

# Digital Home Blood Pressure Monitoring at 30 September 2023

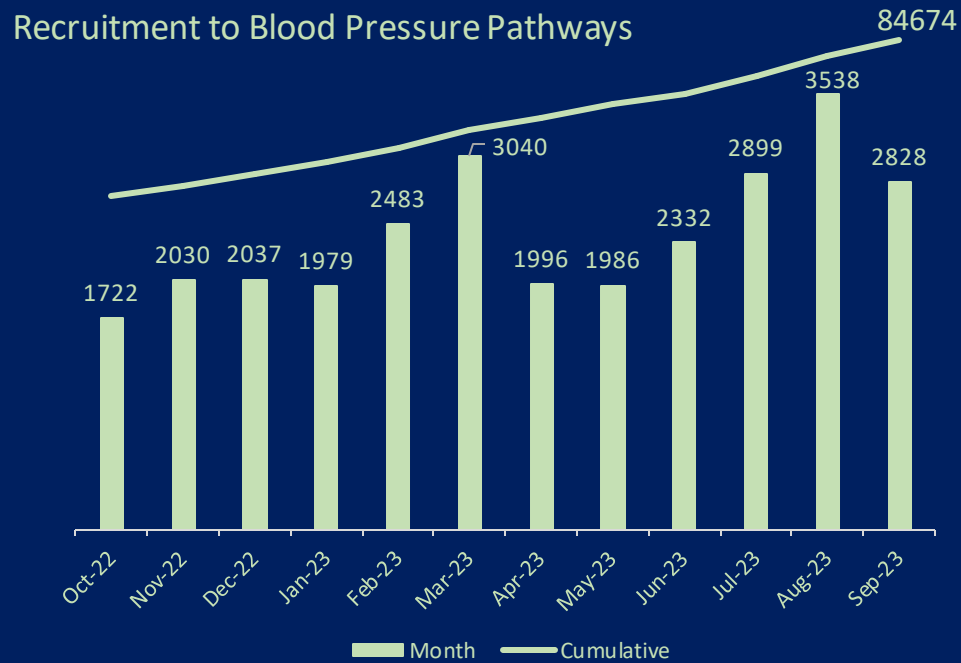


**+ 14 Health Boards**

**60% GP Practices**

**84,674 total recruitment**

**28,870 in past 12 months**



## What did people think?

**96%**  
Liked it

**97%**  
Found it easy/ok to use

**93%**  
Would use it again

**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 300,000**  
Appointments saved

**£12m saved**  
Cost effect over 10 years

**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”*

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

(Michael et al (2019), 2017/18 costs)

# Blood Pressure (Primary Care) Pathway



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

