



# Ambulatory Blood Pressure Measurement

## What is Ambulatory Blood Pressure Measurement?

Ambulatory Blood Monitoring uses a small device to measure heart rate and blood pressure at regular intervals over a 24 hour period. The device is attached to a blood pressure cuff on the patients arm via slim tubing, hidden beneath clothing. The cuff is loose fitting when deflated and tightens briefly at regular (30 min daytime, 45 min night time) intervals to record blood pressure. Patients are encouraged to undertake regular daily activities including exercise when wearing the monitor. The monitor is unable to get wet, thus patients are encouraged to shower just prior to getting the monitor attached and wear a two piece outfit.

The device is used to determine the blood pressure load that the heart, organs and vessels are under during a 24 hour period. The monitor can help to determine the need for, or efficacy of current blood pressure management. Ambulatory blood pressure monitors are also useful in the diagnosis of "white coat" hypertension, a condition where blood pressure only appears to be elevated when measured in a clinical setting.

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