NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

# NICE indicator guidance

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## Indicator NM36

The percentage of patients with hypertension aged 16 to 74 years in whom there is an annual assessment of physical activity, using GPPAQ, in the preceding 15 months.

## Indicator type

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

## Rationale

Patients with hypertension are at increased risk of premature morbidity and mortality from cardiovascular disease. This risk can be reduced by treating the hypertension and by making lifestyle changes. A key lifestyle intervention is improving physical activity levels by including activities that raise heart rate and expend calories. GPPAQ is a validated tool for assessment of physical activity levels and provides a simple physical activity index that practitioners can use to decide when to offer interventions to increase physical activity.

## Source guidance

[Physical activity: brief advice for adults in primary care](https://www.nice.org.uk/guidance/ph44). [NICE guideline PH44](https://www.nice.org.uk/guidance/ph44) (2013), recommendation 1.

## Specification

Numerator: The number of patients in the denominator who have a record of an assessment of physical activity using the GPPAQ assessment tool in the preceding 15 months.

Denominator: The number of patients on the hypertension register aged between 16 and 74 years.

Calculation: (Numerator/denominator)\*100

Exclusions: Patients with a hypertension or GPPAQ assessment exception code recorded in the previous 12 months.

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.