

# The One Gloucestershire Way



## Priority Summary:

# Heart Health/Care

## Our ambition

Cardiovascular (heart) disease is the leading cause of premature death and disability in England.

Our ambition is to increase the detection and treatment of high risk conditions such as high blood pressure or cholesterol and atrial fibrillation (a heart condition that causes an irregular and often abnormally fast heart rate), to reduce the number of strokes and heart attacks in Gloucestershire.

# What are we doing?

- A community blood pressure testing programme in Gloucester, funded by the British Heart Foundation, will enable blood pressure checks to take place at community pharmacies, local events and some workplaces. People identified as having high blood pressure will be directed to support so that they can be treated effectively.
- In partnership with the West of England Academic Health Science Network, we have distributed mobile heart monitors to 60 GP practices to help detect abnormal heart rhythms. 72 new cases of Atrial Fibrillation were detected over the nine month project.
- People with high risk conditions such as Atrial Fibrillation, should be offered evidence based preventative treatments. The proportion of patients receiving anticoagulation therapy to reduce their risk of stroke is now higher than the national average.

## Case Study

Anne signed up to be a community blood pressure checker through her work because she wanted to help people.

Not long after the training, her father started complaining of chest pain, so Anne decided to monitor his blood pressure twice a day for a week and went with him to see his GP to discuss the results.

The GP agreed with Anne's concerns and started her father on medication which has brought his blood pressure down into the normal range. As a result, he is feeling much better.



## What next?

We are developing innovative ways to improve the quality of life for people who have had a heart attack or heart surgery and reduce their risk of further heart problems. For example, a 'Nature on Prescription' project with the Wildlife Trust will offer patients the chance to learn about and interact with nature while doing activities which will improve their health and fitness.