



Network for  
Practices Ltd

[www.networkforpractices.co.uk](http://www.networkforpractices.co.uk)

#### Trainer Information

**Joanne Haws** (RN MSc) is a registered nurse who held a variety of roles within the UK NHS before setting up in business as an independent consultant in 2010. Joanne is the Clinical Director of Learn With Nurses, a Community Interest Company providing online clinical education that is accessible to healthcare professionals globally. She is past Chair of the Nurses and Allied Health Professionals Special Interest Group of The British and Irish Hypertension Society and has authored many publications in the nursing and cardiology press both in the UK and internationally. She sits on the Editorial Board of Practice Nurse Journal and is a regular features contributor. Joanne is a Non-Executive Director of the National Association of Primary Care (NAPC) and is a facilitator on the CARE programme. She has been a Specialist Advisor to the Care Quality Commission since 2014.

#### To book a place/s email

[bookings@networkforpractices.co.uk](mailto:bookings@networkforpractices.co.uk)

*Our acceptance of your booking brings into existence a legally binding contract between us on the following Terms & Conditions - If places are booked but cancelled before payment has been made or a candidate DNAs, the fee will remain due. Cancellations will attract a refund if the course is subsequently fully booked. To avoid any confusion, we ask that Cancellations are by email only. We will make every effort to resell the cancelled place. Where places are free a £45 charge will be applied to cancellations/DNAs. Payment is required within 30 days from date of invoice.*

## Introduction to Hypertension

**Date:** 8<sup>th</sup> May 2026  
**Times:** 0930-1600  
**Venue:** Zoom Online Platform  
**Places available:** 12  
**Fee/s:** NfP Members £105 / Non-Members £150

**This workshop is suitable for: HCAs, HCSWs, Nurses, Pharmacists etc...**

Hypertension remains one of the most significant risk factors for cardiovascular disease, often going unnoticed until serious complications arise. Prompt recognition, accurate diagnosis, and effective treatment are essential to reducing its burden and improving patient outcomes. This **introductory workshop** will provide healthcare professionals with the knowledge and practical skills to:

- Be familiar with the pathophysiology of blood pressure and hypertension
- To appreciate the importance of prompt diagnosis and initiation of treatment strategies for high blood pressure
- To be familiar with diagnostic pathways, including gold standard blood pressure measurement and ambulatory monitoring
- To get to grips with evidence-based treatments, how they work and their position in the ABC of cardiovascular prevention

#### Course Content

- The burden of hypertension: national perspective and ABC ambitions
- Understanding blood pressure and hypertension
- What is the impact of hypertension and how do we identify those at risk?
- The importance of correct technique
- Diagnosis of hypertension: clinic readings, ABPM and home readings
- Principles of risk assessment
- Basic mechanisms of treatments
- Clinical case studies
- Application in practice

*“Very knowledgeable speaker, all information well-presented and easy to understand”*

**Registered Office: Frome Medical Centre, Enos Way, Frome, Somerset, BA11 2FH**

Network for Practices Ltd Company No 06435074. - Incorporated at Companies House, Cardiff 22<sup>nd</sup> November 2007