Table D-7. Ambulatory BP, awake: SMBP alone versus usual care

| **Author Year**  **PMID** | **Baseline 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** |
| Bailey 199942  10100064 | 155/95 | 7 wk | SMBP | 31 | nd | (141) | (+8) | 2, 14[[2]](#endnote-2) | <0.05 | nd | (83) | (+2) | ‑20, 8b | NS | C |
| Usual care | 29 | nd | (133) |  |  |  | nd | (81) |  |  |  |
| Broege 200147  11518836 | 144/82 | 3 mo | SMBP | 20 | 150 (22) | ‑4 | ‑4 | ‑15.4, 7.4b | NS | 81 (12) | ‑1 | ‑2 | ‑9.2, 5.2b | NS | C |
| Nurse monitor | 18 | 144 (20) | 0 |  |  |  | 82 (13) | 1 |  |  |  |
| Fuchs 2010 NA | nd | 8 wk | SMBP | 68 | nd | nd | -4.4 | 0.1, -8.8 | NS | nd | nd | -3.4 | -0.4, -6.3 | 0.025 | Not graded |
| Usual care | 68 | nd | nd |  |  |  | nd | nd |  |  |  |
| Godwin 201059  20032170 | 144/81 | 12 mo | SMBP | 285 | 146.9 (10.7) | (141.1) | (‑1.7) | ‑5.0, 1.6[[3]](#endnote-3) | NS | 82.0 (7.4) | (78.7) | (‑0.7) | ‑2.3, 0.9c | NS | B |
| Usual care | 267 | 148.2 (10.4) | (142.8) |  |  |  | 82.8 (7.5) | (79.4) |  |  |  |
| Madsen 200867  18568696 | 152/91 | 6 mo | SMBP | 113 | 153.1 (13.2) | ‑11.9 | ‑2.3 | ‑6.1, 1.5 | NS | 91.2 (8.1) | ‑6.2 | ‑0.8 | ‑3.1, 1.4 | NS | A |
| Usual Care | 123 | 152.2 (13.7) | ‑9.6 |  |  |  | 90.5 (8.9) | ‑5.4 |  |  |  |
| Verberk 200720  17938383 | 165/98 | 12 mo | SMBP | 216 | 149.3 (14.8) | ‑18.1 | 2.2[[4]](#endnote-4) | ‑0.02, 4.5 | 0.03 | 92.7 (10.5) | ‑11.1 | 1.2d | ‑0.5, 2.9, | 0.05 | B |
| Usual care | 214 | 149.5 (14.5) | ‑20.4 |  |  |  | 93.6 (9.3) | ‑13.2 |  |  |  |

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 reported data. [↑](#endnote-ref-2)
3. Estimated based on reported P-values. Reported 95% CIs were asymmetric and narrower than the calculated CIs. [↑](#endnote-ref-3)
4. Difference in blood pressure adjusted for baseline blood pressure values, center, age, gender, BMI, smoking, anti‑hypertensive drugs at baseline, run‑in‑period, and setting of patient recruitment. [↑](#endnote-ref-4)