Table D-19. Ambulatory BP: SMBP plus additional support versus usual care

| **Author Year**  **PMID** | **Base BP[[1]](#endnote-1), mmHg** | **Time-point**  **(Longest)** | **Intervention** | **No. Analyzed** | **Systolic Blood Pressure** | | | | | **Diastolic Blood Pressure** | | | | | **Study Quality** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Base (SD)** | **Change**  **(Final)** | **Net Diff**  **(Diff of Final)** | **95% CI** | **P Btw** | **Base (SD)** | **Change**  **(Final)** | **Net Diff**  **(Diff of Final)** | **95% CI** | **P Btw** |
| Parati 200975  19145785 | 149/89 | 6 mo | SMBP + reminder | 187 | Awake  139.4 (11) | ‑14.8 | ‑1.6 | ‑3.2, ‑0.01[[2]](#endnote-2) | <0.05 | 83.9 (8) | ‑8.6 | ‑0.7 | nd | NS | C |
| Usual care | 111 | 140.3 (10.5) | ‑13.2 |  |  |  | 84.3 (8.2) | ‑7.9 |  |  |  |
| Rinfret 200978  20031834 | 162/90 | 12 mo | SMBP + alert + Rx monitor | 111 | 24 h  141 (11) | ‑11.9 | ‑4.8 | ‑7.7, ‑1.9b | <0.001 | 81 (9) | ‑6.6 | ‑2.1 | ‑3.6, ‑0.6b | 0.007 | C |
| Usual care | 112 | 140 (9) | ‑7.1 |  |  |  | 80 (10) | ‑4.5 |  |  |  |
| 147/85 | SMBP + alert + Rx monitor | 111 | Awake  148.5  (11) | -13.4 | -5.9 | -9.4, -2.4b | <0.001 | 86.5  (10) | -7.6 | -2.5 | -4.2, -0.8b | 0.005 |
| Usual care | 112 | 146.8  (9) | -7.5 |  |  |  | 85  (11) | -5.1 |  |  |  |
| 125/69 | SMBP + alert + Rx monitor | 111 | Asleep  127  (18) | -9.0 | -3.8 | -6.7, -0.9b | 0.01 | 71  (11) | -5.0 | -1.9 | -3.8, 0.0b | 0.05 |
| Usual care | 112 | 125.3  (18) | -5.2 |  |  |  | 69  (13) | -3.1 |  |  |  |

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. Estimated from P-value. [↑](#endnote-ref-2)