

# Suggested structure for a local hypertension strategy

## Tool H1

Strategy section	Sections of this toolkit that can help
<p><b>Introduction: the need for action</b></p> <p>The introduction to the strategy should outline the main elements and give the reasons why local action is necessary to tackle hypertension. For example:</p> <ul style="list-style-type: none"><li>• national and local policy drivers</li><li>• an estimate of the local prevalence and costs of hypertension</li><li>• an outline of the benefits of preventing, detecting and controlling hypertension.</li></ul>	<p><i>Pages 33-35</i></p> <p><b>Tool H1</b> Suggested structure for a local hypertension strategy</p> <p><b>Tool H2</b> National policy drivers (1)</p> <p><b>Tool H3</b> Hypertension prevalence ready-reckoner</p>
<p><b>Strategic partnerships</b></p> <p>This section details the key partners who will help to plan, implement and evaluate the strategy, the establishment of a hypertension action team and who it will include.</p>	<p><i>Pages 35-36</i></p> <p><b>Tool H4</b> Local partners and their potential roles</p> <p><b>Tool H5</b> A settings approach to tackling hypertension</p>
<p><b>Current activity and gaps</b></p> <p>This section of the strategy looks at what is currently happening at local level on prevention, detection and control. It could include the results of an audit to map local action and identify gaps, and the action each partner agency needs to take.</p>	<p><i>Page 36</i></p> <p><b>Tool H6</b> Checklist for reviewing current activity</p>
<p><b>Priorities and target groups</b></p> <p>This section considers how resources will be targeted and where to focus efforts.</p>	<p><i>Pages 15-21, 25-31 and 37-38</i></p> <p><b>Tool H7</b> Cardiovascular disease risk prediction charts</p> <p><b>Tool H8</b> Proforma for developing a hypertension action plan</p>
<p><b>Aims, objectives, standards, targets and milestones</b></p> <p>The broad aims of the strategy, specific objectives and standards, and time-scheduled targets and milestones.</p>	<p><i>Pages 39-40</i></p> <p><b>Tool H2</b> National policy drivers (1)</p>

## Strategy section

## Sections of this toolkit that can help

### Key interventions

Using a settings approach, this section suggests interventions to:

- prevent hypertension, and
- detect and control hypertension.

It also outlines how to develop a local hypertension action plan.

*Pages 25-31 and 41-50*

**Tool H5** A settings approach to tackling hypertension

**Tool H8** Proforma for developing a hypertension action plan

**Tool H9** Salt and hypertension

**Tool H10** National policy drivers (2)

**Tool H11** The GMS contract: quality indicators for hypertension

### Potential barriers

This section outlines the obstacles which prevent people from adopting healthier lifestyles or adhering to treatment, ways in which these can be overcome, and the roles of the individual and of health professionals and partner agencies.

*Pages 26-27 and 50-54*

**Tool H12** Patients' thoughts and feelings about taking medicines for hypertension

**Tool H13** Suggested minimum content of care plans and patient-held records for hypertension

**Tool H14** Ways of involving patients and the public in tackling hypertension

### Infrastructure support

This section details the structures that need to be in place at local level to implement a hypertension strategy, such as capacity, IT systems, sufficient funding, and public and patient involvement.

*Pages 54-57*

**Tool H14** Ways of involving patients and the public in tackling hypertension

### Monitoring and evaluation

How to monitor progress, assess performance and evaluate the strategy should be detailed in this section.

*Page 58*

**Tool H11** The GMS contract: quality indicators for hypertension

**Tool H15** Performance assessment: examples of indicators

### Mainstreaming and sustainability

Plans on how to ensure that local action to prevent, detect and control hypertension is mainstreamed and sustained should be included in the strategy.

*Pages 58-60*