

# Digital Home Blood Pressure Monitoring – as 30 April 2024



**+ 12 Health Boards\***

**48% GP Practice\*\***

**98,371 total recruitment**

**27,280 in past 12 months**

## What did people think?

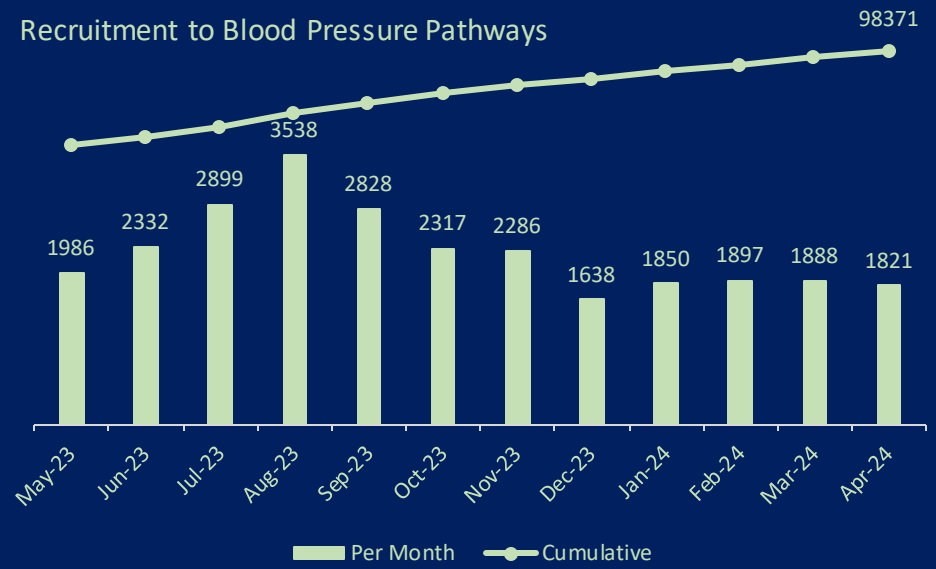
**97%** Liked it or thought it was ok

**98%** Found it easy or ok to use

**93%** Would use it again  
*(447 responses received April 2024)*

**29%** Of Adults in Scotland have **high blood pressure** (Scottish Govt)

**50%** Of all Strokes and Heart Attacks are caused by **high blood pressure** (BHF)



## Impact:

**Over 390,000** Appointments saved

**£14.7m saved** Cost effect over 10 years  
*(Michael et al (2019), 2017/18 costs)*

**For every 50,000** People who routinely monitor BP, up to **745 strokes and 500 heart attacks** could be avoided over a 5-year period *(British Heart Foundation)*

- Avoided appointments
- Reduced Travel
- Convenient and saves time
- Reduced Infection Risk
- Improved access to services
- More accurate readings to aid clinical decisions

*“more patients are taking responsibility for their own health and wellbeing”*

**Notes:**

- All 14 Health Boards engaged With Connect Me in preparation, 12 Boards are fully onboarded and recruiting
- \*\* GP practices have access to national platform and received training, some 'drop-off' in transition from legacy system hence reduction from previously reported 60%.

**Data Sources:** Florence (self-reported by Health Boards, Inhealthcare, Connect Me standard patient survey, Scale-UPBP evaluation)

# Blood Pressure (Primary Care) Pathway



Connect me - Blood Pressure (Primary Care) Pathway  
Number of Activations by month & cumulative

