

Blood pressure down with self-monitoring, self-titration of medications

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Blood pressure (BP) self-monitoring, together with self-titration of antihypertensive medications, is associated with a reduction in BP,

according to a [study](#) published online May 10 in *JAMA Network Open*.

Patricia Martínez-Ibáñez, Ph.D., from the Fundació per al Foment de la Investigació Sanitària i Biomèdica de la Comunitat Valenciana in Spain, and colleagues examined the longer-term effectiveness of BP self-monitoring plus self-titration of antihypertensive medications versus usual care among patients with poorly controlled hypertension.

Participants were aged 40 years or older, with systolic BP over 145 mm Hg and/or diastolic BP over 90 mm Hg, and were randomly assigned to usual care versus an individualized, prearranged plan based on self-monitoring of BP plus self-titration of medications.

Data on BP measurements at 24 months were available for 219 patients: 111 and 108 in the [intervention](#) and control groups, respectively. The researchers found that at the end of follow-up (median, 23.8 months), the adjusted mean difference in systolic and diastolic BP was -3.4 and -2.5 mm Hg, respectively.

Consistent results for the main outcome were seen in subgroup analyses. The robustness of the main findings were confirmed in sensitivity analyses. In terms of behaviors, [quality of life](#), use of health services, or adverse events, there were no differences noted between the groups.

"These results suggest that simple, inexpensive, and easy-to-implement self-management interventions have the potential to improve the long-term control of hypertension in routine clinical practice," the authors write.

More information: Patricia Martínez-Ibáñez et al, Long-Term Effect of Home Blood Pressure Self-Monitoring Plus Medication Self-Titration

for Patients With Hypertension, *JAMA Network Open* (2024). [DOI: 10.1001/jamanetworkopen.2024.10063](https://doi.org/10.1001/jamanetworkopen.2024.10063)

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