

Section VIII. Ambulatory BP Measurement

**2015 Canadian Hypertension
Education Program
Recommendations**



VIII. Ambulatory BP Monitoring

Beyond the diagnosis of hypertension, ABPM measurement may also be considered for selected patients for the management of HTN

Which patients?

– Untreated

- Mild (Grade 1) to moderate (Grade 2) clinic BP elevation and without target organ damage.

– Treated patients

- Blood pressure that is not below target values despite receiving appropriate antihypertensive therapy.
- Symptoms suggestive of hypotension.
- Fluctuating office blood pressure readings.

VIII. Ambulatory BP Monitoring

How to?

- **Use validated devices**
- **How to interpret?**
 - Mean daytime ambulatory blood pressure $\geq 135/85$ mmHg is considered elevated.
 - Mean 24 h ambulatory blood pressure $\geq 130/80$ mmHg is considered elevated.

A drop in nocturnal BP of $<10\%$ is associated with increased risk of CV events

Mean Office, Home, Ambulatory Blood Pressures: Equivalence Numbers

An office blood pressure of 140/90 mmHg is comparable to:

Description	Blood Pressure mmHg
Home BP	135 / 85
Daytime Ambulatory BP	135 / 85
24-hour Ambulatory BP	130 / 80
Automated office BP	135 / 85