Prospective Register Of patients undergoing repeated OFfice and Ambulatory Blood Pressure Monitoring (PROOF-ABPM)

Chief Investigator: Dr James Sheppard

Tel: +44 (0)1865 617192

Email: james.sheppard@phc.ox.ac.uk

Address: Nuffield Department of Primary Care Health Sciences
University of Oxford
Radcliffe Observatory Quarter
OX2 6GG

Study Summary

High blood pressure (hypertension) is an important risk factor for cardiovascular disease, a significant cause of morbidity and mortality worldwide. The diagnosis and management of hypertension depends on accurate measurement of blood pressure (BP) in order to target antihypertensive treatment appropriately and avoid unnecessary healthcare costs. Traditionally, this measurement takes place in the physician's office (or clinic) in a Primary Care setting. However, it has long been recognised that 24 hour ambulatory blood pressure estimates true mean blood pressure more accurately because multiple readings are taken and it correlates better with a range of cardiovascular outcomes and end organ damage than clinic blood pressure.

The aim of this study is to examine novel strategies for the diagnosis and management of hypertension by setting up a Prospective Register Of patients undergoing repeated OFfice and Ambulatory Blood Pressure Monitoring (PROOF-ABPM) in routine clinical practice. The register will comprise of multiple clinic blood pressure readings, ambulatory blood pressure monitoring data, patient characteristics, medical history, clinical assessment data and prescribed medication. These anonymised data will be collected in all patients presenting to participating centres for ambulatory blood pressure monitoring. Patient consent will be sought to permit the collection of identifiable patient data and allow tracking of patient hospital admissions and deaths via the Health & Social Care Information Centre's Data linkage and Extract service.

Collected data will be used to validate a new prediction model (PROOF-BP) designed to improve the targeting of out-of-office monitoring for diagnosis and management of hypertension. The data collected will also permit further investigations into the association between blood pressure and cardiovascular disease risk. The registry will aim to recruit approximately 1000 patients from Primary Care, Secondary Care and pharmacies over a period of two and a half years. It will be complementary to existing blood pressure monitoring registries, many of which are based in specialist hypertension clinics around the world, but unique in its consideration of multiple clinic blood pressure readings taken in variety of healthcare settings.

Overleaf is a summary flow chart of the study - For further information please contact the research team (contact details above).

Study Flow Chart