Table D-21. Continuous medication dose and number outcomes: SMBP plus additional support 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** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Artinian 200741  17846552 | 156/88 | 9 mo | Number of additional medications[[2]](#endnote-2) | SMBP + Counsel | 234 | nd | (2.1) | 0.46 | 0.34, 0.58 | 0.001 | A |
| Enhanced usual care | 246 | nd | (1.7) |  |  |  |
| Green 200861  18577730 | 151/89 | 12 mo | Number of hypertension medication classes | SMBP + Counsel + Web training | 237 | 1.64 (0.85) | 0.52 | 0.5 | 0.3, 0.6 | <0.05 | A |
| Usual care | 247 | 1.64 (0.85) | 0.05 |  |  |  |
| Number of hypertension medication classes | SMBP + Web training | 246 | 1.64 (0.85) | 0.3 | 0.3 | 0.1, 0.4 | <0.05 |
| Usual care | 247 | 1.64 (0.85) | 0.05 |  |  |  |
| Marquez-Contreras 200969  19482378 | 153/91 | 6 mo (6 mo) | Number of tablets taken per day | SMBP + education | 230 | 1 (nd) | 2.6 | 0[[3]](#endnote-3) | -0.2, 0.2 | nd | C |
| SMBP + Rx monitor | 215 | 1 (nd) | 2.7 | 0.1 | -0.1, 0.3 | nd |
| SMBP + education + Rx monitor | 221 | 1 (nd) | 2.5 | -0.1 | -0.3, 0.1 | nd |
| Usual Care | 255 | 1 (nd) | 2.6 |  |  | nd |
| McManus 201070  19220913 | 152/85 | 12 mo (12 mo) | Number of additional medications[[4]](#endnote-4) | SMBP + alert + self-titration | 234 | nd | (2.1) | 0.46 | 0.34, 0.58 | 0.001 | A |
| Usual care | 246 | nd | (1.7) |  |  |  |
| Rinfret 200978  20031834 | 162/90 | 1 yr | Antihypertensive drug classes used | SMBP + alert + Rx monitor | 111 | - | (2)[[5]](#endnote-5) | (1) | nd | 0.007[[6]](#endnote-6) | C |
| Usual care | 112 | - | (1) |  |  |  |
| Physician-driven Rx changes | SMBP + alert + Rx monitor | 111 | - | (1)e | (1) | nd | 0.03f |
| Usual care | 112 | - | (0) |  |  |  |
| Rudd 200480  15485755 | 155/88 | 6 mo (6 mo) | Number of medication changes (self-reported) | SMBP + counsel | 69 | - | (2.69) | (2.00) | nd | <0.01 | B |
| Usual care | 68 | - | (0.69) |  |  |  |
| Sawicki 199581  8557972 | 143/87 | 5 yr (5 yr) | Number of prescribed antihypertensive agents per patient (mean) | SMBP + education + self-titration | 42 | 1.1 (1.1) | 1.1 | 0.5 | 0.01, 0.99 | NS | C |
| Usual care | 44 | 1.0 (1.0) | 0.6 |  |  |  |

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. Adjusted for sex, general practice, baseline systolic BP>150 mmHg, diabetes and chronic kidney disease. [↑](#endnote-ref-2)
3. Compared to Usual care group. [↑](#endnote-ref-3)
4. Adjusted for sex, general practice, baseline systolic BP>150 mmHg, diabetes and chronic kidney disease. [↑](#endnote-ref-4)
5. Median. [↑](#endnote-ref-5)
6. Adjusted for newly diagnosed, pharmacologically untreated versus uncontrolled pharmacologically treated hypertension, and also for pharmacologically treated concomitant

   disease(s) or not. [↑](#endnote-ref-6)