Table D-20. Categorical medication dose and number outcomes: SMBP plus additional support versus usual care

| **Author Year**  **PMID** | **Baseline BP[[1]](#endnote-1), mmHg**  **(Range)** | **Timepoint**  **(Longest)** | **Outcome Definition** | **Intervention** | **Inc** | **No Δ** | **Dec** | **Other** | **N Total** | **RR (95% CI)**  **P-value** | | | | **Study Quality** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Increase** | **No Δ** | **Decrease** | **Other** |
| Muhlhauser 199373  8467308 | 160/98 | 18 mo (18 mo) | Number of hypertension medications | SMBP + education |  |  | 39 |  | 86 |  |  | 0.3 (0.17, 0.43)  <0.001 |  | C |
| Usual care |  |  | 11 |  | 74 |  |  |  |  |
| Parati 200975  19145785 | 149/89 | 24 wk (24 wk) | Visits with a treatment modification by physician | SMBP + reminder |  |  |  | 75 | 187  (561 visits) |  |  |  | SMBP: 13.4% of visits  Usual care:  15.3% of visits  NS | C |
| Usual care |  |  |  | 51 | 111  (333 visits) |  |  |  |  |
| Visits finding a treatment modification by patient | SMBP + reminder |  |  |  | 49 | 187  (561 visits) |  |  |  | SMBP: 8.7% of visits  Usual care:  13.5% of visits  P = 0.04 |
| Usual care |  |  |  | 45 | 111  (333 visits) |  |  |  |  |
| Pierce 198477  6377291 | 179/103 | 1 yr (1 yr) | Medication change  (Physician assessment of change of “strength” of medications for each patient) | SMBP + education | 5 | 11 | 7 |  | 30 | 0.6  (0.22, 1.63)[[2]](#endnote-2)  nd | 0.89  (0.47, 1.68)b  nd | 1.35  (0.48, 3.78)b  nd |  | C |
| Usual care | 8 | 12 | 5 |  | 29 |  |  |  |  |
| Rudd 200480  15485755 | 1547/88 | 6 mo (6 mo) | Patients reporting two or more drugs | SMBP + counsel |  |  |  | 48 | 69 |  |  |  | 1.53 (1.13, 2.07)b  nd | B |
| Usual care |  |  |  | 31 | 68 |  |  |  |  |
| Patients reporting no drug therapy | SMBP + counsel |  |  |  | 27 | 69 |  |  |  | 1.77 (1.04, 3.03)b  nd |
| Usual care |  |  |  | 15 | 68 |  |  |  |  |
| Patients reporting no change in drug therapy | SMBP + counsel |  | 2 |  |  | 69 |  | 0.05  (0.01, 0.20)b  nd |  |  |
| Usual care |  | 39 |  |  | 68 |  |  |  |  |
| Zillich 200589  16423096 | 152/85 | 3 mo | Increase in amount of a medication or number of medications | SMBP + counsel | 38 |  |  |  | 64 | 2.26  (1.42, 3.61)b  nd |  |  |  | B |
| Pharmacist BP | 16 |  |  |  | 61 |  |  |  |  |
| Medication discontinued | SMBP + counsel |  |  |  | 9 | 64 |  |  |  | 2.86  (0.88, 2.32)b  nd |
| Pharmacist BP |  |  |  | 3 | 61 |  |  |  |  |

Δ = change; BP = blood pressure; CI = confidence Interval; dec = decrease; inc = increase; nd = no data; RR = relative risk; SMBP = self-measured blood pressure.

1. Mean clinic blood pressure in control group, unless otherwise indicated. [↑](#endnote-ref-1)
2. Calculated from reported data. [↑](#endnote-ref-2)