

# New guidance updates ambulatory blood pressure classification in children and adolescents

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An American Heart Association scientific statement reviewing new evidence and guidance on ambulatory blood pressure monitoring of

children and adolescents has been published in the Association's journal *Hypertension*.

Statement Highlights:

- The statement provides simplified classifications for ambulatory blood pressure monitoring (ABPM) in children and adolescents. ABPM is designed to evaluate a person's blood pressure during daily living activities, including times of physical activity, sleep and stress.
- The new classifications come with guidance on when ABPM is appropriate and how to interpret monitoring results.
- Children who have medical diagnoses, such as [kidney disease](#), may have normal office blood pressure but significant abnormalities noted on ABPM. Without taking ABPM into account, this can lead to a more benign prognosis.
- Elevated childhood blood pressure is linked to heart and [kidney damage](#) during youth and adulthood, as well as brain changes associated with worse cognitive function.
- ABPM helps ease concern of spikes in blood pressure caused by measurement anxiety, known as white coat hypertension, and helps assess daily blood pressure patterns.
- ABPM is used to confirm whether a child or adolescent with high [blood pressure](#) during a clinic measurement truly has hypertension.

**More information:** Ambulatory Blood Pressure Monitoring in Children and Adolescents: 2022 Update: A Scientific Statement From the American Heart Association, *Hypertension* (2022). [DOI: 10.1161/HYP.0000000000000215](https://doi.org/10.1161/HYP.0000000000000215)

Provided by American Heart Association

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