

Current Status of Use of Validated Devices for Home Blood Pressure Monitoring in Hypertensives

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Background/Aims: It is essential to use a validated device for accurate home blood pressure monitoring (HBPM) because non-validated devices undermine optimal practice through the increased potential for incorrect diagnosis and treatment of hypertension. However, there are limited data to evaluate which percentage of validated devices have been used for HBPM in real-world practice in Korea.

Methods: Online survey of the type of devices for HBPM was conducted by the CareforMe® website which is an integrated healthcare App to record the BP values of HBPM. Devices are divided into upper arm devices and wrist devices. The validated device is defined as a device that has been categorized with both 'Validated and 'Equivalent' according to having evidence in either Medaval or Stride BP listing. The non-validated device is defined as a device having no evidence on those sites.

Results: Of a total 1601 respondents, 96.7% (n=1548) used upper arm devices; 3.3 % (n=53) used wrist devices. Among them, 39% (n=625) used validated devices (Validated 23.7%, Equivalent 15.3%). Of 1548 respondents using upper arm devices, 39.5% (n=612) are validated; whereas, only 24.5% (n=13) using wrist devices are validated.

Conclusions: This study showed only 39% used validated devices for HBPM. Therefore, to improve the accuracy of HBPM, patient's education about reliable information on the validation status of BP devices should be needed.

