Blood pressure check? There may soon be an app for that

7 March 2018

That information is then fed to a smartphone app that converts the data to a real-time blood pressure reading, displayed on the phone, says a team led by Ramakrishna Mukkamala of Michigan State University.

The researchers tested the usability of the device on 30 people, and found that about 90 percent could position their finger correctly and get consistent readings after only one or two attempts.

Two heart specialists said the device might one day be a game-changer.

"An accurate blood pressure measurement technique is critical for making helpful decisions in the management of hypertension," said Dr. Joseph Diamond. He directs nuclear cardiology at Long Island Jewish Medical Center, in New Hyde Park, N.Y.

He stressed, however, that more rigorous testing must be done before any new blood pressure measuring technology becomes standard.

Dr. Rachel Bond helps direct women's heart health at Lenox Hill Hospital in New York City. She noted that recent changes to the American Heart Association's blood pressure guidelines—lowering the threshold for high blood pressure to 130/80 mmHg—means "more people will likely need access to blood pressure monitoring devices that are simple to use outside of the doctor's office."

Still, "with the use of any [portable] device, I strongly encourage the patient bring them in to the office to test for accuracy and allow for validation," Bond said.

The research was funded by a grant from the U.S. National Institutes of Health.

More information: Anand Chandrasekhar et al. Smartphone-based blood pressure monitoring via

Copyright © 2018 HealthDay. All rights reserved.

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.