

Dear Clinicians,

It is MMM! That's May Measurement Month. It is a month during which the International Society of Hypertension encourages mass screening with the purpose of diagnosing previously unrecognized hypertension. Check out the website www.maymeasure.com or the twitter handle @MayMeasure. Let us increase the levels of awareness among the world's hypertensive population. HOWEVER, Primum Non Nocere!!!!!! Avoid labeling people with hypertension inappropriately. It is rare that you can accurately diagnose someone with hypertension on your first encounter. In general, unless the blood pressure is significantly elevated (ie. ≥ 180 and/or ≥ 110 mmHg), you should not give a new diagnosis of hypertension. Furthermore, that number should reflect the average of at least 2 readings in a row. A recent very short (nice!) article in JAMA evaluated the effect of a second BP measurement on assessment of HTN control. Whenever the BP was greater than goal of 140/90, a second reading was automatically performed. On average, the second reading was 8mmHg less than the first! Furthermore, the clinic was rewarded with an improved HTN control rate from 61% to 73% when using the second value.

So, have a great May Measurement Month! Please measure correctly with the right cuff size, arm position, quiet rest, etc. Let me know if you need a checklist! Unless BP is severely elevated, arrange for repeat measurement. This can be performed blood pressure at home. We have instruction sheet and log for home BP measurements if you need them. We also have a list of pharmacies in the city that have BP measurement kiosks. We also have pamphlets on lifestyle modification that should be useful in at risk patients.
#checkyourpressure #MayMeasurementMonth #MMM18

If you have specific questions related to hypertension management, Dr. Williams can be reached directly by email at Stephen.Williams@nyumc.org, or by phone at 646-320-8075.

THE BP VISIT PROJECT TEAM

