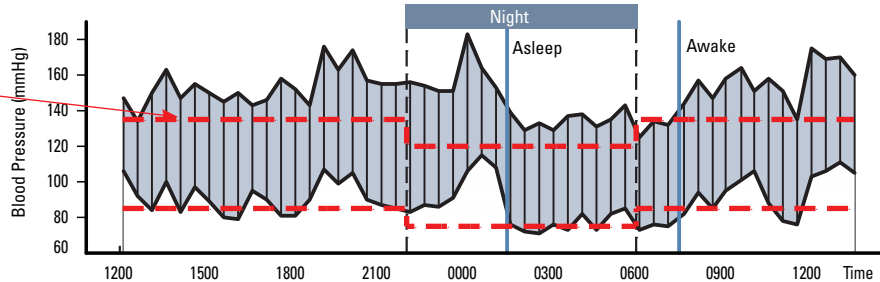


Ambulatory blood pressure report			
Patient name:	Mr J Bond	ID:	007
Scan start date	29/08/2011	Clinic SBP/DBP	140/90
Scan start time	12:08	Total readings	56
Scan end date	30/08/2011	Successful readings	52
Scan end time	13:37	Percent successful	93

Clinic BP suggests hypertension

OK if >85%

Grade 1 hypertension threshold



SBP: Grade 2 hypertension ≥148 mmHg

DBP: Grade 1 hypertension ≥84 mmHg

Summary					
	Min	Mean	Max	STD	BP load (<20%)
Systolic	125	151	183	13.4	94%
Diastolic	71	90	115	11.9	67%
Heart rate	54	70	94	9.5	

Day summary 6:00 to 22:00					
	Min	Mean	Max	STD	BP load
Systolic	125	152	176	12.2	91%
Diastolic	73	91	111	10.9	68%
Heart rate	54	71	90	8.7	

Night summary 22:00 to 6:00					
	Min	Mean	Max	STD	BP load
Systolic	129	146	183	14.7	100%
Diastolic	71	86	115	13.5	70%
Heart rate	57	69	94	11.1	
% Night SBP dip (>10%)		3.9%		% Night DBP dip (>10%)	5.5%

Night SBP dipping abnormal

Night DBP dipping abnormal

Awake summary 7:00 to 1:30					
	Min	Mean	Max	STD	BP load
Systolic	132	155	183	11	93%
Diastolic	75	92	115	11	68%
Heart rate	55	73	94	9	

Asleep summary 1:30 to 7:00					
	Min	Mean	Max	STD	BP Load
Systolic	125	134	143	5	100%
Diastolic	71	76	85	5	55%
Heart rate	54	60	67	5	
% Night SBP dip (>10%)		14%		% Night DBP dip (>10%)	28%

Asleep SBP dipping normal

Asleep DBP dipping normal

Interpretation: Patient ABP day, night, awake, asleep BP, BP load values are all above hypertension grade 1 threshold (shown in red). While night summary suggests 'nondipping' (<10%) this is due to very late sleep onset. The nocturnal dipping based on awake and asleep values are satisfactory (>10%)

Conclusion: Confirmed grade 1 hypertension

Recommendation: Commence or increase antihypertensive therapy. Assess cardiovascular risk to determine correct target BP. Reassess after modification

Figure 2. Example of ambulatory blood pressure report. Values in red are above hypertension thresholds based on reference 2