

Self Monitoring Blood Pressure

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1

ACC AHA 2017 Summary

BP category	Systolic BP		Diastolic BP	Treatment and follow up
Normal	<120 mmHg	And	<80 mmHg	Evaluate yearly
Elevated	120-129 mmHg	And	<80 mmHg	Implement healthy lifestyle changes; reassess in 3-6 months
Hypertension Stage 1	130-139 mmHg	Or	80-89 mmHg	Implement healthy lifestyle changes and/or BP medication depending on risk; reassess in 1 month
Hypertension Stage 2	≥ 140 mmHg	Or	≥ 90 mmHg	Implement healthy lifestyle changes and 1-2 BP medications depending on risk; reassess in 1 month

2

White Coat Syndrome

Blood pressure readings taken in the office may not always accurately represent a patient's blood pressure.

White coat syndrome: A condition where a patient's blood pressure is elevated at the doctor's office but normal at their house.

It is estimated to affect 15-30% of patients with hypertension, according to the Cleveland Clinic

3

Scenarios when SMBP may be appropriate

- Confirming a new diagnosis of hypertension in a patient whose blood pressure is elevated in office
- Determining the effectiveness of new blood pressure medications
- Confirming that blood pressure is uncontrolled in a patient with apparent resistant hypertension
- Confirming elevated office blood pressure in pregnant women, especially when gestational hypertension or preeclampsia are suspected

4

Recommended blood pressure cuffs

The American Heart Association advises against using a wrist blood pressure cuff.

Arm blood pressure cuffs are more accurate.

Recommend to patients bringing in their home cuff to the office to calibrate.



Arm circumference (in)	Cuff size
8.7 - 10.2	Small adult
10.6 - 13.4	Adult
13.8 - 17.3	Large adult
17.7 - 20.5	Extra large adult

American Heart Association. Hypertension. 2019;73(5):e35-e66.

5

Step 1: Preparation

1. Have the patient relax while sitting in a chair for >5 minutes.
2. The patient should avoid **caffeine**, **exercise**, and **smoking** for at least 30 minutes before measurement.
3. Ensure patient has emptied their bladder.
4. Remove clothing covering the location of cuff placement.



6

Medication class	Examples	Common side effects	Counseling points
Diuretics "water pill"	Hydrochlorothiazide, Triamterene, Spironolactone, Furosemide, Bumetanide	Increased urination, Dehydration, hypotension, dizziness, electrolyte abnormalities	Stay hydrated! Get labs done to check kidneys and electrolytes
ACE-Inhibitors	Lisinopril, Ramipril, benazepril, enalapril	Dry cough, increased potassium, hypotension, dizziness	Don't use in pregnancy, get labs done
ARBs	Losartan, candesartan, Olmesartan, valsartan	Increased potassium, hypotension, dizziness	Don't use in pregnancy, get labs done
Calcium Channel blockers	Dihydropyridine: Amlodipine, nifedipine Non-dihydropyridine: diltiazem, verapamil	Ankle swelling, headache, constipation, hypotension, dizziness	Watch for ankle swelling
Beta blockers	Propranolol, metoprolol, atenolol, carvedilol	Slows the heart rate, masking of hypoglycemia, hypotension, dizziness, fatigue	Don't abruptly stop taking!

10

What questions do you have?

11
