NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

NICE indicator guidance

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# Indicator NM191

The percentage of patients aged 80 years or over with coronary heart disease in whom the last blood pressure reading (measured in the preceding 12 months) is below 150/90 mmHg.

# Indicator type

General practice indicator suitable for use in the QOF.

# Introduction

Coronary heart disease is a condition that affects the heart’s blood supply by build-up of fatty deposits in the coronary arteries (atherosclerosis). Coronary heart disease (CHD) is the one of the most common causes of premature death in the UK. The [Office for National Statistics](https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/adhocs/009367deathsfromdiseasesofthecardiovascularsystemandischaemicheartdisease2010to2017) reports that over 50,000 deaths were attributable to coronary heart disease in England in 2017. Raised blood pressure (hypertension) is one of the main modifiable risk factors for cardiovascular disease, which account for 80% of all cases of premature coronary heart disease. Hypertension is a major risk factor for stroke, myocardial infarction, heart failure, chronic kidney disease, cognitive decline and premature death. Hypertension is common in the UK and the prevalence is strongly influenced by age. At least one quarter of adults (and more than half of those older than 60) have high blood pressure. Cardiovascular disease has significant cost implications and is estimated to cost the NHS in England over £7 billion per year.

# Rationale

This indicator supports the promotion of secondary prevention of cardiovascular disease by satisfactory blood pressure control in people with hypertension and coronary heart disease. It aims to reduce the risk of syncope and falls in those aged 80 years or over by ensuring blood pressure is monitored and maintained to target.

# Source guidance

[Hypertension in adults: diagnosis and management](https://www.nice.org.uk/guidance/ng136) (2019, updated 2022) NICE guideline NG136, recommendation 1.4.21.

# Specification

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

Denominator: The number of people aged 80 years or over with coronary heart disease.

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.