

Professor Richard McManus

Should clinicians measure blood pressure in 2019?

Self-monitoring of blood pressure has been practiced since the 1930s and has now been shown to be superior to standard clinic measurement for both diagnosis and management of hypertension. This talk will review the rationale and evidence for self-monitoring of blood pressure including self-titration of antihypertensives. Attendees will be challenged to consider whether there is a place for clinicians to still measure blood pressure in the routine management of hypertension in 2019.