

Effectively Managing Hypertension

in Primary Care



Evidence suggests that in-office blood pressure screening may not be sufficient for diagnosing hypertension.¹

Factors that affect blood pressure accuracy in the office:¹



STRENGTH IN NUMBERS



24-hour ambulatory blood pressure monitoring (ABPM) has been shown to help identify white-coat and masked hypertension—with significant mortality implications.²

	HIGH Office BP	NORMAL Office BP
HIGH Ambulatory BP	Uncontrolled or sustained hypertension	Masked hypertension
NORMAL Ambulatory BP	White coat hypertension	Controlled blood pressure

THE VALUE OF 24-HOUR MONITORING



In a major patient study, 24-hour systolic pressure held a stronger association with both all-cause and cardiovascular mortality than did clinic systolic pressure.²



Systolic pressure elevated in the office but not on ABPM (white coat hypertension) carried a significant, **79% elevated relative mortality risk** compared with no hypertension by either measure.



Masked hypertension (present on ABPM but not in the office) was not benign but had an **even stronger impact on all-cause mortality** than hypertension confirmed by both methods.

AMBULATORY BLOOD PRESSURE MONITORING

The Gold Standard for Identifying Hypertension

“Ambulatory blood pressure monitoring is the best method for confirming elevated office blood pressure measurements before administering hypertension therapies.”³

—U.S. Preventative Services Task Force

Why?

Up to 65% of patients who have high blood pressure readings in the office **ARE NOT** diagnosed as hypertensive after ambulatory blood pressure monitoring.³

ABPM can help **avoid misdiagnosis** and **overtreatment** of persons with isolated clinic hypertension.³

It is more important than ever to assess your patients with accurate blood pressure readings inside and outside the office.



Welch Allyn can help.



In the Office

Connex® Spot Monitor

Automated vital signs with blood pressure averaging



Outside the Office

ABPM 7100 Ambulatory Blood Pressure Monitor

24-hour ambulatory blood pressure monitoring



At Home

Welch Allyn Home® Hypertension Program

Home blood pressure monitoring

Learn more at www.welchallyn.com.

¹ Pickering, Thomas G., MD, DPhil, et. al: Recommendations for Blood Pressure Measurement in Humans and Experimental Animals. Circulation. 2005; 111:697-716.

² José R. Banegas, M.D., Luis M. Ruilope, M.D., Alejandro de la Sierra, M.D., Ernest Vinyoles, M.D., Manuel Gorostidi, M.D., Juan J. de la Cruz, M.Sc., Gema Ruiz-Hurtado, Ph.D., Julián Segura, M.D., Fernando Rodríguez-Artalejo, M.D., and Bryan Williams, M.D.: Relationship between Clinic and Ambulatory Blood-Pressure Measurements and Mortality. April 19, 2018.

³ Margaret A. Piper, PhD, MPH; Corinne V. Evans, MPP; Brittany U. Burda, MPH; Karen L. Margolis, MD, MPH; Elizabeth O'Connor, PhD; and Evelyn P. Whitlock, MD, MPH: Diagnostic and Predictive Accuracy of Blood Pressure Screening Methods With Consideration of Rescreening Intervals: An Updated Systematic Review for the U.S. Preventive Services Task Force