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 (≤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
  - Self-monitor for one week each month
  - Self-titrate medication according to agreed plan
  - Follow up as decided by GP
  - 6 and 12 month follow up plus economic data collection