Getting the measure of high blood pressure

Prof Eoin O’Brien

Scientists have been working on ways to improve the management and diagnosis of hypertension

There have been many developments in the management and diagnosis of hypertension during the past decade. Since May 2011, there is a legal duty for doctors in the UK and Ireland to measure blood pressure in adults during every contact. This is to be recorded in the patient’s notes and the results shared with GPs and other healthcare professionals.

The group recommended that people with hypertension be diagnosed without a blood pressure reading in a doctor’s surgery or hospital. This is because the majority of the 50,000 strokes and heart attacks that occur annually in the UK occur in people who have not been diagnosed with hypertension, and many more have blood pressure readings in the ambit of the guideline recommendations.

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