hypertension

How to manage high blood pressure:

- British Heart Foundation has created a hub of helpful information so patients can feel confident checking and managing their blood pressure at home. ([CLICK HERE](#))
- Stroke Association has created a guide to explain what high blood pressure is, the types of medication used to treat it and what you can do to lower your blood pressure. ([CLICK HERE](#))

Monitoring your blood pressure at home:

- Benefits of remote monitoring for blood pressure - video ([CLICK HERE](#))
- How to check your blood pressure using a blood pressure machine – video ([CLICK HERE](#))
- How to measure your BP - leaflet ([CLICK HERE](#))
- Step by step guide for patients on how to take BP ([CLICK HERE](#))
- Home monitoring diary for patients ([CLICK HERE](#))
- Validated BP monitors for home use ([CLICK HERE](#))
- How to choose a BP monitor ([CLICK HERE](#))
- Why cuff size matters ([CLICK HERE](#))

How to assess pulse rhythm at home:

- How to take your pulse video ([CLICK HERE](#))
- Know Your Pulse Factsheet ([CLICK HERE](#))
- What is an Arrhythmia? Document ([CLICK HERE](#))

Health and wellbeing resources

Diet:

- One You website www.nhs.uk/oneyou/for-your-body/eat-better/

Exercise:

- One You website www.nhs.uk/oneyou/for-your-body/move-more/
- “iPrescribe” app offers a tailored exercise plan by creating a 12-week exercise plan based on health information entered by the user. It then sets the duration and intensity of the exercise based on this information. www.nhs.uk/apps-library/iprescribe-exercise/ (free to download)
- Getting active around the home: tips, advice and guidance on how to keep or get active in and around the home from Sport England: <https://weareundefeatable.co.uk/> (free to access)
- Dance to health: Dance to Health - dance program for older people accessed online. (free to access). www.dancetohealth.org/Online_Session/Online_Sessions

Smoking cessation:

- ‘One You’ website www.nhs.uk/oneyou/for-your-body/quit-smoking/

Wellbeing and Mental Health:

- www.nhs.uk/oneyou/every-mind-matters/

Digital Tools for hypertension

UCLPartners have developed a list of patient-facing digital tools to enable remote monitoring and self-management for long-term conditions. The following is intended to provide guidance on technology available to be commissioned, that will support remote monitoring and enhanced, self-directed management for patients with hypertension.

All digital tools considered adhere to the following criteria:

- Market ready for purchase & supply.
- UK supplier, already operational in the NHS.
- Compliant with all regulatory standards for use in the NHS.
- Enables patients with a diagnosis of hypertension to remote monitor and self-manage their condition.
- Evidence available, demonstrating patient and clinician impact and improvement.
- Budget impact evaluation available, demonstrating better value/ reduced long-term costs to the system.
- Is accessible – e.g. health inequalities considered/ meets minimum accessibility requirements.

For health professionals: options for transmission of home blood pressure reading from patient to GP practice are listed below. Please click on the hypertension slide pack within the [CVD resources](#) for a comparison of these platforms.

- **Accurx:** <https://www accurx.com/>
- **E-consult:** <https://econsult.net/primary-care>
- **Omron-Connect:** https://www.omronconnect.com/emea/en_gb/
- **Primary Care Pathways:** <https://primarycarepathways.co.uk/>

Disclaimer – We do not endorse or recommend any of the commercial products, processes or services provided within this document, with the sole intended purpose to be for guidance only.

| Innovation | | Remote monitoring/ assessment | | | | | | Functionality | | Self-management & education | | | |
|---|--|-------------------------------|------------|----------------|----|-----------------|----------------|-----------------------------|--------------------------------------|-----------------------------|--------------------|---------------|----------------------------------|
| Name (click for provider website) | Description | Device (Y/N) | BP & HR | Weight /BMI | AF | Blood Lipids | Urinary ACR | Clinician Dash- board | Patient- Clinicia n msg'ing | LTC Mx Plan | Symptom tracker | Meds diary | Lifestyle (Diet, Exercise) |
| CliniTouch Vie | A digital platform enabling remote monitoring and integration with any Bluetooth enabled BP monitors. | | Y | Y | Y | | | Y | Y | Y | Y | Y | Y |
| Dignio | A digital platform enabling remote monitoring and integration with any Bluetooth enabled BP monitors. | Y | Y | Y | | | | Y | Y | Y | Y | Y | Y |
| Feebris | A digital platform plus Bluetooth BP device, powered by AI to identify markers of disease to detect early warning signs. | Y | Y | Y | | | | Y | Y | Y | Y | | |
| Healthy.io (UK) Ltd | A Home test kit for assessment of signs of CKD, including albumin: creatinine ratio, powered by AI to receive immediate clinical results. | Y | | | | | Y | Y | | | | | |
| In Healthcare | Stand-alone platform for remote monitoring including omni channel recording of blood pressure, automatic triage of readings and upload to EMR. | | Y | Y | | | | Y | Y | Y | Y | Y | Y |
| Isansys Lifecare | A digital platform with wearable biosensor worn to enable continuous vital sign monitoring, including AF. | Y | Y | Y | Y | | | Y | Y | Y | | | |
| Medopad | A digital platform enabling remote monitoring and integration with any Bluetooth enabled BP monitors. | | Y | Y | | | | Y | Y | Y | Y | Y | Y |
| myHeart | myHeart platform with app, is an evidence-based digital therapeutic for self-management of patients with HTN or post cardiac failure. | | Y | Y | | | | Y | Y | Y | Y | Y | Y |

Support for implementing Digital Tools

Your local AHSN is available to support and coordinate engagement with providers to assist with a better understanding of the suggested digital tools.

Please contact [here](#) for more information, including:

- A virtual demonstration of the solution.
- The most pertinent evidence for use of the solution.
- Advice and support for engaging with the Industry supplier.