

HOME BLOOD PRESSURE MEASUREMENT (HBPM) IN GENERAL MEDICINE

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OBJECTIVES:

Estimate practice and efficiency of HBPM for patients suffering from high blood pressure (BP) related to general practitioners (GP) knowledge.

MATERIALS AND METHODS:

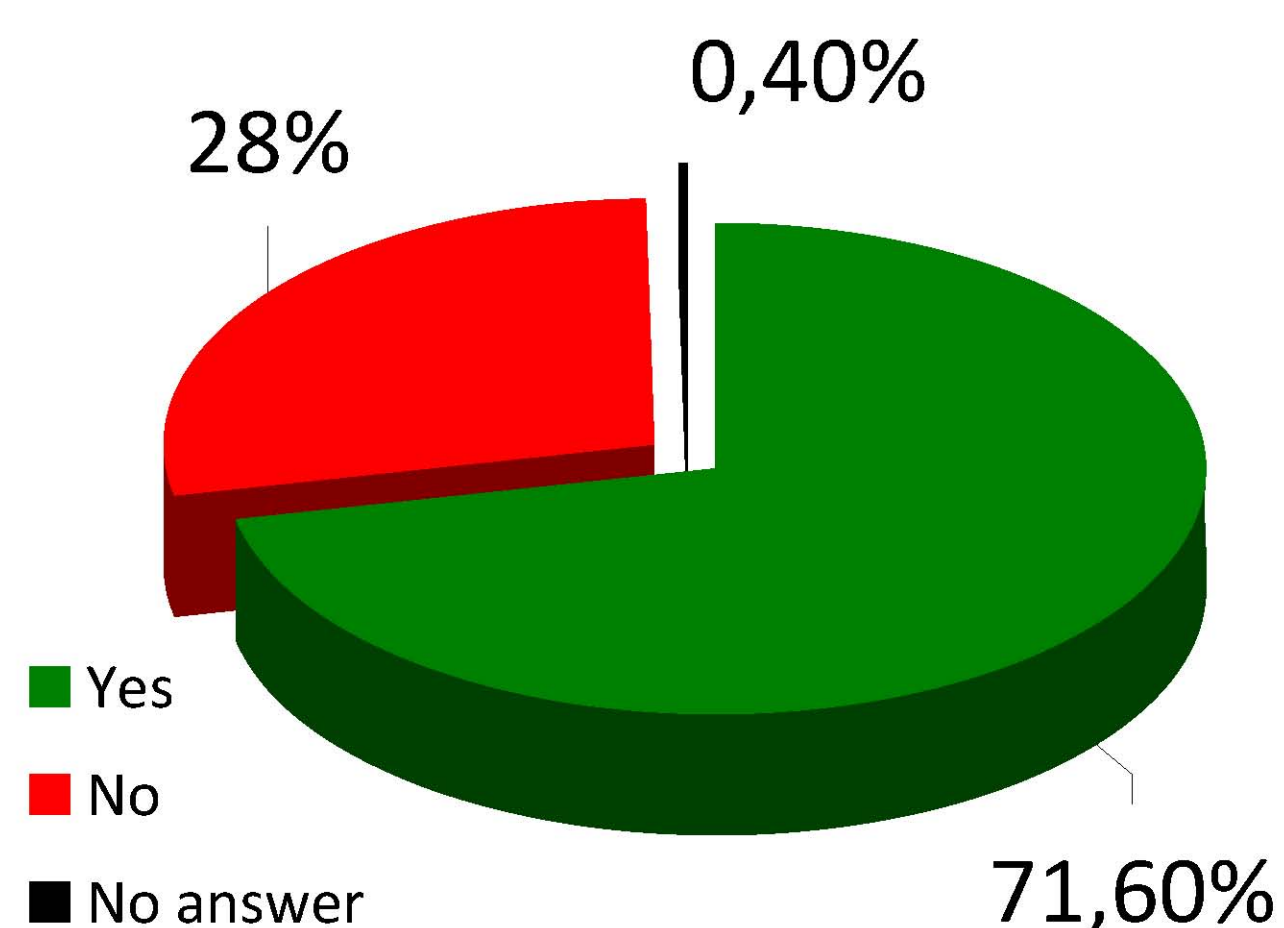
We sent a question paper to 400 GP exercising in Ile-de-France (Paris and suburbs). There is a part GP and a part patient. The 55 question papers returned, from March to June 2008, constitute the sample of this study.

GP part: 8 items deal with their knowledge (limit values=LV) and how often they propose it.

Patient part: GP had to answer 4 questions about 6 hypertensive patients treated for at least 6 months. This permits to count the owners of HPBM device and evaluate the balance of their treatment. 243 patients were questioned.

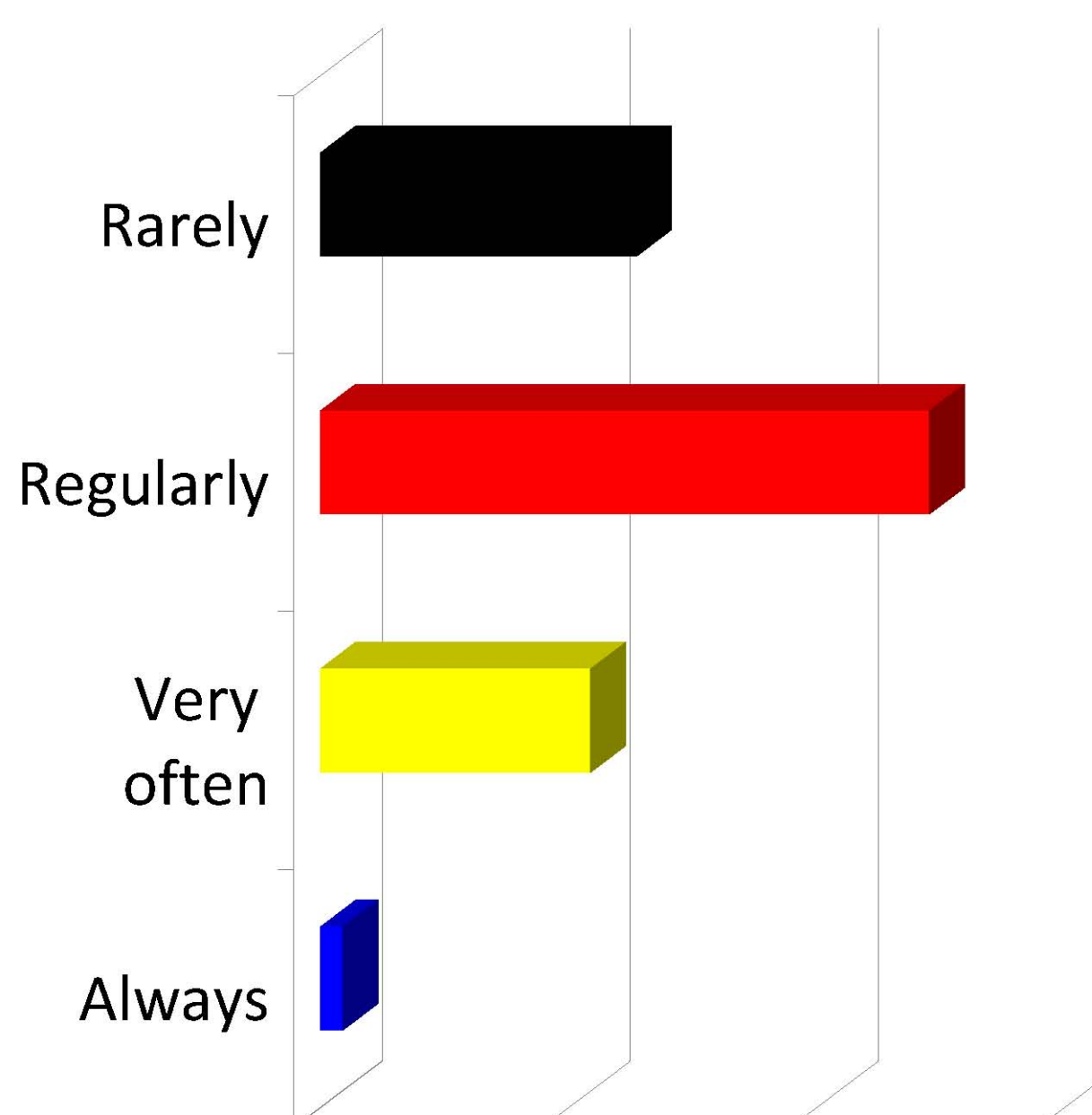
RESULTS:

DEVICE OWNERS



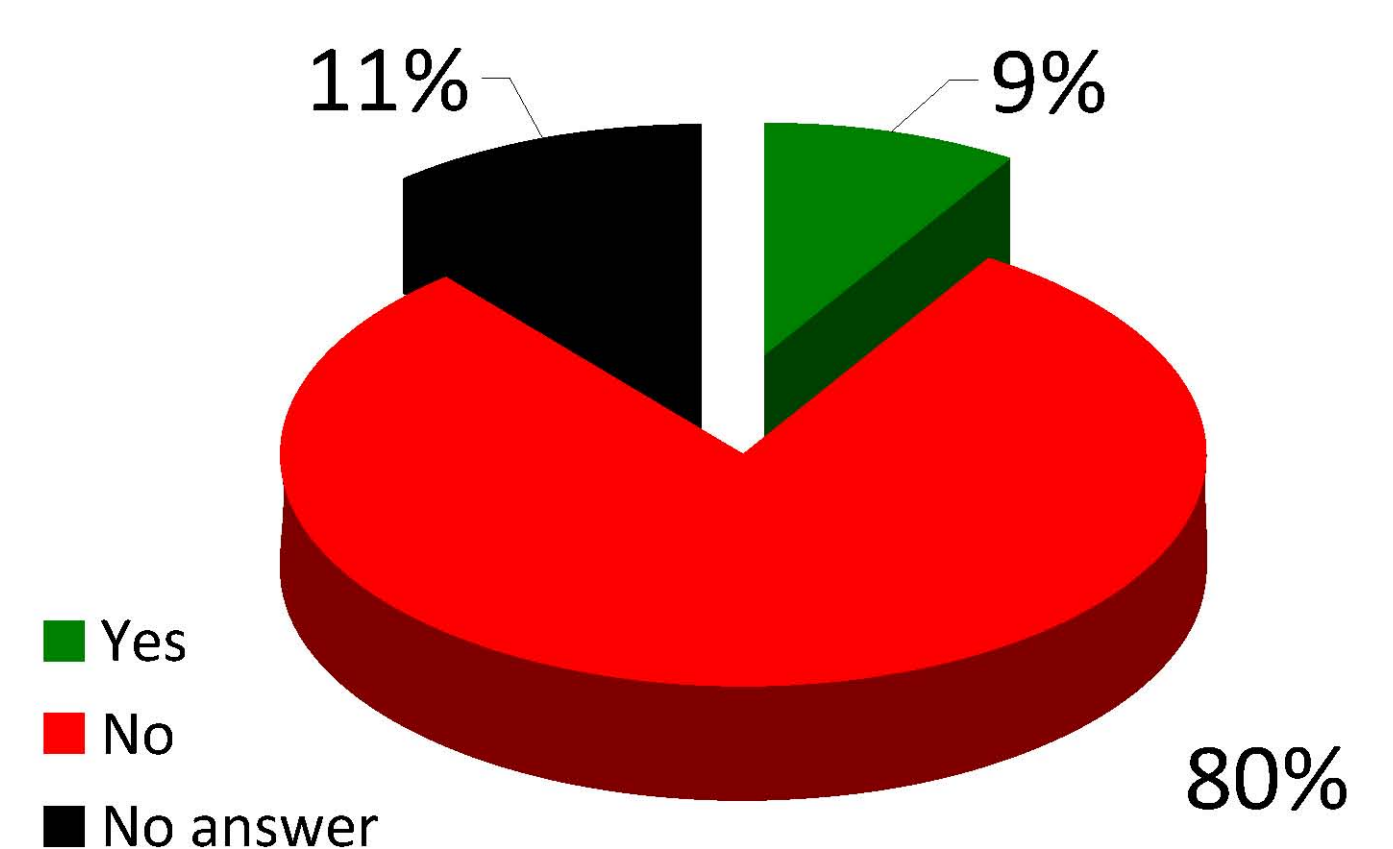
71.6% patients own a HBPM device

PROPOSITION FREQUENCY OF HBPM



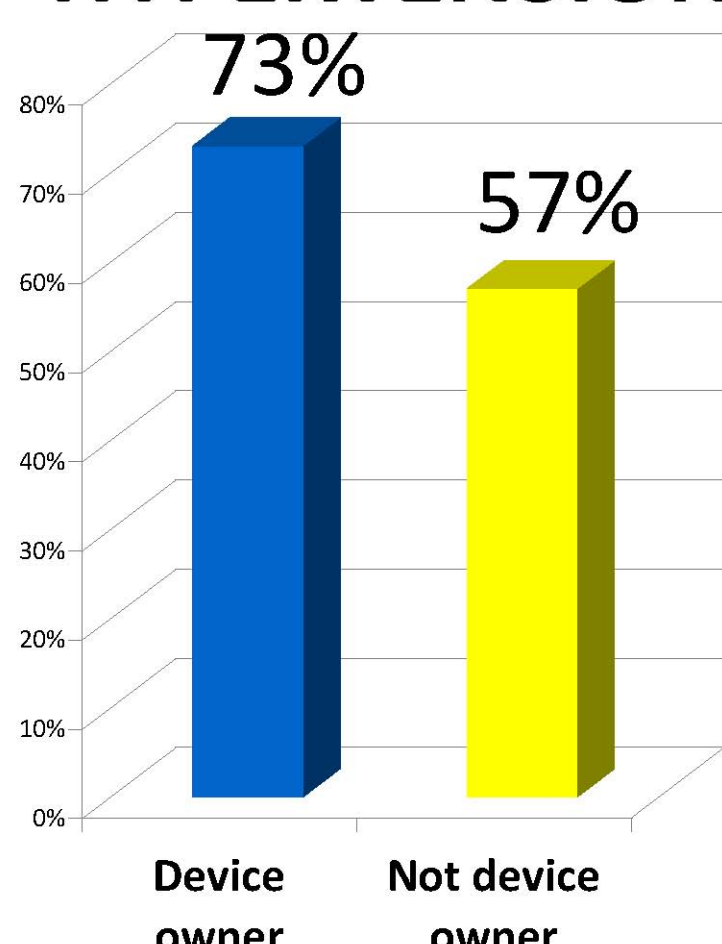
72% GP propose regularly or more HBPM

GP KNOWING LV



9% GP know LV

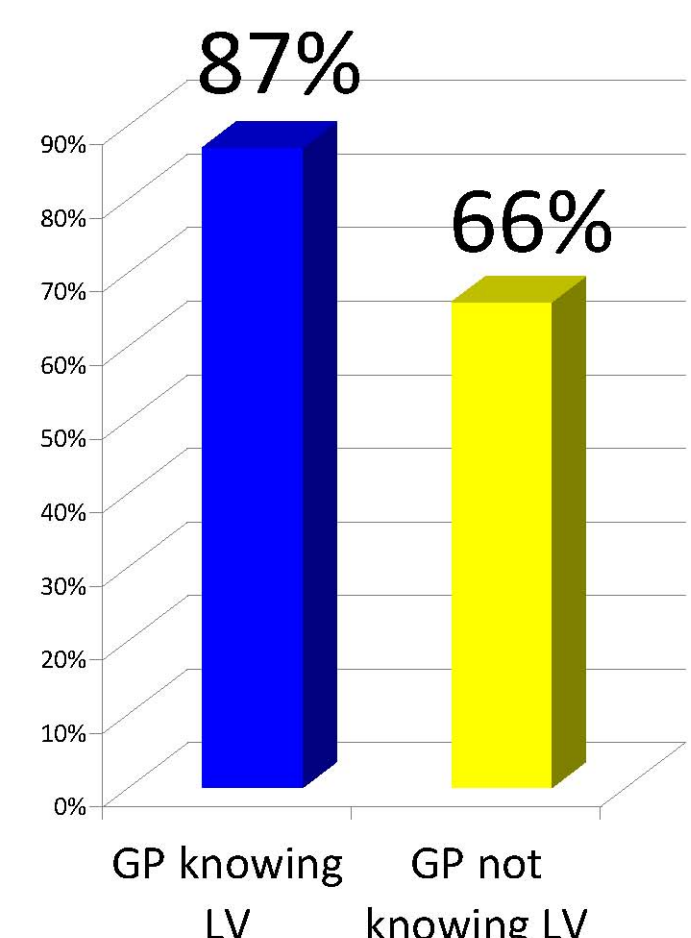
BALANCED HYPERTENSION



When owning a device patients have their BP much better balanced (p=0.02).

When GP know LV patients have their BP much better balanced (p=0.07).

BALANCED HYPERTENSION



CONCLUSION:

Patients practice massively HBPM and GP propose it regularly. Few GP are informed about this technique. When limit values are known, they propose it to their patients and these ones seem well-balanced hypertensive.