



AMERICAN ACADEMY OF FAMILY PHYSICIANS

F O U N D A T I O N

Abstract of Study Funded by the Joint Grant Awards Program in 2010

A Home Blood Pressure Monitoring Protocol Evaluation (G1011)

Principal Investigator: Lauren DeAlleaume, MD

Abstract

Home Blood Pressure Monitoring improves blood pressure control and home blood pressure (HBP) is a better predictor of cardiovascular disease risk than office blood pressure.¹ Studies have also shown that average home blood pressure is a better predictor of the “gold standard” 24 hour ambulatory blood pressure than routine office blood pressure measurements.¹ Practicing clinicians need to know what they should tell their patients about how to monitor their blood pressure at home. The best method for measuring home blood pressure is unknown. This equivalency study will show that monthly average home blood pressure is statistically equivalent within +/- 5mmHg margin to the daytime average blood pressure obtained from 24 hour ambulatory blood pressure monitoring. This will help clinicians know how to use the lists of home blood pressure readings that they often receive from patients and improve their ability to treat patients with hypertension. This project will also interview patients who are participating in an existing home blood pressure monitoring program to determine their perception of home blood pressure monitoring and if they have made lifestyle changes in response to their home blood pressure monitoring readings. Results from this study will be used to apply for additional funding for larger trials of home blood pressure monitoring in primary care practices.