



# Did you take part in the TASMINH4 trial?

Self-monitoring and self-reporting blood pressure from home for long-term control of high blood pressure.

## The TASMINH4 study has taken place in this GP surgery and if you had hypertension, you may have taken part in this study.

### MEDICATION + USUAL CARE



BP readings recorded at **routine visits to the clinic**



GP manually calculates average BP to determine if it is too high or too low



Medication altered by GP

### MEDICATION + SELF-MONITORING



Home-based BP readings **posted to clinic**



GP manually calculates average BP to determine if it is too high or too low



Patient trained to use colour chart to decide when to contact the clinic



Medication altered by GP

### MEDICATION + TELEMONITORING



Home-based BP readings **texted to clinic**



GP accesses automated web-based app which calculates average BP



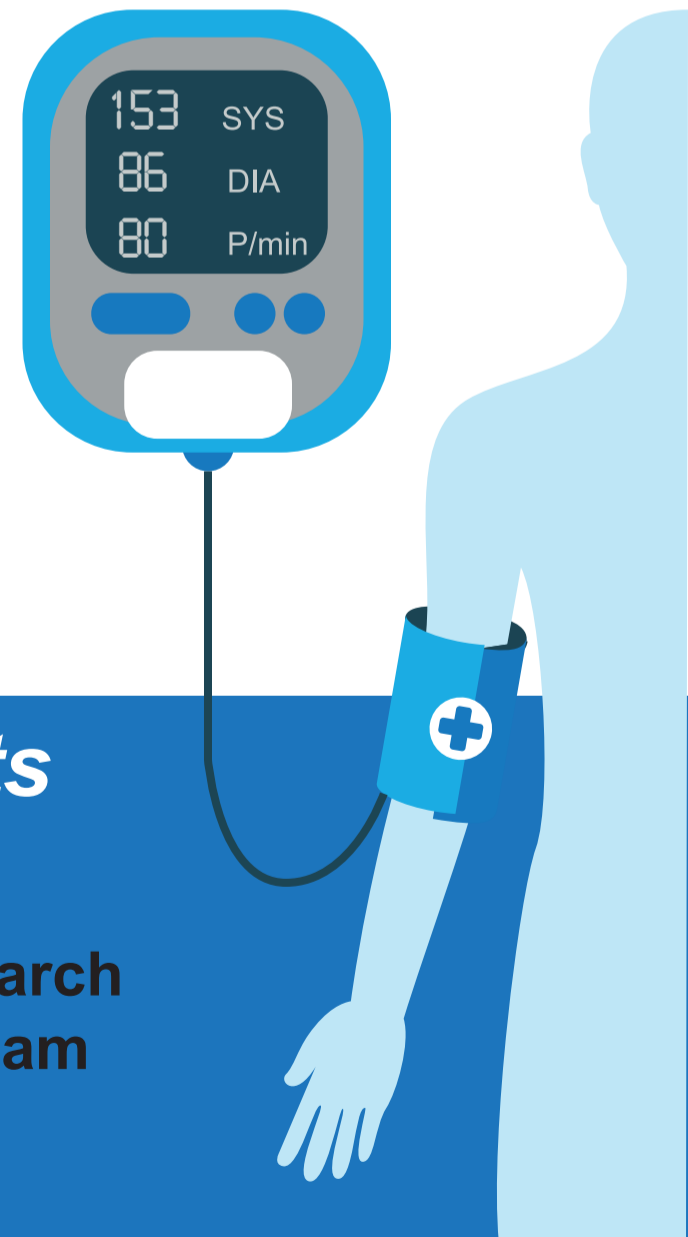
Automated alerts sent to GP & patient if average BP is too high or too low



Medication altered by GP

### What we found:

- When GPs use blood pressure from patients monitoring at home to guide care this results in better control than when blood pressure is measured directly by the GP or practice nurse.
- There is also evidence that patients' texting their BP readings to their GP results in the blood pressure being reduced more quickly.
- Ensuring more effective blood pressure control could significantly reduce the risk of heart attacks and strokes in the future for patients with high blood pressure.



*We would like to thank all patients who took part in the study.*

For a plain English summary or a copy of the research paper, please ask at reception, call the research team on: (01865) 617845 or visit our website at [www.phctrials.ox.ac.uk/studies/tasminh4](http://www.phctrials.ox.ac.uk/studies/tasminh4)

