



How may I choose an adequate and validated blood pressure measurement device for my office, for my home measurement or for 24-hour blood pressure monitoring?

Adequate and accurate measurement of blood pressure is essential for correct diagnosis and follow-up of hypertensive patients.

The SSH welcomes the development of new technologies such as cuff less or cuff-free devices that may change the future of blood pressure measurement.

However the SSH insists that any devices used for medical purposes whether for diagnostic or follow-up purposes should be validated clinically by international standards.

Indeed, an Australian study published in April 2020 has shown that 18% of upper arm oscillometric cuff device, 8% wrist cuff devices and 0% wristband wearable devices on the market were proven accurate according to standard validation protocols. (Picone et al. Hypertension. 2020;75:1593–1599).

The STRIDE BP is an international scientific non-profit organization that provides guidance on the methodology and technology for accurate blood pressure evaluation and is officially supported by three international societies (ESH, ISH, WHL). Validated devices can be access at www.stridebp.org

Things to remember:

- Always choose a validated device
- Don't forget that multiple size cuffs are needed in clinical practice (S, M, L, XL) to measure blood pressure adequately

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