

Digital Home Blood Pressure Monitoring – as at 31 January 2024



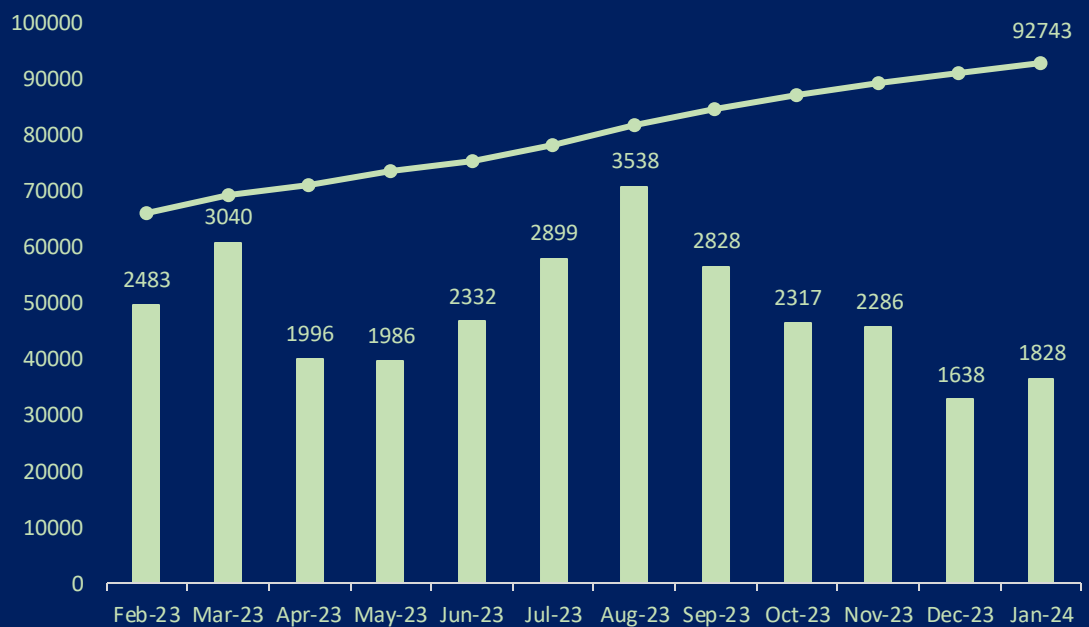
12 Health Boards*

47% GP Practice**

92,743 total recruitment

29,171 in past 12 months

Recruitment to Blood Pressure Pathways



What did people think?

97% Liked it or thought it was ok

98% Found it easy or ok to use

94% Would use it again

(618 responses received January 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 370,000 Appointments saved

£13.9m 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:

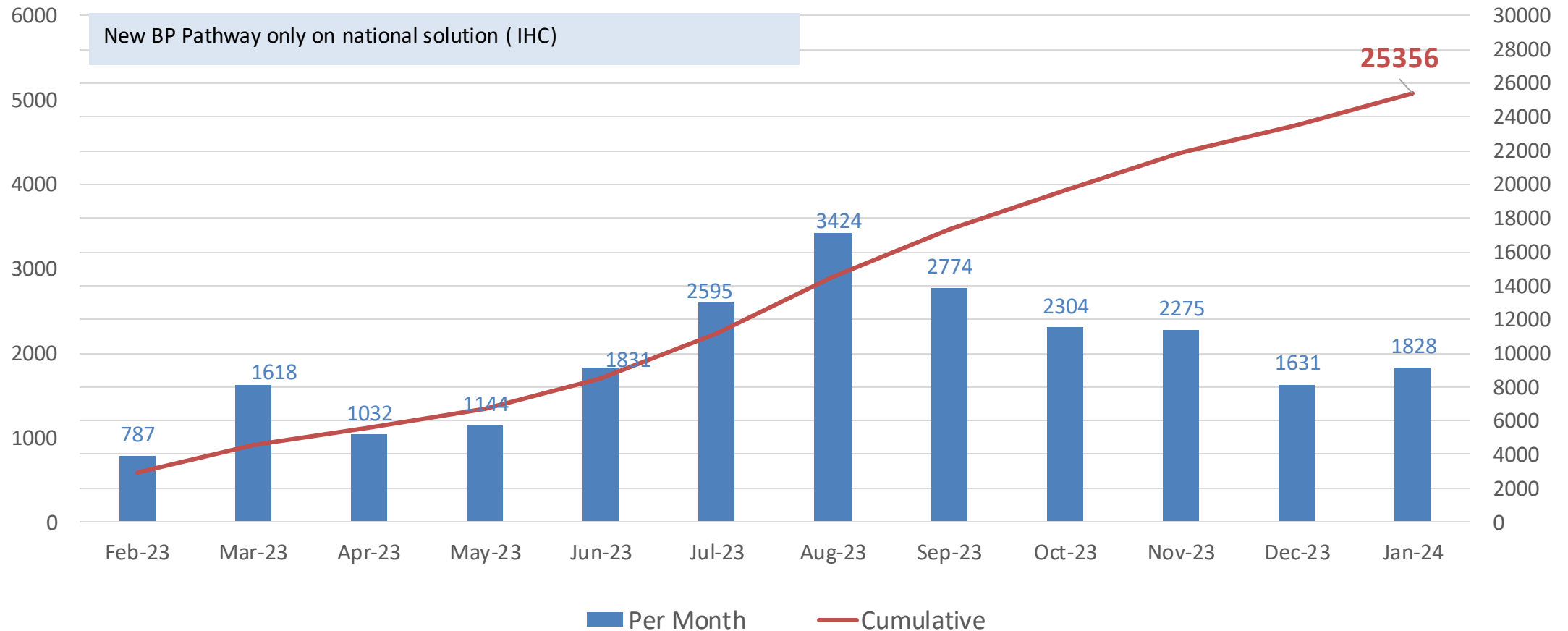
- All 14 Health Boards engaged With Connect Me in preparation, 12 Boards are fully onboarded and recruiting
- ** GP practices have access to national platform and received training, some 'drop-off' in transition from legacy system hence reduction from previously reported 60%.

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



Please note: Correction applied to November data