

## Optimising treatment for high blood pressure in the elderly



### Carer Information Sheet

#### What is this study about?

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- Many people, including the person you care for, take drugs to lower their blood pressure and reduce their risk of stroke and heart attacks.
- After years of treatment, the benefits of taking these drugs **may** become outweighed by the risk of falls and other side effects.
- This trial is looking to assess the safety of reducing the number of drugs prescribed to people over the age of 80 years who have blood pressure considered to be in the normal range.
- We would like to invite the person you care for to take part in this research trial.

#### What will happen to them if they agree to participate?

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- They will be put at random (equivalent to tossing a coin), into one of two groups:
  - a) A 'control' group where nothing about their care will change, or
  - b) An 'intervention' group where they will have one blood pressure medication, chosen by their doctor, removed.
- There is a 1 in 2 chance they will be in the intervention group.
- If they are allocated to the intervention group, their doctor will choose to stop one of the blood pressure lowering medications they take.

#### What will I have to do as their carer?

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- As part of the study, the person you care for will need to visit the GP surgery at least 3 times over 12 weeks for appointments with their doctor or the research team (the doctor may wish to book further appointments in addition to these).
- Where necessary, you will need to help them attend these appointments.
- If they are allocated to the intervention group and would like to monitor their blood pressure at home, you may need to help do this monitoring.

#### Risks and benefits

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- If they are in the control group, there are no risks or benefits to taking part.
- If they are in the intervention group, there may be an increased risk of heart attack/stroke, but the GP will monitor their blood pressure carefully so the chance of this happening is very low.
- If they are in the intervention group, they may be less likely to fall over or suffer other side effects reducing their quality of life.
- The person you care for will be free to leave the trial at any point and the decision to do so will not affect the treatment they receive from their GP.

**Thank you for considering supporting us in this trial**