Table D-33. Categorical medication dose and number outcomes: SMBP plus additional support versus SMBP alone (or other additional support)

| **Author Year**  **PMID** | **Baseline BP[[1]](#endnote-1), mmHg**  **(Range)** | **Timepoint**  **(Longest)** | **Outcome Definition** | **Intervention** | **Inc** | **No Δ** | **Dec** | **Other** | **N Total** | **OR/RR (95% CI)**  **P-value** | | | | **Study Quality** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Increase** | **No Δ** | **Decrease** | **Other** |
| Brennan 201046  20415618 | 133/84 | Mean  13 mo  (Mean 13 mo) | # of patients taking ≥2 drug classes, self reported, adjusted | SMBP + Counsel |  |  |  | 139 | 320 |  |  |  | OR 1.08. (0.76, 1.53)  NS | B |
| SMBP |  |  |  | 146 | 318 |  |  |  |  |
| # of patients taking ≥2 drug classes, pharmacy records, adjusted | SMBP + Counsel |  |  |  | 214 | ~297 |  |  |  | OR 1.45 (0.93, 2.25)  NS |
| SMBP |  |  |  | 214 | ~300 |  |  |  |  |
| Johnson 197864  369673 | nd/103 | 6 mo  (6 mo) | Change in therapy strength | SMBP + Home visitor | 12 | 17 | 7 |  | 36 |  |  |  | NS | C |
| SMBP | 8 | 18 | 7 |  | 33 |  |  |  |  |
| Pierce 198477  6377291 | 184/106 | 6 mo  (6 mo) | Medication change | SMBP + Education | 5 | 11 | 7 |  | 23 |  |  |  | RR 1.30  (0.70, 2.42)  NS | C |
| SMBP | 3 | 10 | 7 |  | 20 |  |  |  |  |

Δ = change; BP = blood pressure; CI = confidence Interval; Inc = increase; Dec = decrease; nd = no data; NS = not significant; OR = odds ratio; RR = relative risk; SMBP = self-measured blood pressure.

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