

Blood pressure

Accessible resources to share with PEOPLE WITH AN INTELLECTUAL DISABILITY AND THEIR CARERS:

Resource	Description	Author	Link
What is blood pressure?	An accessible leaflet about high blood pressure	Waltham Forest NHS	http://www.easyhealth.org.uk/sites/default/files/what_is_blood_pressure.pdf
Blood Pressure- A leaflet by the Cheshire and Wirral Partnership NHS Foundation Trust	An accessible leaflet telling people about the process of having your blood taken and why it is important	Easyhealth.org.uk*	http://www.easyhealth.org.uk/sites/default/files/Blood%20Pressure.pdf

*Video versions of these leaflets can be accessed via the website: [http://www.easyhealth.org.uk/listing/blood-pressure-\(videos\)](http://www.easyhealth.org.uk/listing/blood-pressure-(videos))

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Accessible resources to share with CARERS of people with an intellectual disability:

Resource	Description	Author	Link
Managing blood pressure, salt, lifestyle and other risk factors	General information about blood pressure risk factors and management strategies	The National Heart Foundation	http://heartfoundation.org.au/your-heart/keep-your-heart-healthy

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Intervention information for HEALTH PROFESSIONALS:

Resource	Description	Author	Link
Lifestyle advice for confirmed hypertension	From the 2016 Guideline for the diagnosis and management of hypertension in adults. Provides information on helping patients manage lifestyle risk factors of smoking, alcohol, physical activity, diet and weight control.	The National Heart Foundation	https://www.heartfoundation.org.au/images/uploads/publications/PRO-167_Hypertension-guideline-2016_WEB.pdf#page=34
Absolute Cardiovascular Disease risk chart	A practical, quick reference tool. It guides assessment of absolute cardiovascular risk by providing a printable colour chart to use in practice. To order a print copy, call the National Heart Foundation on: 1300 36 27 87.	The National Heart Foundation	http://heartfoundation.org.au/for-professionals/clinical-information/absolute-risk
Guideline for the diagnosis and management of hypertension in adults – 2016 slideshow	A teaching aid for health professionals. Summarises the current best practice in the diagnosis, management and follow-up of people with hypertension.	The National Heart Foundation	https://www.heartfoundation.org.au/images/uploads/publications/Hypertension_Guidelines-2016_Presentation_.pdf
See diet, weight and lifestyle recommendations in: “Guidelines for the management of absolute cardiovascular disease risk”.	The guidelines make recommendations for assessing and managing absolute CVD risk in adults aged over 45 years (35 years for Aboriginal or Torres Strait Islander peoples) who are without known CVD. Risk assessment and management algorithms are provided. The guidelines were released in May 2012 after approval by the National Health and Medical Research Council.	National Vascular Disease Prevention Alliance (NVDPA)	http://www.cvdcheck.org.au/index.php?option=com_content&view=article&id=47&Itemid=27