STRIDE BP: International Initiative for Accurate Blood Pressure Monitors and Certified Blood Pressure Measurement Training

STRIDE BP MANAGEMENT BOARD:

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The accurate evaluation of blood pressure (BP) is essential for diagnosing hypertension and deciding long-term drug treatment. However, the performance of BP measurement is often taken for granted and, even in the scientific literature, the methodology of BP measurement used is often inadequately described, or not referenced at all. To add to this, most of the BP measuring devices available on the market are inaccurate, and a minority of then have been subjected to independent validation using an established protocol. Thus, many subjects with suspected hypertension are over- or under-diagnosed, and those being treated for high BP are over- or under-treated, due to a combination of poor measurement methodology and/or use of inaccurate devices.

STRIDE BP (www.stridebp.org) is an international scientific non-profit organization founded in the 2019 by 24 hypertension experts from around the world. Its mission is to provide international guidance on accurate BP evaluation and reliable hypertension diagnosis. STRIDE BP is supported by the International Society of Hypertension, the European Society of Hypertension, and the World Hypertension League[1]. Its website is available in the English, Spanish, and Chinese language and to date it has reached >180,000 views from >180 countries.

STRIDE BP provides guidance on BP measurement technology and methodology to (i) health care providers, (ii) public, (iii) regulatory bodies, and (iv) medical technology manufacturers. STRIDE BP presents (i) lists of accurate BP monitors and (ii) certified e-learning on BP measurement methods.

Lists of accurate BP monitors (https://www.stridebp.org/bp-monitors)

STRIDE BP provides independent evaluation of PubMed studies that assess the accuracy of BP monitors using an established validation protocol[1,2]. Devices that successfully pass the STRIDE BP review process are listed at the STRIDE BP website as "Validated" devices, whereas those fulfilling additional requirements are listed as "Preferred". "Equivalent" devices with BP measurement function identical to that of a STRIDE BP listed device, many also be approved after being subjected to standard STRIDE BP review process. To date STRIDE BP recommends 358 BP monitors, of whom 171 are "Preferred". This indicates that <10% of the BP devices available on the market have documented accuracy confirmed by a well-conducted validation study[2].

STRIDE BP recommends 47 devices for office BP measurement, 275 for home monitoring, and 35 for ambulatory monitoring. For adults 345 devices are recommended, for pregnant women 34, and for children only 21.

The STRIDE BP website provides updated downloadable lists of accurate devices for office, home, ambulatory BP monitoring in adults, children, and pregnant women (Figure 1), which to date have been downloaded >130,000 times.

Certified BP Monitoring E-Learning Program (https://www.stridebp.org/training)

STRIDE BP has recently launched an interactive accredited e-learning platform for health-care professionals, which provides interactive accredited training aiming to standardise the measurement of BP and the diagnosis of hypertension in clinical practice at global level.

The e-Learning platform includes 3 modules dealing with Office, Ambulatory, and Home BP measurement based on recent guidelines (Figure 2). Each module lasts 20'-30' and includes all the practical aspects of each method, regarding the indications, devices, implementation, and interpretation. After completing all the 3 modules, learners may take an evaluation test to be awarded with a pass certificate.

Useful resources, including single-page instructions and forms/posters are also available for free download and use in everyday clinical practice.

REFERENCES

1. J Hypertens 2020;38:395-9;

2. J Clin Hypertens 2019;21:1616-22.

Figure 1.

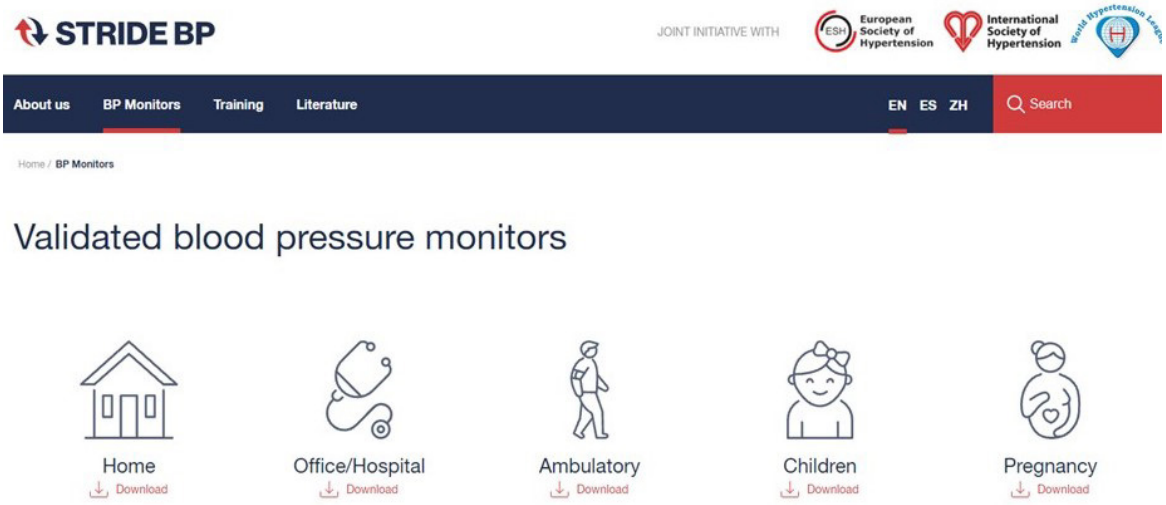
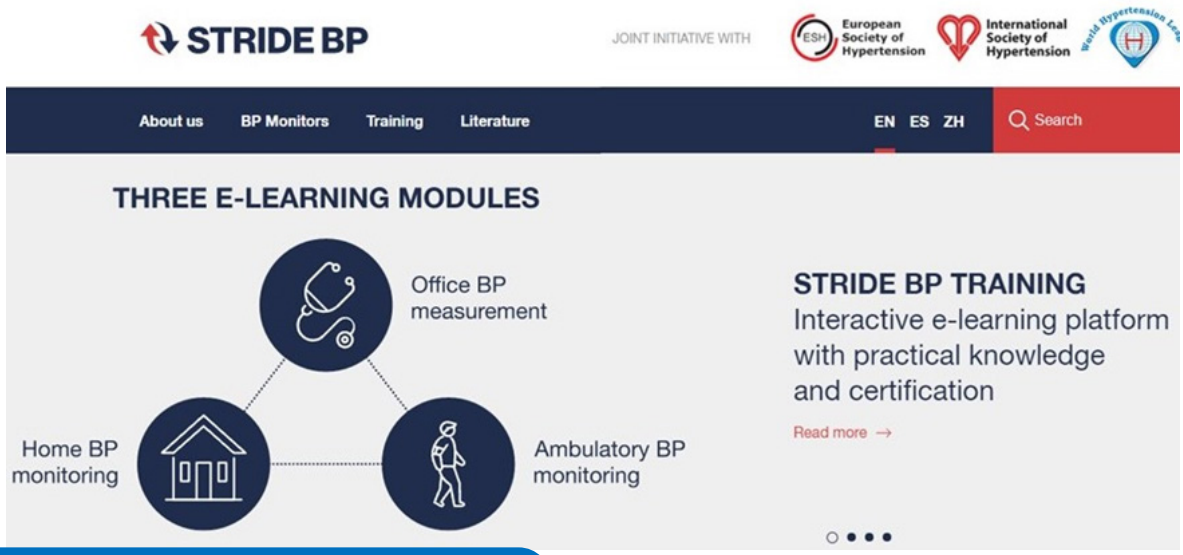


Figure 2.



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