Table D-9. Categorical medication dose and number outcomes: SMBP alone versus usual care

| **Author Year**  **PMID** | **Baseline BP[[1]](#endnote-1), mmHg**  **(Range)** | **Timepoint**  **(Longest)** | **Outcome Definition** | **Intervention** | **Inc** | **No Δ** | **Dec** | **Other** | **N Total** | **RR (95% CI)**  **P-value** | | | | **Study Quality** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Increase** | **No Δ** | **Decrease** | **Other** |
| Bailey 199942  10100064 | 155/95 | 8 wk (8 wk) | Medication dose | SMBP | 5 |  |  |  | 31 | 0.58 (0.22, 1.58)  nd |  |  |  | C |
| Usual care | 8 |  |  |  | 29 |  |  |  |  |
| A medication class started | SMBP | 2 |  |  |  | 31 | 0.31 (0.03, 2.83)  nd |  |  |  |
| Usual care | 0 |  |  |  | 29 |  |  |  |  |
| A medication class ceased | SMBP |  |  | 1 |  | 31 |  |  | 0.31 (0.03, 2.83)  nd |  |
| Usual care |  |  | 3 |  | 29 |  |  |  |  |
| Madsen 200867  18568696 | 152/91 | 6 mo (6 mo) | Number of medications | SMBP | 46 | 65 |  |  | 113 | 0.96 (0.71, 1.30)  nd | 1.01 (0.81, 1.26)  NS |  |  | B |
| Usual care | 52 | 70 |  |  | 123 |  |  |  |  |
| Midanik 199172  1899945 | 144/93 | 12 mo (12 mo) | Medication use (patients taking medication at the end of study) | SMBP |  |  |  | 18 | 102 |  |  |  | 1.06 (0.58, 1.94)  nd | C |
| Usual care |  |  |  | 17 | 102 |  |  |  |  |
| Pierce 198477  6377291 | 179/103 | 1 yr (1 yr) | Medication change  (Physician assessment of change of “strength” of medications for each patient) | SMBP | 3 | 10 | 7 |  | 27 | 0.40  (0.12, 1.36)[[2]](#endnote-2)  nd | 0.90  (0.46, 1.72)  nd | 1.50  (0.54, 4.17)  nd |  | C |
| Usual care | 8 | 12 | 5 |  | 29 |  |  |  |  |
| Zarnke 199788  9008249 | MAP 100 | 8 wk | Number of patients who did not change drug therapy | SMBP |  | 15 |  |  | 20 |  | 0.83  (0.60, 1.16)  NS |  |  | B |
| Usual care |  | 9 |  |  | 10 |  |  |  |  |

Δ = change; BP = blood pressure; CI = confidence Interval; Dec = decreased; Inc = increased; nd = no data; NS = not significant; RR = relative risk; SMBP = self-measured blood pressure.

1. Mean clinic blood pressure in control group, unless otherwise indicated. [↑](#endnote-ref-1)
2. Calculated from reported data. [↑](#endnote-ref-2)