Self-measured blood pressure monitoring: comparative effectiveness


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Citation

Authors’ objectives
Hypertension often requires lifelong treatment. Self-measured blood pressure (SMBP) monitoring, the regular measurement of blood pressure (BP) by the patient at home, has been proposed as a means of improving treatment adherence and BP control.

Authors’ conclusions
SMBP with or without additional support may confer a small benefit in BP control compared with usual care, but the BP effect beyond 12 months and the attendant long-term clinical consequences remain unclear. Given clinical heterogeneity and limited head to head comparisions, the evidence limits our ability to draw definitive conclusions about the incremental effect of any specific additional support. Future research should standardize patient inclusion criteria, BP treatment targets for home BP, and SMBP and additional support protocols to maximize the interpretability and applicability of SMBP trials.

Final publication URL

Additional data URL
http://effectivehealthcare.ahrq.gov/search-for-guides-reviews-and-reports/?pageaction=displayproduct&productID=893

Indexing Status
Subject indexing assigned by CRD

MeSH
Blood Pressure Monitoring, Ambulatory; Self Cares; Blood Pressure Determination; Hypertension

Language Published
English

Country of organisation
United States

English summary
An English language summary is available.

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AccessionNumber
Date abstract record published
14/09/2012