Best Practices in Blood Pressure Measurement
Assess, diagnose and treat hypertension with confidence.
When diagnosing hypertension, accurate blood pressure readings are non-negotiable.

High blood pressure, or hypertension, is the #1 risk factor for heart attack, stroke and kidney disease.¹²

In 2017, the American Heart Association lowered its definition of high blood pressure, or hypertension, to 130/80 mm Hg or higher.³

Under these guidelines, nearly half of American adults (46%) have high blood pressure—and many don’t know it.⁴

Manual blood pressure readings are prone to inaccuracy due to transcription errors, white coat hypertension, rounding and improper technique.

With the new, lower AHA guidelines, accurate blood pressure readings are more important than ever to support proper diagnosis.

With the Welch Allyn line of digital blood pressure devices, providers can confidently:

- Identify hypertension in the office with accurate readings
- Diagnose the condition with multiple readings inside and outside the office
- Effectively manage hypertensive patients to help them reach target blood pressure
It is more important than ever to assess your patients with accurate blood pressure readings inside and outside the office. **Welch Allyn can help.**

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<th>CHALLENGE</th>
<th>EVIDENCE</th>
<th>SOLUTION</th>
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<td>Evidence suggests that manual single-reading methods may not be sufficient for identifying and diagnosing hypertension. Contributing factors may include white-coat effect and inconsistent clinical technique.</td>
<td>Studies have shown that automated blood pressure averaging can provide additional decision support to improve the accuracy of hypertension diagnoses.</td>
<td>IDENTIFY Automated vital signs with blood pressure averaging Connex® Spot Monitor</td>
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<td>Patients displaying signs of hypertension during in-office readings often require additional monitoring outside the office during normal state conditions to be properly diagnosed.</td>
<td>The U.S. Preventive Services Task Force calls ambulatory blood pressure monitoring “the best method for diagnosing hypertension.”</td>
<td>DIAGNOSE Ambulatory blood pressure monitoring ABPM 7100 Ambulatory Blood Pressure Monitor</td>
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<td>Home blood pressure monitoring solutions often lack clinical accuracy and rely on patients accurately communicating readings to physicians.</td>
<td>Clinician-connected remote patient monitoring has been proven to help get patients to their target blood pressure.</td>
<td>MANAGE Home blood pressure monitoring Welch Allyn Home™ Hypertension Program</td>
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In the Office

Outside the Office

At Home
Welch Allyn is uniquely positioned to help providers identify, diagnose and manage hypertension across the care continuum.

Learn more at www.welchallyn.com.