Sample letter of request to review blood pressure medication to GP of CVD risk patient

Healthlines Service Patient Assessment Form

Request for review of BP medication

Dear GP

This patient is participating in the Healthlines Service. This aims to support people with long term conditions and consists of regular phone calls from a Healthlines advisor, along with helping the patient to make good use of resources available over the internet. For patients with hypertension (and who do not have atrial fibrillation) we also monitor their home blood pressure readings.

- This patient has an average blood pressure reading of: $[XXX/XX]$
- Please see recent readings attached. (imported into note from web site)
- We have checked with the patient and they are/are not (HIA to delete as appropriate) taking their medication as prescribed.
- This patient has a blood pressure above the recommended threshold as set out by NICE (CG127).
The current NICE recommendations for blood pressure targets are:

Clinic BP < 140/90; ambulatory/home BP < 135/85 for people aged <80 years

NB:

Clinic BP < 130/80; ambulatory/home BP < 125/75 for people with type 1 diabetes

Clinic BP < 140/80; ambulatory/home BP < 135/75 for people with type 2 diabetes

Clinic BP < 130/80; ambulatory/home BP < 125/75 for people with CKD and diabetes (type 1 or 2)

Additional information

We would advise the patient have a blood pressure medication review to optimise drug dosages and/or consider an escalation to next stage of blood pressure treatment as set out in the NICE treatment algorithm below. We have also provided a ‘NICE Bite’ summary of the NICE guidelines on hypertension.

This patient has/has not (HIA to delete as appropriate) been advised to make an appointment with you to review their medication.

Please return the attached form to the Healthlines Service so that we can continue to support you in managing this patient’s blood pressure.

Thank you for your help.

Kind regards,

(HIA name)

Healthlines Service
NICE treatment algorithm for hypertension

NB: The guidance below is for people without diabetes. For more detailed guidance on the management of BP in patients with diabetes please see NICE Guidance CG 15 and CG 87. For detailed guidance on the management of BP in patients with CKD please see NICE clinical guideline 73.

Please refer to more detailed prescribing notes below.


The NICE Bites summary contained within this sample letter is reproduced with permission from Banks L. (Ed.). North West Medicines Information Centre. NICE Bites; Hypertension, No 34: September 2011.
NB This summary guidance is for people without diabetes. For more detailed guidance on the management of BP in patients with diabetes please see NICE Guidance CG 15 and CG 87. For detailed guidance on the management of BP in patients with CKD please see NICE clinical guideline 73.