



# Cardiovascular disease prevention: blood pressure measurement every 5 years

NICE indicator

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[www.nice.org.uk/indicators/ind112](https://www.nice.org.uk/indicators/ind112)

## Indicator

The percentage of patients aged 40 years and over with a blood pressure measurement recorded in the preceding 5 years.

## Indicator type

General practice indicator suitable for use in the Quality and Outcomes Framework.

This document does not represent formal NICE guidance. For a full list of NICE indicators, see our [menu of indicators](#).

To find out how to use indicators and how we develop them, see our [NICE indicator process guide](#).

## Rationale

The age limit to patients aged 40 years and over has been chosen as the vast majority of patients develop hypertension after this age and to align the indicator more closely with the vascular checks programme. The age range 40 years and older, coupled with a five-year reference period, is designed to ensure that a blood pressure measurement takes place by the time someone reaches the age of 40 years. It is anticipated that practices will opportunistically check blood pressures in all adult patients. The indicator is not measured as a fractional indicator in common with other clinical and public health indicators.

## Source guidance

[Hypertension in adults: diagnosis and management. NICE guideline NG136 \(2019\)](#), recommendation 1.2.10

## Specification

**Numerator:** The number of patients in the denominator with a blood pressure measurement recorded in the preceding 5 years.

**Denominator:** The number of patients aged 40 years and over.

**Calculation:** Numerator divided by the denominator, multiplied by 100.

**Exclusions:** None

**Minimum population:** The indicator would be appropriate to assess performance at individual general practice level.

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