

## **New Healthy Hearts programme set to change prescriptions in Harrogate**

Pharmacies in Harrogate may notice changes in customers prescriptions over the coming months, with an increase in the number of those being prescribed antihypertensives along with changes to existing prescriptions for patients being treated for Hypertension.

The changes are a result of the new [West Yorkshire and Harrogate's Healthy Hearts](#) programme, created by the West Yorkshire and Harrogate Health Care Partnership (HCP) and HCP Clinical Forum, aims to help reduce the impact of heart disease and prevent the number of heart-related illnesses, including heart attacks, stroke and diabetes, every year across the region.

The programme, which is being delivered by the [Yorkshire & Humber Academic Health Science Network](#), aims to reduce the number of people affected by heart disease by 10 per cent by 2021, meaning 1,100 fewer heart incidents by 2021.

By adopting a common evidence-based approach WY&H Healthy Hearts, along with all its [partners](#), will benefit from economies of scale and shared learning, leading to better healthcare outcomes for local people. To support this a [website](#) has been created that will be continuously developed into a storehouse of trusted information on CVD and its related conditions for both the public and local health care [professionals](#) across the region.

WY&H Healthy Hearts will be delivered in three phases. Phase one sees it working to help GP's identify patients with high blood pressure who haven't yet been diagnosed, as well as helping to optimise the treatment of those already diagnosed through improvements to their individual medication, and providing advice and support on the kinds of [lifestyle changes](#) needed to stay healthy.

To facilitate this GP system searches have been written to help increase detection of at-risk patients and Local Hypertension Treatment Guidance, available on the programmes [website](#), has been created for use by local clinicians. Although the official go live date for phase one is set for late March some early adopters have already begun identifying patients and using the guidance.

An Implementation Resource that will provide guidance to primary care will be available for use towards the end of March. The Guidance is non-mandatory and both it and the Implementation Resource have been developed following extensive clinical engagement and signed off by West Yorkshire and Harrogate Joint Committee of CCGs.

Phase two of the project will see an emphasis on Lipid/Cholesterol management and is due to begin in the autumn of 2019. Phase three, set to begin in 2020, will see a concentration on Glycaemic Control in Diabetes. As the programme continues to roll out updates will be communicated to partners on a regular basis.

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