

Heart Disease and Stroke

Tuesday 15 May 2018

Minutes of Meeting

Attendees

- Andrea Cail
- Dr Christine McAlpine
- Colin Smyth MSP
- Kath Byrne CHSS (secretariat)
- Prof Frederike Van Wijk
- Mairi Crystal (speaker)
- Paul Okroj
- Susanne Cameron-Neilson
- Aileen Bryson
- Rachael Hamilton MSP

- Alan Flynn (speaker)
- Colin Oliver (secretariat)
- Prof Brian McKinstry (speaker)
- Prof Rhian Touyz (speaker)
- Chris MacNamee
- Carolyn Deighan
- Louise Taylor
- Richard Forsyth
- Jemima Traill
- Fiona Bastow

- Richard Price
- Carol Hanson
- Prof Lis Neubeck
- Sahar Khonsari
- Lynn Reid
- Katrina McCormick

Apologies

- Dr Terry Quinn
- Dr Fergus Doubal
- Dr Niall Broomfield
- Prof Rustam Al-Shahi Salman
- Tracey Bowden
- Graham Nimmo
- Maggie Lawrence
- Brian Whittle MSP
- Duncan Galbraith
- Lorna Patrick

1. Welcome and apologies

Co-convenor Colin Smyth (CS) welcomed everyone. Apologies received by secretariat are listed above.

2. Minutes of last meeting

Minutes were approved from previous meeting.

CS gave update to previous CPG meeting held 20 February 2018 on psychological support. Following this meeting, a letter was sent to the Cabinet Secretary for Health outlining concerns. A reply was received.

ACTION: all members to receive an email copy of Cab Sec's reply

3. Topic discussion: Hypertension in Scotland

CS introduced four speakers: Alan Flynn, Prof Brian McKinstry, Mairi Crystal, Prof Rhian Touyz.

Alan Flynn:

Retired project manager.

Had a stroke two years ago. Alan knew he was hypertensive before his stroke. He was advised he was on cusp of hypertension but not high enough to medicate. He now does blood pressure (BP) checks for Stroke Association, as a volunteer.

Spoke of his experience and raised three summary points for discussion:

Awareness. How can we get our wider community to care? He suggested education for children.

Guidelines and hypertension threshold. Is there a low cost intervention?

Screening. Should we?

Prof. Brian McKinstry

General practitioner and Professor of Primary Care eHealth, University of Edinburgh.

Gave overview of scale of problem with hypertension, including: 1 in 4 adults have high BP, there are 1.2 million appointments in Scotland very year just for measuring blood pressures, ageing population means the problem is set to increase. By 2030 prevalence is set to double.

Said BP measured in surgery is a very poor indicator of hypertension: approximately 15 to 20% have so-called 'white coat syndrome'. It also takes up too much of a GP's time. Prof McKinstry then gave an overview of benefits of self-monitoring. Then spoke of their experience trialling tele-monitoring in Lothian, whereby a person takes their own BP then sends it to their surgery for consideration. This is an app-based solution. 60% of practises in Lothian are now signed up to the system. It appears not have increased workload - suggested it as a possible solution to accuracy of readings and to workload for GPs.

ACTION: presentation to be circulated to all attendees

Mairi Crystal

Head of stroke nurse service at CHSS. Mairi also said that she has hypertension, which is well-controlled.

CHSS' stroke nurse service works in partnership with six health boards. Gave overview of work, meeting and supporting people affected by stroke. Said primary prevention awareness raising is very important, but secondary prevention also important.

Read some patients' comments including: patients like to have time to discuss, want info in understandable language, and are able to take on board info on BP, medications and side effects if time is taken and explanations are clear. Spoke about the pleasure she hears when someone tells her they understand. Also spoke about some people not completing course of medicine – they come off it once they feel they are in range/ are OK. Spoke about how information can help people to make choices.

Added her endorsement of tele monitoring trial Prof Brian McKinstry spoke of.

Prof Rhian Touyz

Director of Institute of cardiovascular and medical sciences, University of Glasgow, and BHF Chair of cardiovascular medicine

Asked: the burden of hypertension - why should it be a health priority? Gave global picture and highlighted Scotland - 1 in 3 adults in Scotland have high BP - and its most affected areas in west Scotland. Gave list of hypertension-associated morbidities including stroke, TIA, heart disease, vascular dementia.

Asked threshold questions of BP monitoring. Is 120mm of mercury as a measure too high? Spoke about current guidelines suggesting target of 140mm. SPRINT trial in USA's conclusion was that the lower the BP the lower the risk of an event

Even a small BP reduction can have big effect - 2mm reduction equals reduction of 10% in stroke, 7% in heart disease.

Spoke of barriers to good BP control. Said public health primary prevention strategies are crucial. Need to improve awareness education and monitoring. Spoke about taking BP checks to people in their own communities including recent report from USA of success doing BP checks in barbers' shops

Asked all to be aware that this Thursday is world hypertension day (17 May).

Colin Smyth offered the floor for questions/discussion. Questions and answers included:

- Why is figure for numbers of people with hypertension on increase? Answers given as ageing population, lifestyle factors, co-morbidities.

- Is it possible to delay? Yes, obesity and salt are key factors and people need to know their blood pressure.
- Some discussion about polypill.
- Barber/community involvement approach idea - getting people other than clinicians too deliver messages.
- How low is too low for BPs?
- Teaching children about what blood pressure is, at an early age.
- Challenges around maintaining lifestyle changes required to avoid hypertension and the high blood pressure drugs currently available work very well
- Around 30% of Scots adults have hypertension, around 50% of those get diagnosed, around 10% are treated successfully.
- Prof McKinstry is endeavouring to expand tele-monitoring app pilot into Glasgow and Borders.
- Could there be an opportunity for joint charity initiative around hypertension?

4. Hypertension inquiry launch

CS thanked speakers and contributors to discussion. Then asked Kylie Barclay to introduce the launch of CPG inquiry into hypertension.

Tonight is official launch. Kylie will email people the details tomorrow (Wed 16 May). The inquiry begins with a survey/questionnaire asking clinicians and those affected by hypertension for their views. It will run for 12 weeks. Following the survey, an advisory panel will meet to review and discuss findings. The plan is to produce a report with recommendations for Scottish government in January 2019. Inquiry info will be available on all three charities' social media feeds and websites. All members were asked to make their respective networks aware.

5. AOCB

CS asked about a topic for the next meeting and reviewed suggestions from last meeting, which were: young people, hypertension, thrombectomy, inherited cardiac conditions. Suggestions from this meeting: exercise, vocational rehab, and the lung health CPG has suggested a joint meeting.

ACTION: Secretariat to decide

Meeting closed.

