

Practice clinical system searches for potentially eligible participants:  
Age >35  
Hypertension  
Diagnosis of stroke/TIA, diabetes, CKD3, MI, angina, and/or CABG  
Last systolic BP measurement greater than 145 mmHg  
Antihypertensive treatment ( $\leq 3$  antihypertensive medications)

GPs check patient list for personal knowledge of people likely to be unsuitable:  
Terminally ill, pregnant, likely to be unable to self-manage, otherwise unsuitable

Baseline Clinic: Explanation of study, baseline data collection and randomisation

**Intervention group**  
two training sessions

Medication review with GP  
Self-management plan agreed

Self-monitor for one week each month  
Self-titrate medication according to agreed plan

Follow up with GP dependent on self-management algorithm

6 and 12 month follow up plus economic data collection

**Control group**

Medication review with GP

Usual Care

Follow up as decided by GP

6 and 12 month follow up plus economic data collection

Week 1

Intervention vs control

Primary Care follow up

Study End Points