



SUMMER NEWSLETTER

July 2008

Letter from Chair

Well I do not know where this year has gone!

There are only 9 weeks left until the Scientific Meeting; by now you should have returned your application form back to Hampton Medical to secure a place. If you have not received your invitation you must contact the Secretary wendy.callister@imperial.nhs.uk as soon as possible and we will ensure you are sent a pack.

You will see in the programme there are six abstract presentations which were selected from a total of nine submitted. The remainder of the programme has been put together by the committee and I hope there will be plenty to interest you. Again we will kick off with the forum on the Monday afternoon followed by a complimentary drink in the college bar.

This year we expect to fill all 50 places and in addition to this we are hoping to have a number of practice nurses to join us on Tuesday This is a trial exercise for the first time and is part of the NHA plan to increase interest from primary care. If you know of any practice nurses who would be interested in a place please contact the committee via Wendy Callister, the Secretary.

In the last newsletter we laid out the committee's plan for 2008. The objective was to maintain our current membership and increase numbers from primary care. As it stands we have 57 members: 11 from primary care, this is a 50% increase from last year. Naomi and I have met with the BHS executive committee to discuss the future of the NHA and encouraging membership. We are pleased to say the meeting went very well and they have promised their continued support. I was also asked to convey our plans to the friends of the BHS in order to ensure future backing for our annual scientific meeting. We need to move forward with membership plans and the committee will require the help of members to do this.

This is my final year on the NHA committee; I will be standing down from the position of Chair in September. I want to take this opportunity to thank Naomi Stetson, Wendy, Laura Elwood, Christine Carney, Joanne Collins, Zoe Wells, Manju Luckson, Maureen Holland and Claire Addison for working with me during this time. I hope to support the committee as an NHA member next year.

I would also like to thank those members who have helped out the committee with extra jobs-you know who you are. It really helps to share the load where possible. This leads me on to say there are 2 vacancies on the committee this year so please consider volunteering.

On that note I hope to see you in September, let's make it a good one!

Jo Wilkins

Report from the one-day event for Independent Prescribers held on the 23rd April 2008 at Bart's & The London Hospital

The second one-day training event for independent prescribers was held on the 23rd April 2008 at Barts & The London Hospital. Using feedback from the inaugural event in November 2007 the programme concentrated on the pharmacology of anti-hypertensive medication, lipid lowering and aspirin in the management of patients with hypertension – important actions, interactions and side-effects. There was also a session on renal disease and, at the end of the day, an opportunity for participants to apply their knowledge to a series of case studies. The event was attended by 40 participants (nurses and pharmacists), many local but others from as far away as Lincoln.

“Very good programme, excellent speakers. I’m so pleased I found out about the day and was able to attend.
Thank you”

Participant feedback was very positive. At the end of the day participants were also asked to reflect on how they would apply the knowledge gained from the training event and the range of answers again centred on participants having more confidence in prescribing (an aim of the training programme) and improving management of patients with hypertension. The only negative comments centred on time and in particular needing more time for question/answer sessions.

Ideas for new topic areas included obesity and hypertension, diabetes, monitoring renal function, secondary hypertension, erectile dysfunction, stroke, management of elderly people with hypertension and evidence-based medicine. These ideas will be fed into the planning process for future events.

“Brilliantly planned and excellently presented – thanks”

The event included trade stands and was supported by the Friends of the BHS.

The on-site team of Zoe Wells (NHA), Professor Mark Caulfield and colleagues, working with Jackie Howarth and myself ensured the success of the day from the marketing, delivery and evaluation of the event. The only thing we could not control, in typical British fashion, was the weather!

Dr Gillian Manning
Member of the BHS Educational Working Party
9th May 2008

Blood Pressure Self-monitoring Conference

The **Blood Pressure Self-monitoring Conference** was held at the Centre for Evidence-based Medicine, Saad Business School, University of Oxford on 3 July 2008.



Paul Glasziou, Professor of Evidence-based Medicine and who works as a part-time GP, chaired the morning session and gave a lively overview of the issues to an audience of doctors and nurses.

Richard Hobbs, Professor & Head of Primary Care and General Practice at the University of Birmingham, started by recounting the success of self-monitoring with chronic disease management. Patients on warfarin therapy, for example, showed marked improvement if they were given 2 hour training in measuring INR at home and a computer-based algorithm to help them adjust dosage. However 75% of those asked didn't want to do it, or lots consented and then, when they realised what was involved, withdrew; 40% of the ones left stopped before the year was out. As having a stroke is perceived as the second most feared disease (getting cancer is the 1st), this small cohort of patients on warfarin were well motivated to make a success of home monitoring. Hypertension isn't viewed in quite the same way.

Paul Padfield, Consultant Physician, Professor of Hypertension, NHS, Lothian, gave an overview of the history of home monitoring which began in the 1970s. This included a delightful slide of him with long dark hair! Various ways of collating the BP readings & their merits were discussed. Monitors with memories or monitors with printers are the most suitable as studies have demonstrated how patients misreport their readings. Telemetry combined with an algorithm - where the patient simply has his mobile phone turned on & he doesn't have to 'send' the readings to a central number - has been successfully tried in rural Africa. This method cuts down travel and has much to recommend it. Similarly, web-based sites with algorithms are available. On the downside, a GP study has noted that the benefits of home-monitoring are seen to drop off after about 6 months.



Johnathan Mant, Professor of Primary Care Stroke Management, University of Birmingham, talked about home monitoring and predicting outcome. One study showed that patients with elevated home readings and lower clinic ones were at greater risk of CVD events. He was asked just how was 'that number' reached. What monitors were used to measure at home? And how was it done? Was it sitting, after rest, how was cuff size measured?

The Blood Pressure Association was started in 2000 and has 16,000 members and home monitoring is one of the main reasons that people call in to the Helpline. A BPA member Tim Allen, a professional who had accelerated hypertension (it rose to 200/143) spoke to us about the value of home monitoring for him after he returned from hospital. He has easy access to his GP when he's concerned and this gives him reassurance when he is unable to get to the surgery. However, it was pointed out in question time, that essential hypertension would be unlikely to warrant the individual care he receives at present.



There is a validated monitor with a memory which can be ordered via their web-site (www.bpassoc.org.uk) @ £35. For every one sold, Microlife makes a £5 donation to the BPA so go out and recommend it to your patients. There is also a 4 minute video on how to take your blood pressure at home.

Professor John Potter, from Leicester University, talked about the accuracy of current home monitors on offer in shops or the internet and that patients should be warned against buying only upper arm devices. Training is required to use and maintain these monitors. We know that many people buy non-validated machines, often with the wrong size cuff and even if validated, probably don't have them checked or serviced. Studies show that the main reasons for inaccurate measuring are **a)** talking during the procedure **b)** not resting for 5 minutes beforehand and **c)** not sitting in a relaxed position with the arm supported at heart level.

The Questions sessions were always interesting as they revealed how little we can safely conclude on the benefits of home monitoring not just because of the variability in types of monitors but also in the way they are used. An Oxford GP Practice has persuaded their PCT to fund 60 validated home monitors (with memories) which they give to their patients once every 11 months. Using standardised monitors meant they felt confident that the machines were accurate. Over 5 days their hypertensive patients do a series of readings (2 at a time) which is averaged and entered in their records (for the QOFs). However, this led on to a discussion about the recommendations by the BHS **1)** whether or not they add on the 10/5 mmHg and **2)** that the minimum of measurements performed in each period should be a total of 12 readings recorded during 7 working days. In contrast, a nurse in Leicester preferred doing ABPM on all her patients because she felt it was a more standardised way of measuring blood pressure over time. She also found some patients became obsessed with spikes in their home readings and would do more and more home readings resulting in spiralling hypertensive episodes which only reflected their anxiety.

In summary, home self-monitoring is a useful tool to aid management of hypertension provided the recommendations of using validated monitors and providing training in how to use them is carried out. It is useful in detecting 'white coat hypertension' in patients with

high clinic readings and no evidence of the target organ damage. HBPM helps make judgements on the management of hypertension but will never be the sole tool.

Wendy Callister
Hypertension Clinical Nurse Specialist
NHA Secretary

Blood Pressure Association Scoops Top Charity Award

The **Blood Pressure Association (BPA)** has won one of the most prestigious accolades to be awarded in the charity sector at **The Charity Awards 2008**.



Chosen from a long list of entries, the UK's leading blood pressure charity won the '**Healthcare and Medical Research**' award for its work to increase awareness of blood pressure risks through its flagship campaign, "**Know your Numbers! Week**"

Sue Massey, the BPA's Head of Communications and Marketing, and Mark Hooley, the BPA's Marketing and Projects Officer, were presented with the award by TV presenter Zoey Bird and Becky Slack, Editor of Professional Fundraising, category sponsor, at a glittering ceremony in London on June 19 2008.

The ceremony was hosted by comedian Marcus Brigstocke and awards were presented by celebrities including Claudia Winkleman, Prunella Scales, Terry Waite CBE, the Rt. Hon David Blunkett and John Craven.

One in three adults in the UK have high blood pressure, the most common cause of premature death in the world through the strokes and heart attacks it causes. However, an estimated five million are unaware they are living with this silent killer because it has no obvious symptoms.

Seeing the need to increase awareness and improve access to free blood pressure checks, the BPA launched "Know your Numbers! Week" in 2001. The first event provided free blood pressure checks to 10,340 people at venues, called 'Pressure Stations', staffed by healthcare volunteers.

"**Know your Numbers! Week**" has since grown to become the nation's biggest blood pressure testing and awareness event. During Know your Numbers! Week last year, more than 253,000 people received free blood pressure checks at 2,755 Pressure Stations. Some 40 per cent of those tested had high blood pressure readings which needed further investigation, and almost a third of those with high readings had neither been told by the GP that they had this problem nor had their pressure checked in the last 12 months.



The judges praised the BPA for a “good, well-run campaign”, and said that “for what they were spending and what they did it made quite an impact”.

Sue Massey, the BPA’s Head of Communications and Marketing, who manages Know your Numbers! Week, said: “We are absolutely thrilled to have won this award. The Blood Pressure Association is a growing charity with a lot of ambition so it is a real honour that our work on Know your Numbers! Week has been recognised by The Charity Awards.”

Mark Hooley, BPA’s Projects and Marketing Officer, who organises the event, added: “We work hard to ensure the event goes from strength to strength but our success is also thanks to the efforts of thousands of health professionals and supporting organisations who help us to raise awareness and ultimately save lives.”

Plans are well underway to ensure KYN Week (8-14 September) is even better this year, so watch this space!

BPA Nurse Study Days

Additional information from the Blood Pressure Association.

The Blood Pressure Association, the UK’s blood pressure charity, is planning a series of new one day study days for nurses who know a little about high blood pressure, but who want to learn more. We’ve already talked to some of the nurses who contact us about their training needs and knowledge, but now we need the help of the experts (that’s you!)

We are looking for:

Nurses who can help us develop our one day programme. We are keen to ensure it meets the needs of our delegates and that it delivers high quality, relevant and practical training that nurses can use straight away in their place of work. We need your input to help us chose topic areas, key content and learning outcomes

Courses are planned for:

- Birmingham (October ‘08)
- Manchester (February ‘09)
- North East England or Wales (March ‘09)

If you work in or around these areas are happy to share your knowledge, have experience in giving presentations and would like to run a session on a topic area like nurse led management or blood pressure measurement, do get in touch. Also, if you’ve heard someone else speak at an event and think they’re great, know their subject area and would be a valuable asset to any study event then let us know.

Because we are a charity, we like to do what we can to keep our costs down. However, if you can help us we will be able to give you a small ‘thank you’ gift for your time and expertise.

If you have any questions, or would like to help, please contact Sarah Smith on 07740 867 297 or at sarahsmithconsulting@msn.com (for those of you who may remember

her, Sarah used to be Head of Information and Support at the BPA and a NHA committee member, but now works freelance)

Sue Massey
BPA

CASH Update



Consensus Action on Salt and Health (CASH) is an independent organisation that is concerned with salt and its effects on our health. We are successfully working with Government and the food industry to reach a consensus over the harmful effects of eating too much salt and bring about a reduction in the amount of salt in manufactured foods as well as salt added in cooking and at the table.

This January we held our 9th National Salt Awareness Week. The focus for the Week was salt and children, highlighting the large amounts of salt that children are eating, the upper limits that they should be eating, and the long-term health implications of eating a high salt diet in childhood.

A media release was issued during the Week highlighting that many foods eaten by UK children still contain large amounts of salt, in some cases more than half the daily maximum limit for a 6 year old in a single serving. Our media release also revealed the results of research carried out with Netmums, a leading parenting website, showing that many parents are confused about which foods contain salt.

We achieved widespread coverage of our Salt Awareness Week 2008 messages across press, radio, TV and online. In total, we estimate that the media coverage of Salt Awareness Week 2008 achieved in excess of 130 million opportunities to see/hear. This included the story being covered in depth by GMTV on the morning of the 28th January and Channel 5 News featuring our story in its lunchtime news programme.

We had a big increase in support from health professionals with nearly 300 supporting events being held throughout the country including school assemblies, newsletters to parents, workshops in libraries, and displays in schools, GP surgeries, hospital outpatient departments and work places. There were also county-wide activities in Durham, Lancashire, Liverpool, Shropshire and Isle of Man. Thank you to all health care professionals that organised a supporting event. If you would like your name to be added to our database for next years National Salt Awareness Week please email your contact details to cash@squl.ac.uk

We have a number of resources including leaflets and posters that are available to order throughout the year. Please visit our website www.actiononsalt.org.uk and follow the links for health care professionals to see our full list of resources and ordering form.

Carrie Bolt CASH Nutritionist



Dates for you dairy

HYPERTENSION FOR NURSES

Tuesday 4th November 2008, 9 am – 4.30 pm

Topics will include:

- Importance of high blood pressure
- Causes of hypertension, Can hypertension be prevented?
- Diabetes and hypertension Measurement of blood pressure
- A video demonstration on measurement of blood pressure
- 24 hr ambulatory blood pressure monitoring
- Who should be treated?
- How to lower blood pressure without drugs
- Current drug treatment of hypertension and new developments
- Role of the practice nurse in running a blood pressure clinic
- Essential hypertension and secondary hypertension
- Hypertension in the elderly; hypertension in pregnancy

Speakers will include:

Professor D.G. Beevers, Birmingham, Professor GA MacGregor, London

Registration fee: £50.00 (This includes coffee and lunch)

Registration and information: Nirmala Markandu
Blood Pressure Unit St. George's Hospital
Cranmer Terrace,
London SW17 0RE
Tel: 020 8725 2849; Fax: 020 8725 2959

London Hypertension Society (LHS) Evening Meetings

Meetings of the London Hypertension Society are held at the Medical Society of London, Lettsom House, Chandos Street, London W1. Tea and coffee are served from 5.30pm and are followed by three talks of around 30mins each, beginning at 18.00. Dinner at 8pm at Carluccio's Cafe, St Christopher's Place, W1.

The LHS evening meetings have all received CPD accreditation (2 points) from the Royal Society of Physicians since we began applying in December 2006 and all future meetings will be registered for CPD approval.

Dates of LHS Regular Meetings in 2008/9:

- Tuesday 14th October 2008
- Tuesday 16th December 2008
- Tuesday 17th February 2009
- Tuesday 14th April 2009
- Tuesday 9th June 2009

An opportunity has arisen to work with Professor Morris Brown:

University of Cambridge

Department of Medicine

Cardiovascular Trial Co-ordinator/ Research Sister

Salary: £30,912 - £41,545 (possible progression to £45,397 based on contribution once in post)

This is an exciting opportunity in an accredited European Centre of Excellence in Hypertension. The holder will have day-to-day responsibility for 3 landmark multi-centre BHF-funded trials investigating new concepts in the management of hypertension. Previous relevant experience essential. Funds are available for 3 years, renewable, subject to progress, for 2 years.

For informal enquiries please contact Prof Morris Brown:

Tel: 01223 336743, email: mmorris.brown@cai.cam.ac.uk

Further particulars and application form are at:

www.clinpharm.medschl.cam.ac.uk/pages/posts.html, and
www.admin.cam.ac.uk/offices/personnel/forms/pd17, respectively.

Applications should be sent to cm121@medschl.cam.ac.uk by July 24th.

Update from Ireland

The meeting of the Irish Nurses Cardiovascular Association (INCA) which was previously mentioned in our last newsletter, went very well, it was well attended. According to Mary Hall it is becoming increasingly difficult for Nurses to take time off to attend conferences and training days due to staff shortages and less flexibility on the wards. It was announced at the meeting that the INCA in conjunction with The Council of Cardiovascular Nursing and Allied Professions of the European Society of Cardiology (CCNAP) would be hosting the 9th Annual Spring meeting on Cardiovascular Nursing 2009 in Dublin; this will replace our own Annual meeting. The website for more information is www.escardio.org
Nursing Congress secretariat: ccnap@escardio.org

From Mary Hall

St James Dublin, Ireland

Research Roundup



Internurse: is a useful online archive of nursing journals including Nurse Prescribing, British Journal of Neuroscience and British Journal of Cardiac Nursing. In your search type in "Research Roundup" this gives references and a short summary of latest relevant articles in nursing taken from journals as mentioned above. Copied below are references to articles taken from the latest research Roundup

The references below presents a synopsis of a selection of recently published articles of interest to those nurses working in the field of cardiovascular nursing. The aim of this round-up is to provide a brief overview, rather than a detailed critique, of the research papers selected. A full reference is provided for those who wish to look at the research in further detail.

Articles below reviewed by:

Felicity Astin, Research Fellow, School of Healthcare, University of Leeds and Leeds teaching NHS Trust and

Fiona Meth, Research Assistant at Leeds Teaching Hospitals NHS Trust

From British Journal of Cardiac Nursing June 2008 vol. 3 26

Statin therapy in people with chronic renal disease

Strippoli GFM, Navaneethan SD, Johnson DW, Perkovic V, Pellegrini F, Nicolucci A, Craig JC (2008) Effects of statins in patients in patients with chronic kidney disease: meta analysis and meta regression of randomised control trials. *BMJ* 336: 645-51

Treating elderly people for high blood pressure

Beckett NS, Peters R, Fletcher AE et al for the HYVET Study Group (2008)

Treatment of hypertension in patients 80 years or older. *N Eng J Med* 358: 1-12

Coronary Heart Disease and stroke in the UK on the decline for some but not all.

Harding S. Rosato M, Teyhan A (2008).

Trends for coronary heart disease and stroke mortality among migrants in England and Wales 1979-2003 slow declines notable for some groups. *Heart* 94: 463-78

Depression and progression of atherosclerosis after CABG surgery

Wellemus GA, Mukamal KJ, Kulshreshtha A, Asonganyi S, Mittleman MA (2008). Depressive symptoms and the risk of atherosclerotic progression among patients with coronary artery bypass graft s. *Circulation* 117: 2313-19

NHA MEMBERS FROM 2008 - APRIL 2009

	NEW MEMBERS from April 2008
	NEW MEMBERS who joined in September 2007
	NHA Committee Members

FINDLAY	Evelyn	Clinical Research Study Co-ordinator	Ninewells Hospital & Medical School	Dundee
MILES	Karen	Research Nurse	Addenbrookes	Cambridge
THURSTON	Denise	Practice Nurse	York St Medical Practice	Cambridge
DENVER	Elizabeth	Hypertension Nurse (Diabetes),	Whittington Hospital	London
FORSYTH	Hazel	Senior Research Nurse,	Freeman Hospital	Newcastle-upon-Tyne
JONES	Samantha	Senior Research Nurse,	Freeman Hospital	Newcastle-upon-Tyne
DEAN	Sally	Research Nurse	St Georges University of London,	London
STETSON	Naomi	Nurse Manager	Watling Medical Centre	Middlesex
SIRRETT	Pat	CNS Renal Medicine	University Hospital,	Birmingham
DE VRIES	Alison	CVD Nurse	Aberdeen Royal Infirmary,	Aberdeen
WITTE	Katherine	Research Nurse	Aberdeen Royal Infirmary,	Aberdeen
YAGER	Claire	Practice Nurse	Millway Medical Practice	London
COLLINS	Joanne	Research Practitioner	Manchester Royal Infirmary,	Manchester
HOLLAND	Maureen	Research Practitioner	Manchester Royal Infirmary,	Manchester
DUNKERLEY	Jeanette	Snr Research Practitioner	Manchester Royal Infirmary,	Manchester
JONES	Clare	Research Nurse	St.Marys Hospital	London
REID	Fiona	Research Nurse	St.Marys Hospital	London
WILSON	Natalie	Thames Stroke Research Network	Charing Cross Hospital,	London
ADAMS	Rosemary	Associate Nurse Specialist in HT	Salford Royal Hospital Foundation Trust,	Manchester
COPE	Catherine	Cardiovascular Advanced Nurse Specialist	Arrowe Park Hospital,	The Wirrel
FERNANDEZ	Rosemary	Cardiovascular Nurse Specialist-	Newham PCT	Essex
BEESLEY	Louise	Hypertension Nurse Specialist,	University Hospital Birmingham NHS Trust	Birmingham
CALLISTER	Wendy	CNS-Hypertension & CVD	St.Marys Hospital	London
COGHILAN	Candida	Research Nurse	St.Marys Hospital	London
BUNKER	Jill	CNS-Hypertension & CVD	St.Marys Hospital	London
HOLTER	Emma	Practice Nurse	The Health Centre, the University of Sussex	Sussex
BEALES	Debbie	Primary, Team Leader , CHD Specialist	Peterborough Community Services,	Peterborough
CARPENTER	Caroline	Project Manager-Healthy Arts Project	Rochford Community College,	Essex
WILKINS	Joanne	Hypertension Specialist Nurse/Practice Nurse	Leicester Royal Infirmary	Leicester
CARNEY	Chris	Research Nurse	St.Georges Hospital	London
WELLS	Zoe	Hypertension Nurse Specialist,	Barts & the London,	London
LUCKSON	Manju	Divisional Research Manager	Central M. & M. Children's University Hospital	Manchester
CAMPBELL	Alison	Hyperension Nurse Specialist	Leicester Royal Infirmary	Leicester
LONG	Anne	Practice Nurse	Handforth Health Centre,	Cheshire
SLARK	Julia	Stroke Specialist Nurse	Charing Cross Hospital,	London
McBRIDE	Patricia	Staff Nurse	St.James Hospital	Dublin
McNULTY	Orlaith	Hypertension Nurse	St James Hospital,	Dublin
HALL	Mary	Research Nurse,	St James's Hospital	Dublin
ADDISON	Clare	Clinic Manager,	CardioDirect (UK) Ltd	London
QUINN	Joanne	Clinic Sister	Royal Victoria Hospital	Belfast,
RICHARDS	Sylvia	Community CVD Nurse Team Leader	Mile End Hospital,	London
MENAGER	Marcos	CVD Nurse Specialist	Mile End Hospital,	London
LANG	Emily	Community CVD Nurse Specialist	Mile End Hospital,	London
MERCAS	Eleanora	CVD Nurse Specialist	Mile End Hospital,	London
CURZIO	Joan	Professor	London South Bank University,	London
CORBETT	Susan	Practice Nurse	Doddington Hospital, Benwick Rd.	Cambridge
FRASER	Helen	Staff Nurse	Western General Hospital	Edinburgh
MUNNERY	Maggie	Senior Research Nurse,	Cardiff University,	Cardiff
INCH	Susan	Director of High Blood Pressure Foundation	Western General Hospital,	Crewe Rd. Edinburgh
DRYDEN	Christine	Primary care specialist nurse facilitator for	Community Cardiology	Northumbria
HEDGES Dr.	Ann-Marie	Research Fellow	Barts & the London	London
GHAFOOR	Farhat	Staff Nurse-Hypertension and CVD	St.Marys Hospital	London
ROBERTSON	Laura	CNS Cardiovascular Risk Management	Royal Free Hospital, Pond St.	London
GALASKA	Bridget	Lipid Specialist Nurse	Salford Royal NHS Trust Hospital,	Salford
CHAPMAN	Rachel	Research Nurse,	St.Marys Hospital	London
DUNDAS	Jane	Clinical Nurse Specialist-Stroke	Charing Cross Hospital,	London
WATTS	Michaela	Hypertension Nurse Specialist	Addenbrookes Hospital	Cambridge
WILKINS	Joanne	Chair		
STETSON	Naomi	Vice-Chair		
CALLISTER	Wendy	Secretary		
COLLINS	Joanne	Treasurer		
CARNEY	Chris	Newsletter Editor		
WELLS	Zoe	Scientific Secretary		
LUCKSON	Manju	Minutes Secretary		
HOLLAND	Maureen	Recruitment		

