NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

NICE indicator guidance

Date first published on NICE menu: August 2019

Last update: April 2022

# Indicator NM193

The percentage of patients aged 80 years or over with peripheral arterial 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

Peripheral arterial disease (PAD) is one of three main categories of cardiovascular disease (CVD) and patients with PAD, including those who are asymptomatic, have an increased risk of mortality from CVD due to myocardial infarction (MI) and stroke. Population studies show that about 20% of people aged over 60 years have some degree of PAD. Approximately 5-10% of patients with PAD over a 5-year period will develop critical limb ischaemia and approximately 25% of these patients will die of cardiovascular causes within a year. Raised blood pressure (hypertension) is one of the main modifiable risk factors for cardiovascular disease. Hypertension is a major risk factor for stroke (ischaemic and haemorrhagic), 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 80 years and over with hypertension and peripheral artery 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 recorded blood pressure reading is below 150/90 mmHg (measured in the preceding 12 months).

Denominator: The number of patients aged 80 years and over with peripheral artery 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.