Practice clinical system searches for potentially eligible participants:
Age 35-85
Hypertension
Antihypertensive treatment (≤ 2 antihypertensive medications)
Last BP > 140/90

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

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

Intervention group attend both a group and individual training session

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:
Usual care

Medication review with GP

Week 1

Intervention vs control

Usual Care

Follow up as decided by GP

Primary Care follow up

Study End Points

6 and 12 month follow up plus economic data collection