

Increasing the Role of HCAs in the Detection & Management of Hypertension

Paired Training Workshops in Your Locality

With Angie Bush, Practice Nurse & Hypertension Lead Tawstock Medical Centre

This training is funded by SCEPN and therefore FREE

Improving the detection and management of hypertension is a Somerset health priority, but general practice doctors and nurses are fully occupied with other work. Practices can make improvements if the HCAs take on a bigger role and responsibility.

HCAs need help if they are to increase the scope of their practice to take on this work. SGPET and SCEPN have organised and funded local training to provide this

DATES

Please note HCAs MUST attend both 2 hour sessions.

- **Ilminster** (Summervale Surgery), Wed 26 Sept & Wed 3 Oct 2018 , 2-4pm
- **Bridgwater** (East Quay Medical Centre), Wed 10th Oct & Wed 24 Oct 2018, 2-4pm
- **Yeovil** (Queen Camel Medical Centre) Wed 28 Nov & Wed 12 Dec 2018, 2-4pm
- **Glastonbury** (Glastonbury Surgery) Wed 23 Jan & Wed 6 Feb 2019, 2-4pm
- **Taunton** (Crown Medical Centre) Wed 30 Jan & Wed 13 Feb 2019, 2-4pm

SESSION ONE

What is hypertension
Why is it important
How to measure BP & categorise severity
How to assess associated cardiovascular risk
Using and maintaining equipment
Treating hypertension – targets, lifestyle, medication
How can a practice increase the role of the HCA

SESSION TWO

Update from session one
How to explain hypertension to patients
Helping patients make lifestyle changes
Making changes in your practice
Addressing concerns, tackling problems
Measuring progress
Further learning and follow up support

HOW TO BOOK:

Please book your place via the SGPET website (www.somersetgpeducationtrust.co.uk) or contact Claire.winchester1@nhs.net or call 01823 331428