

Hypertension in primary care: a need for long-term management

Thresholds for hypertension diagnosis differ depending if blood pressure (BP) is measured in the office, at home or ambulatory (daytime, night-time and 24 hours values) according to European guidelines.¹

	Office BP (mmHg)	Home BP (mmHg)	Daytime ABPM (mmHg)	24-hour ABPM (mmHg)	Night-time ABPM (mmHg)
Non-elevated BP	<120/70	<120/70	<120/70	<115/65	<110/60
Hypertension	≥140/90	≥135/85	≥135/85	≥130/80	≥120/70

1.28 billion adults between 30-79 years of age suffer from hypertension worldwide²



46% adults with hypertension are unaware of it²



Only 1 in 5 adults with hypertension have it under control²

What is the best method for measuring blood pressure for long-term management of hypertension?



Office



Home



Ambulatory

- Routinely office blood pressure monitoring (OBPM) remains the commonest approach to long-term management of hypertension.^{1,3,5}
- To confirm the hypertension diagnosis, home BP monitoring (HBPM) and ambulatory BP monitoring (ABPM) are recommended.^{3,4} Repeated OBPM is also recommended when out-of-office measurements are not logistically feasible.¹
- HBPM and ABPM provide “real-life” measurements, that effectively integrate telemedicine approaches, enhancing patient engagement.^{1,3}

Normotension

Hypertension

4 main BP phenotypes



White-coat hypertension: high OBPM, low HBPM/ABPM



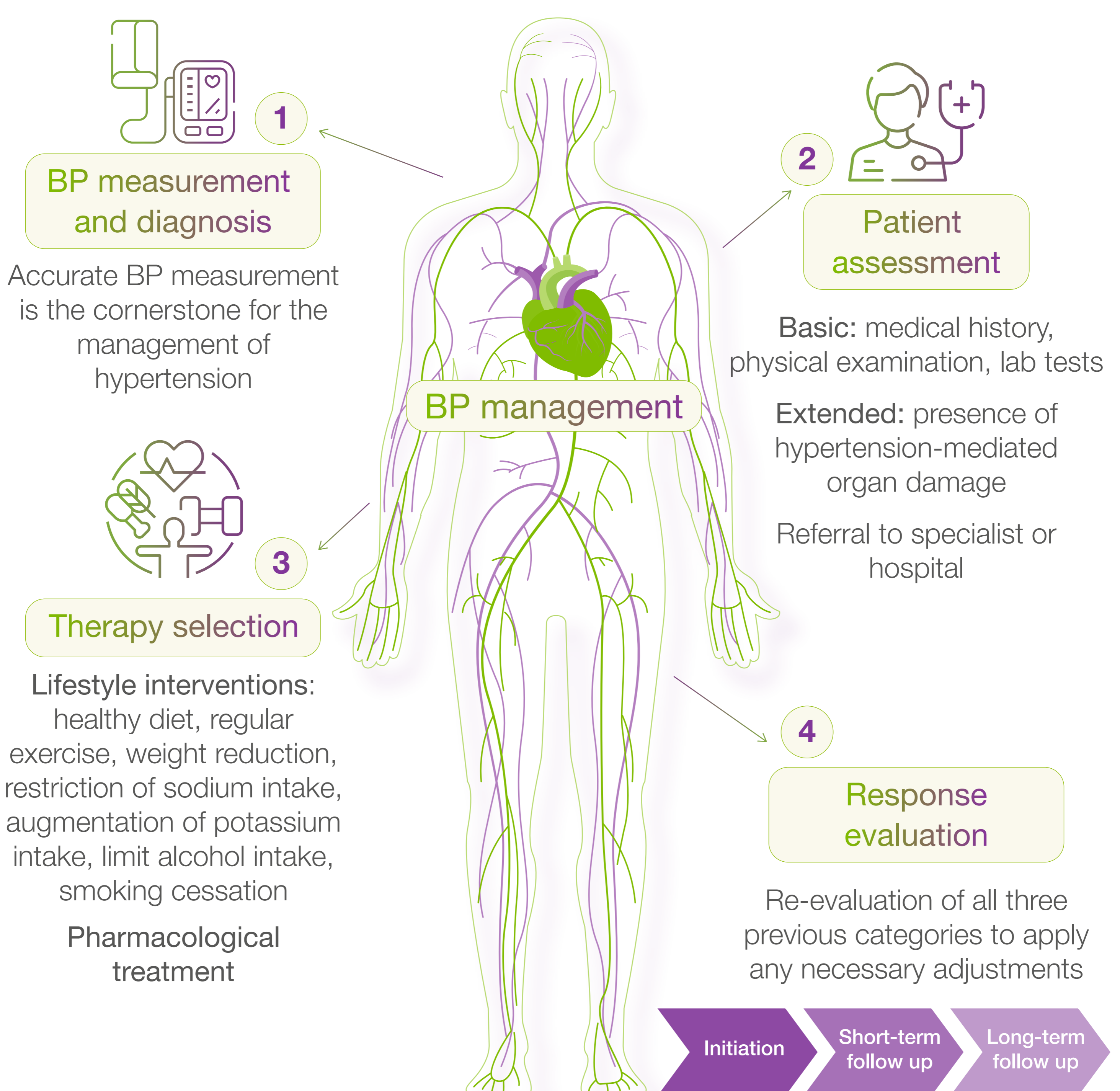
Masked hypertension: low OBPM, high HBPM/ABPM

Easily identified with OBPM in primary care^{1,3-5}

HBPM and ABPM can help identify both white-coat and masked hypertension^{1,3}

The three BP measure methods should be considered complementary and additive, rather than competing approaches for long-term BP management

Why is primary care important in BP management?⁶



Primary care is central to hypertension management, providing early diagnosis, patient education, and individualised recommendations for lifestyle changes. Through regular follow-up, and timely treatment adjustments, primary care physicians effectively support long-term hypertension management.^{3,6,7}

ABPM, ambulatory blood pressure monitoring; BP, blood pressure; HBPM, home blood pressure monitoring; OBPM, office blood pressure monitoring

References

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