

Application of Ambulatory Blood Pressure Monitoring (ABPM) in public primary care clinics in Hong Kong: what do primary care doctors need to know?

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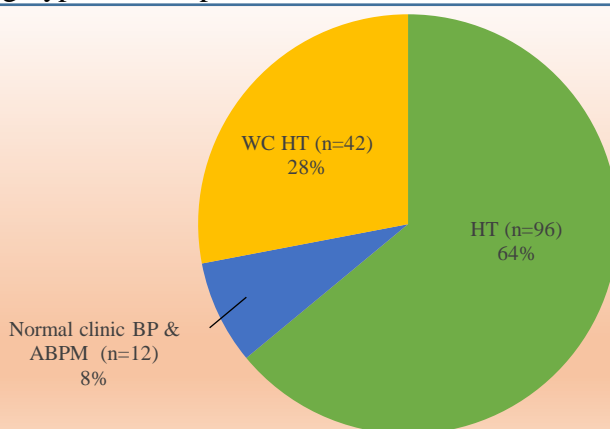
Background: This study aimed to delineate the indications for ordering ABPM in public primary care setting and to explore the patient characteristics and the results of the ABPM.

Method: All patients who had performed ABPM from 1/12/2016 to 30/11/2017 in five General Outpatient Clinics were included in in this cross-sectional descriptive study. The indications for doing the ABPM, demographics of patients undergoing ABPM and the results of ABPM were studied.

Results: There were 323 patients with ABPM done within the study period with valid results. 64% were female and 36% were male, and the average age was 64 ± 12 (19 to 94 years old). 67 (21%) with diabetes mellitus and 53 (16%) with impaired glucose tolerance or impaired fasting glucose. For the indications for ABPM, 150 (46%) were for establishing diagnosis of hypertension (HT) and 173 (54%) were for monitoring of blood pressure (BP) control among hypertensive patients.

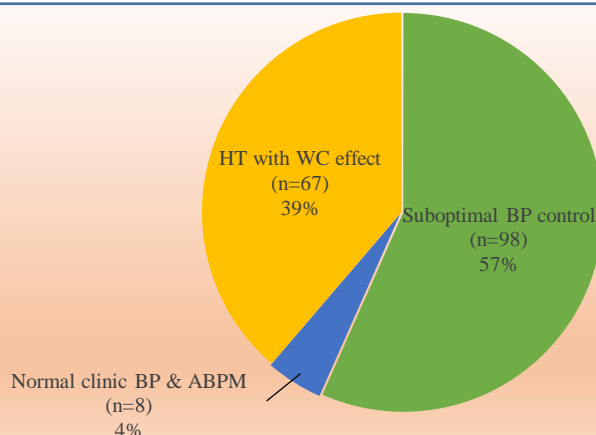
Key Findings 1:

Among the diagnosis of HT group, 96 (64%) were confirmed with diagnosis of HT, 42 (28%) were found to have white-coat HT (WC HT) only.



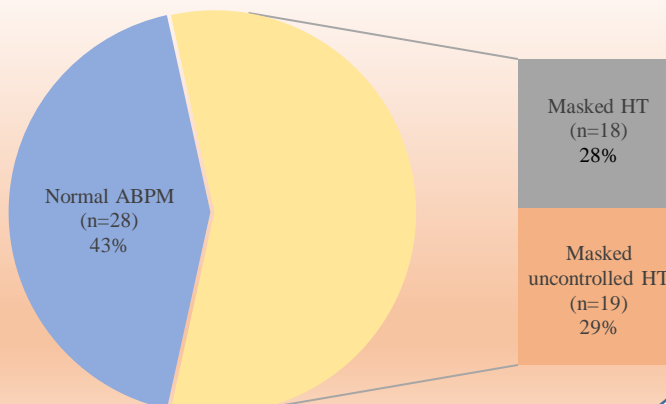
Key Findings 2:

For the monitoring of BP control group among HT patients, 98 (57%) were noted to have suboptimal BP control and 67 (39%) were found to have white-coat effect.



Key Findings 3:

Among the 65 patients whose ABPM had been ordered despite their clinic BPs were normal, 18 (28%) were diagnosed to have masked HT and 19 (29%) were diagnosed to have masked uncontrolled HT.



Conclusion:

ABPM greatly helped the diagnosis and management of different types of HT in primary care.