

## TO AVERAGE OR NOT TO AVERAGE

### HELP IMPROVE HYPERTENSION DETECTION WITH BLOOD PRESSURE AVERAGING

Should blood pressure (BP) averaging be part of your practice? The American Heart Association thinks so. Their 2019 scientific statement says automatic, in-office BP devices that can capture and average at least three readings are the preferred method for evaluating office BP.<sup>1</sup>

When a series of BP readings are taken, there is often variability between each measurement.<sup>2</sup> This, coupled with the fact that first-time readings tend to be higher than subsequent readings,<sup>2</sup> supports the need for a new approach.

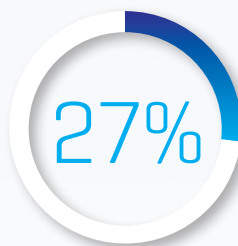
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#### References

1. Muntner, Paul et al. Measurement of Blood Pressure in Humans: A Scientific Statement from the American Heart Association. *Hypertension* 73, no 5. 2019. doi:10.1161/hyp.0000000000000087
2. Smith MD, Robert, Quinn David, Long Christopher. Blood Pressure Averaging: Decreasing the Rate of Misdiagnosing Hypertension. 60101889, Version A. 2019.



of first-time readings are artificially high.<sup>1</sup> However, it could be even higher,<sup>2</sup> reaching up to 41%.



of patients could have been misclassified if a single blood pressure reading was used instead of multiple, averaged readings.<sup>2</sup>

The **Welch Allyn Spot Vital Signs 4400** device delivers fast, simple BP averaging right from the home screen. With the tap of a button, you can capture and average multiple readings for a more comprehensive picture of your patient's health. Feel confident in your hypertension screenings and help limit reading-to-reading variability by adding BP averaging to your practice.

Discover new blood pressure averaging solutions today. Visit [hillrom.com/spot4400](https://hillrom.com/spot4400) to learn more.