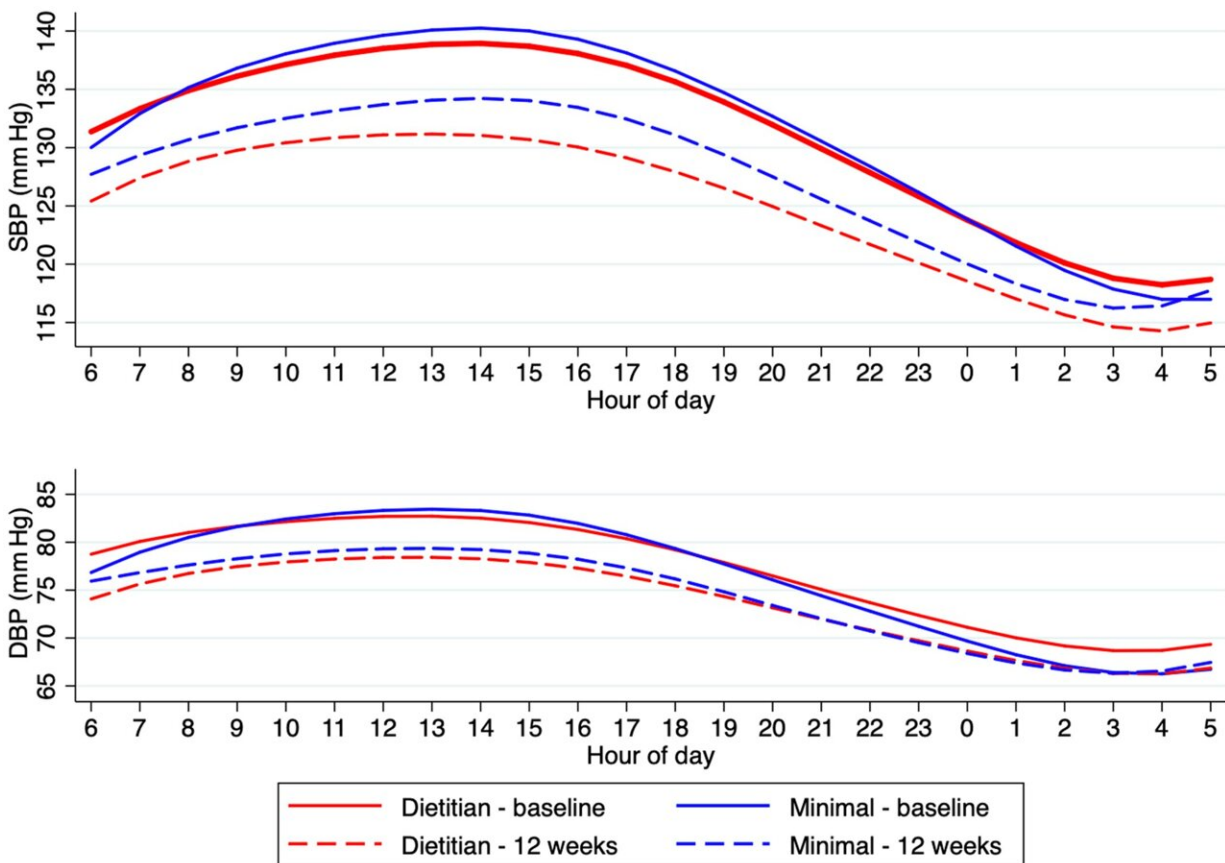


Remote support program helps decrease blood pressure, study finds

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Hourly SBP and DBP measured by 24-hour ABPM. Mean hourly SBP and DBP for each study group were calculated at baseline and 12 weeks and plotted using loess smoothing. ABPM indicates ambulatory blood pressure monitoring; DBP, diastolic blood pressure; and SBP, systolic blood pressure. Credit: *Journal of the American Heart Association* (2022). DOI: 10.1161/JAHA.122.027213

People with elevated blood pressure saw improvement after 12 weeks of a telehealth support program, with or without support from a dietitian, a Geisinger study found.

A research team led by Alexander Chang, M.D., Geisinger nephrologist, enrolled two groups of patients with high [blood pressure](#) in a remote support program delivered through web-based applications. Both groups were provided lifestyle guidance from the American Heart Association, and one group also participated in weekly calls with a dietitian.

Over the course of 12 weeks, the two groups saw a similar reduction in 24-hour systolic blood pressure. The group with access to dietitian support showed a greater reduction in [systolic blood pressure](#) while asleep, as well as increased self-reported [physical activity](#), better dietary quality and more weight loss than the group using remote support alone.

Results were published in the *Journal of the American Heart Association*.

"These remotely delivered programs improved blood pressure in a manner similar to a blood pressure medication," Dr. Chang said. "The interventions were low-cost and could be scaled to help larger groups of patients improve their blood pressure through lifestyle change."

The research team will explore implementing similar remotely delivered programs to a larger patient population at Geisinger to improve blood pressure and reduce cardiovascular risk.

More information: Alexander R. Chang et al, Effects of a Dietitian-Led, Telehealth Lifestyle Intervention on Blood Pressure: Results of a Randomized, Controlled Trial, *Journal of the American Heart Association* (2022). [DOI: 10.1161/JAHA.122.027213](https://doi.org/10.1161/JAHA.122.027213)

Provided by Geisinger Health System

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