



Hypertension: brief intervention to increase physical activity

NICE indicator

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Indicator

The percentage of patients with hypertension aged 16 to 74 years who score 'less than active' on GPPAQ in the preceding 15 months, who also have a record of a brief intervention in the preceding 15 months.

Indicator type

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

This document does not represent formal NICE guidance. For a full list of NICE indicators, see our [menu of indicators](#).

To find out how to use indicators and how we develop them, see our [NICE indicator process guide](#).

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 brief interventions with the aim to increase physical activity.

Source guidance

Physical activity: brief advice for adults in primary care. NICE guideline PH44 (2013), recommendation 2

Specification

Numerator: The number of patients in the denominator who have a record of a brief intervention for increasing physical activity in the preceding 15 months.

Denominator: The number of patients on the hypertension register aged between 16 and 74 years who scored 'less than active' on the GPPAQ assessment tool in the preceding 15 months.

Calculation: Numerator divided by the denominator, multiplied by 100.

Exclusions: Patients with a hypertension or GPPAQ assessment exception code recorded in the previous 12 months. Patients with a new diagnosis of hypertension (within last 3 months of the year).

Minimum population: The indicator would be appropriate to assess performance at individual general practice level.

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