Table D-15. Continuous health care resource use: SMBP alone versus usual care

| **Author Year****PMID** | **Baseline BP[[1]](#endnote-1), mmHg** | **Timepoint****(Longest)** | **Outcome Definition** | **Intervention** | **No. Analyzed** | **Baseline (SD)** | **Change (Final)** | **Net Diff****(Diff of final)** | **95% CI** | **P Btw** | **Study Quality** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Bailey 19994210100064 | 155/95 | 8 wk (8 wk) | Frequency of doctor visits (no definition) | SMBP | 31 | nd | nd | nd | nd | NS | C |
| Usual care | 29 | nd | nd |  |  |  |
| Mehos 20007111079287 | 154/90 | 6 mo (6 mo) | Number of office visits per patient (with primary care provider) | SMBP | 18 | - | (2.72) | -1.72 |  | 0.08 | C |
| Usual care | 18 | - | (4.44) |  |  |  |
| Midanik 1991721899945 | 144/93 | 12 mo (12 mo) | Office visits (hypertension related) | SMBP | 102 | - | (2.5) | 0.2 |  | NS | C |
| Usual care | 102 | - | (2.3) |  |  |  |
|  | Phone calls (hypertension related) | SMBP | 102 | - | (0.2) | -0.1 |  | NS |
| Usual care | 102 | - | (0.3) |  |  |  |
| Soghikian 1992831518317 | 140/86 | 1 yr | Office visits for hypertension for the year | SMBP | 211 | 3.2[[2]](#endnote-2) | -1.7 | -0.9 |  | NS[[3]](#endnote-3) | C |
| Usual care | 207 | 3.5 | -0.8 |  |  |  |
| Office visits for hypertension for the year, adjusted[[4]](#endnote-4) | SMBP | 211 | nd | nd | nd | nd | NSc |
| Usual care | 207 | nd | nd |  |  |  |
| Number of telephone calls for hypertension | SMBP | 211 | 0.6b | 0.9 | 0.8 |  | NSc |
| Usual care | 207 | 0.7 | 0.1 |  |  |  |
| Number of telephone calls for hypertension, adjustedd | SMBP | 211 | nd | nd | nd | nd | NSc |
| Usual care | 207 | nd | nd |  |  |  |
| Medical procedures for hypertension | SMBP | 211 | 0.9b | 0.0 | 0.1 | 0.0, 0.4 | NS |
| Usual care | 207 | 0.8 | -0.1 |  |  |  |
| Number of outpatient visits | SMBP | 211 | nd | (6.1) | (-1.3) |  | ND |
| Usual care | 207 | nd | (7.4) |  |  |  |
| Zarnke 1997889008249 | MAP 100 | 8 wk | Number of physician visits | SMBP | 20 | - | (1.05) | (0.85) | 0.30, 1.40[[5]](#endnote-5) | 0.045 | C |
| Usual care | 10 | - | (0.20) |  |  |  |

BP = blood pressure; CI = confidence Interval; nd = no data; NS = not significant; P Btw = P-value between groups; SD = standard deviation; SMBP = self-measured blood pressure.

1. Mean clinic blood pressure control arm, unless otherwise indicated. [↑](#endnote-ref-1)
2. Prior year measurement for both arms. [↑](#endnote-ref-2)
3. P < 0.05 for difference in final values. [↑](#endnote-ref-3)
4. Adjusted for age, race, sex, baseline DBP, use of baseline antihypertensive meds, use of outpatient services for hypertension care in the prior year. [↑](#endnote-ref-4)
5. Calculated from reported data. [↑](#endnote-ref-5)