# National Institute for Health and Care Excellence indicator guidance

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## Indicator NM02

The percentage of patients with diabetes, on the register, in whom the last blood pressure reading (measured in the preceding 12 months) is 140/80 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. The target in this indicator differs to the BP targets presented in the NICE guidelines. For the purpose of a pay-for-performance indicator that does not differentiate between type 1 or type 2 diabetes, or age, a BP target level of 140/80 mmHg or less has been used.

## Source guidance

[Type 1 diabetes in adults: diagnosis and management](https://www.nice.org.uk/guidance/ng17) (2015, updated 2020) NICE guideline 17, recommendation 1.13.8.

[Hypertension in adults: diagnosis and management](https://www.nice.org.uk/guidance/ng136) (2019) NICE guideline NG136, recommendation 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 140/80 mmHg or less.

Denominator: The number of patients with diabetes on the register.

Calculation: (Numerator/denominator)\*100

Exclusions: Patients under 17 years.

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.