

Real-Life Case Study #1 -White Coat Hypertension

BPro[®] 24-hr Ambulatory Blood Pressure Monitoring [ABPM] Live Experience.

Patient Profile

Before undergoing ABPM

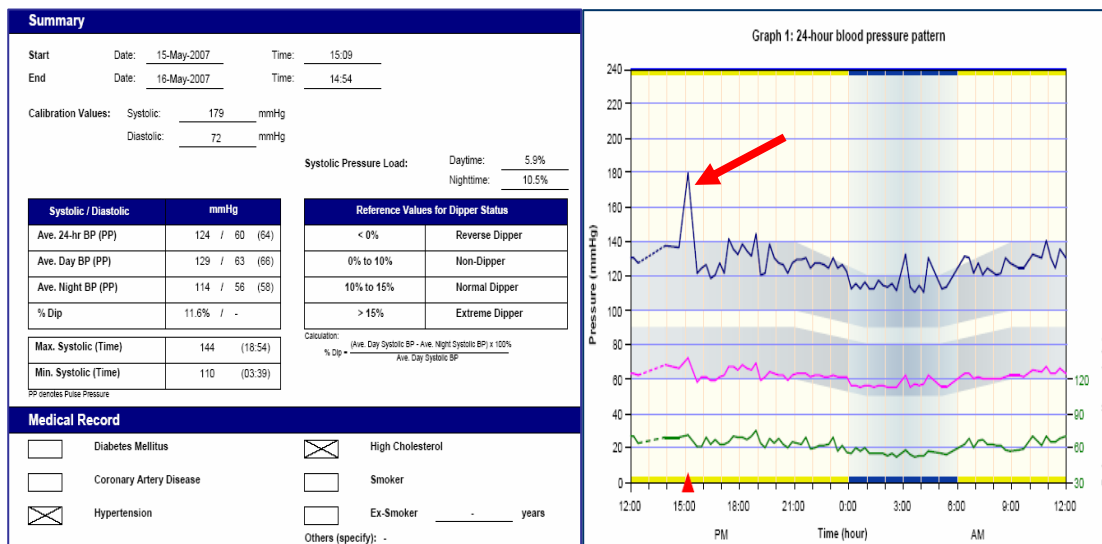
Age: 84 years
 Sex: Female
 Race: Chinese
 Medical History: Hypertension, High cholesterol
 Medication: On Co-provel, Adalat, Lasix, Lescol, Lexotan

Clinic BP: 179/72 mmHg
 Heart Rate: 78 bpm



BPro[®] ABPM Profile

- Date: 15 May 2007



Diagnosis: The 24-hr ABPM profile indicated that the patient:-

- Has a well controlled hypertension.
- Is a normal dipper i.e. night time sleep BP dips between 10% - 15%
- Manifest a White-Coat Effect [high clinic BP of 179/72 mmHg while 24-hr ABPM showed an average 24-hr BP of 124/60 mmHg. See arrow.]



Action taken: No additional medication was required beyond what she has been prescribed. Patient was shown “evidence” of elevated BP due to white-coat phenomenon and reassured that the anti-hypertensive drugs given were effective and that her hypertension was well-controlled.

Conclusions: The above case illustrated the power of evidence-based approach in the treatment of hypertension using a 24-hr ABPM approach. If clinic BP data has been the only data point used to make clinical judgement, this particular patient would have been prescribed with un-necessary additional hypertensive drugs or being given the impression that her current prescribed anti-hypertensive drugs are not effective when her hypertension is well-controlled with the current prescribed drugs.