

Ambulatory blood pressure monitoring in hypertensive

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What is ambulatory blood pressure monitoring in the diagnosis of hypertension? ABPM is the most accurate method for confirming a diagnosis of hypertension, and its use should reduce unnecessary treatment in adults who do not have true hypertension. ABPM has also been shown to be superior to other methods of multiple blood pressure measurement for predicting blood pressure-related clinical events.

What is the ABPM criteria for hypertension? Ambulatory BP thresholds The currently accepted thresholds for hypertension diagnosis on the basis of ABPM are a 24-hour average of at least 130/80 mm Hg (systolic/diastolic), daytime (awake) average of at least 135/85 mm Hg, and nighttime (asleep) average of at least 120/70 mm Hg.

What are the contraindications for ABPM? Contraindications to ABPM may include atrial fibrillation, coagulation disorders, and for some brands of equipment, latex allergy.

What are the criteria for ABPM? If the person's blood pressure is between 140/90 mmHg and 180/120 mmHg, offer ambulatory blood pressure monitoring (ABPM) to confirm the diagnosis of hypertension. If ABPM is unsuitable or the person is unable to tolerate it, offer home blood pressure monitoring (HBPM).

What are the guidelines for ambulatory blood pressure monitoring hypertension?

What is the difference between ABPM and Hbpm? The main difference between ABPM and HBPM is that ABPM assesses daytime and nighttime blood pressure during routine daily activities typically during one 24-hour period, whereas HBPM assesses blood pressure at specific times during the day and night over a longer period of time while the patient is seated and resting.

What are the guidelines for ABPM in adults? Diagnostic threshold for daytime or awake ABPM is mean $\geq 135/85$ mm Hg, mean $\geq 120/70$ mm Hg for nighttime or asleep ABPM, or $\geq 130/80$ mm Hg for 24-hr ABPM. 70% usable BP recordings are required for a valid ABPM measurement session. Screen for high blood pressure in adults aged 18 years or older.

What is Stage 1 hypertension ABPM? ii) ABPM indicates stage 1 hypertension
Page 10 9 | NHS community pharmacy hypertension case-finding advanced service
? Where ABPM shows an average blood pressure of 135/85mmHg or higher but lower than 150/95mmHg. ? Patients should be referred to see their GP within three weeks.

Is ABPM considered as a gold standard for diagnosis of hypertension? Ambulatory Blood Pressure Monitoring Research Results demonstrate ABPM is superior to office blood pressure in predicting cardiovascular outcomes. As a result, ABPM is now considered to be the noninvasive gold standard.

What are the disadvantages of ABPM? Disadvantages of ABPM Some patients do not tolerate the repeated cuff inflation well, and complain of soreness of the upper arm. Others feel tense or are distracted from their work by the regular taking of measurements. Sometimes skin irritation or even a slight reddening may occur.

What is the threshold for ABPM? Conventional goal BP thresholds using ABPM are 130/80 mmHg for average 24-hour BP, 135/85 mmHg for average daytime BP, 120/70 mmHg for average nighttime BP, and 135/85 mmHg for average morning BP.

What is the alternative to ABPM? NICE recommend that in order to diagnose hypertension, if the clinic blood pressure is 140/90 mmHg or higher the patient should be offered ambulatory blood pressure monitoring (ABPM) for confirmation. Home blood pressure monitoring (HBPM) is an acceptable alternative to ABPM for

diagnosis and monitoring.

What is the target BP for ambulatory patients? According to the European guidelines, target BP values in patients treated due to AH should be less than 140/90 mmHg. Providing the therapy is well-tolerated, the following point in most patients is lowering the BP values below 130/80 mmHg.

What not to do when wearing a 24 hour blood pressure monitor? You won't be able to have a bath or a shower whilst you're wearing the monitor as it must stay dry. these devices are returned so they're available for other patients to use.

How do you sleep with a 24 hour blood pressure monitor? At night you may undo the belt and place the monitor under your pillow. The cuff and the monitor will stay attached to you for the next 24 hours (you will need to make sure that you can attend the clinic at the same time the following day).

What is the difference between office blood pressure and ambulatory blood pressure? Twenty-four-hour mean, daytime, and nighttime ambulatory BP were associated with increased risk in diabetes and no diabetes, while in office BP, there was no clear association with no differences with and without diabetes.

What is the difference between ambulatory blood pressure monitoring and home monitoring? ABPM, which has existed for more than 50 years, is a fully automated method where BP is measured over a 24-hour period. HBPM is a newer approach and involves the self-measurement of BP by an individual outside of the office at his or her home, typically over several days to a week.

What is an ambulatory device blood pressure? An ambulatory blood pressure monitor is a portable blood pressure recording device. It is used to record blood pressure readings at specified times during a 24-hour period. The monitor consists of an arm cuff attached by a flexible rubber tube to a light-weight monitor.

What is the difference between ambulatory and clinical blood pressure? Ambulatory blood pressure provides a more comprehensive assessment of blood pressure over the course of a 24-h period than clinic blood pressure, and has been reported to better predict health outcomes than clinic or home pressure.

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