

CZH/4/1135 - Scale-up BP: Implementing evidence-based hypertension research at scale

High blood pressure (BP) is one of the commonest reasons for attendance in general practice. Home-measured BPs are superior to surgery measures in predicting future cardiovascular events. Telemonitoring of BP, where patients share their home readings via internet with their clinicians, is highly effective at lowering BP. However, there are no studies of sufficient scale to demonstrate improved clinical outcomes nor is it known if a *large-scale* service redesign shifting from surgery to telemonitored BP would save NHS resources. A phase-4 trial of such an implementation might answer these questions, but mounting such a trial is challenging, because it is not known if clinicians and patients will participate, if routinely acquired data is sufficiently high quality to allow reliable assessment of outcomes or the best way to extract data from GP datasets. We aim to conduct a feasibility study to explore these issues to inform a future substantive phase-4 trial.