

Virtual Hypertension Clinic: Integrating Primary and Secondary Hypertension Care in North Central London

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Introduction: Hypertensive patients benefit from early control of BP to ameliorate end-organ damage. However, access to specialist care for hypertensive patients can involve long waiting times, travel and expense for patients and CCGs.

In 2016, we developed a virtual hypertension clinic in collaboration with Camden CCG to provide remote advice to GPs and triage hypertension patients to community nurse led or hospital clinics.

Methods: Two consultant nephrologists (SBW, JMC) review referrals made to the virtual hypertension clinic on the EMISWeb platform every week. EMISWeb is an electronic patient record system used to record all the clinical observations, measurements and investigation results for all patients seen in Camden primary care. At the virtual clinic, the referral, and the patient's records can be viewed with clinic BP and ABPM measurements, medications (and number of collected prescriptions), biochemistry and other special investigations and medical history. A treatment plan is written at the time of review for the GP. This may be for:

- Simple advice with a plan for pharmacotherapy with BP goals.
- Direct triage to a community hypertension nurse specialist clinic for longer consultations than possible for GPs. This includes motivational interviewing, stress workshops, lifestyle and dietary advice.
- Direct triage to hospital clinic for patients who require investigation for secondary hypertension or adherence testing.

Results:

Since 2016, 846 patients (median age 43yrs, 53% male) were reviewed.

Referral indications: Age of onset <40yrs 57%, Resistant hypertension 28%, Unusual hypertension 11%, Other 3%.

Outcomes: 35% discharged with treatment plan, 30% triaged to community nurse-led clinic, 24% triaged to hospital clinic, 11% other outcome.

The virtual hypertension clinic provided a minimum cost saving of £112.23 per patient attendance compared with traditional outpatient care.

Conclusions: Implementation of a virtual hypertension clinic offers a cost-effective, rapid referral mechanism for specialist advice, patient assessment and triage.

Disclosures: None