

Hypertension Generic Care Plan: Guidance for MCR

CARE ISSUE	DESIRED OUTCOME	ACTION	ACTION BY	RESPONSE
Annual hypertension review	Patient attends GP practice annually for review	Discuss with patient when BP was last checked by GP surgery	Pharmacist/ Pharmacy Technician	Patient attends GP practice at least annually for BP check
Non attendance at hypertension review – not invited or declined.	Patient has annual review at GP surgery.	Reinforce need for review as medication may need altered if condition changes.	Pharmacist/ Pharmacy Technician Patient	Patient agrees to contact GP practice to arrange hypertension review. (If multiple conditions review may cover all of these).
Personalised BP target.	Patient knows what their personal BP target is and implication of changes.	Discussion with patient around BP reading and if they know result. If unsure to ask at next review.	Pharmacist/ Pharmacy Technician Patient	Patient understands condition better and implication of the BP readings. Patient knows their personal BP target or will find out at next review.
Medication Compliance.	Patient takes/uses medication as instructed.	Discussion with patient to identify issues in following treatment plan.	Pharmacist/ Pharmacy Technician	Patient has a better understanding of how to take medications for hypertension.
	Patient understands why they need to take medication.	Advise on how different therapies work, benefits of taking them and the need for compliance.	Pharmacist/ Pharmacy Technician	Patient understands the benefits of medication and risks of not taking it regularly.
	Compliance with medication improved.	Ensure patient can communicate what medicines they take, when and how to take them, what to do if missed a dose.	Pharmacist/ Pharmacy Technician	Patient understands use of medication and improved BP control.

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Side effects of medication.	Able to minimise side effects appropriately.	Explain side effects of medication. Provide appropriate advice which may help ease side effects such as taking medicines at night or after food.	Pharmacist/ Pharmacy Technician Patient	Side effects are reduced or patient is reviewed at GP surgery		
		Provide patient with patient information leaflet at every dispensing to support advice given above.				
		Advise patient to make an appointment for review with GP/practice nurse if side effects affecting quality of life or resulting in non-compliance.				
Patient smokes.	Smoking stopped or reduced.	Reinforce effect and risk of further complications and health risks.	Pharmacist/ Pharmacy Technician Patient	Patient agrees to quit attempt or reduce, and understands why so more motivated to succeed.		
		Provide patient with information on smoking cessation services available. Quit Your Way				
		Motivate patient to stop or reduce smoking.				
Patient exceeds recommended 14 units of alcohol per week	Patient reduces alcohol intake to within recommended limits	Discuss with patient what a unit of alcohol is e.g. a single measure of spirit or half a pint of low strength beer	Pharmacist/ Pharmacy Technician Patient	Patient has a better understanding of alcohol and safe limits of alcohol consumption.		
		Discuss health benefits of reducing alcohol intake.			Pharmacist/ Pharmacy Technician Patient	Patient reduces alcohol intake
		Advise on support available if you feel patient would benefit from this			Pharmacist/ Pharmacy Technician Patient	Patient is aware of services available and can access these if required

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Patient inactive and/or overweight.	Patient increases activity and makes dietary changes to reduce weight.	Education on impact on BP control and medication due to weight changes.	Pharmacist/ Pharmacy Technician	Patient understands the effect of activity and/or weight with BP condition.
		Dietary advice. <ul style="list-style-type: none"> • Restrict salt to 5g per day • Reduce caffeine • Increase fibre intake 	Patient	Patient aware of dietary changes which will improve condition.
		Recommend increase in activity. 150 minutes of moderate intensity exercise per week over at least 2 days is recommended but any increase is a positive change.		Patient encouraged increasing exercise and/or reducing weight.
No flu immunisation. (On inhaled steroids, meet age or other criteria).	Patient gets annual flu immunisation.	Promote advice.	Pharmacist Patient	Patient agrees to contact surgery or pharmacy to get the annual flu vaccination.