NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

# NICE indicator guidance

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## Indicator NM01

The percentage of patients with diabetes, on the register, in whom the last blood pressure reading (measured in the preceding 12 months) is 150/90 mmHg or less.

## Indicator type

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

## Rationale

Blood pressure (BP) lowering in people with diabetes reduces the risk of macrovascular and microvascular disease.

Setting a BP target at a higher level, but expecting most patients to have BP below this, encourages practitioners to focus their efforts on addressing the needs of the minority of patients whose BP is hard to control and who are at highest absolute risk.

## Source guidance

[Type 1 diabetes in adults: diagnosis and management](https://www.nice.org.uk/guidance/ng17). NICE guideline 17 (2016), recommendation 1.13.8

[Hypertension in adults: diagnosis and management](https://www.nice.org.uk/guidance/ng136). NICE guideline NG136 (2019), recommendations 1.4.20 and 1.4.21

## Specification

Numerator: The number of patients in the denominator in whom the last blood pressure reading (measured in the preceding 12 months) is 150/90 mmHg or less.

Denominator: The number of patients on the diabetes register.

Calculation: (Numerator/denominator)\*100

Exclusions: None.

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

## Further information

This is NICE indicator guidance, which is part of the [NICE menu of indicators](https://www.nice.org.uk/Standards-and-Indicators/index). This document does not represent formal NICE guidance.