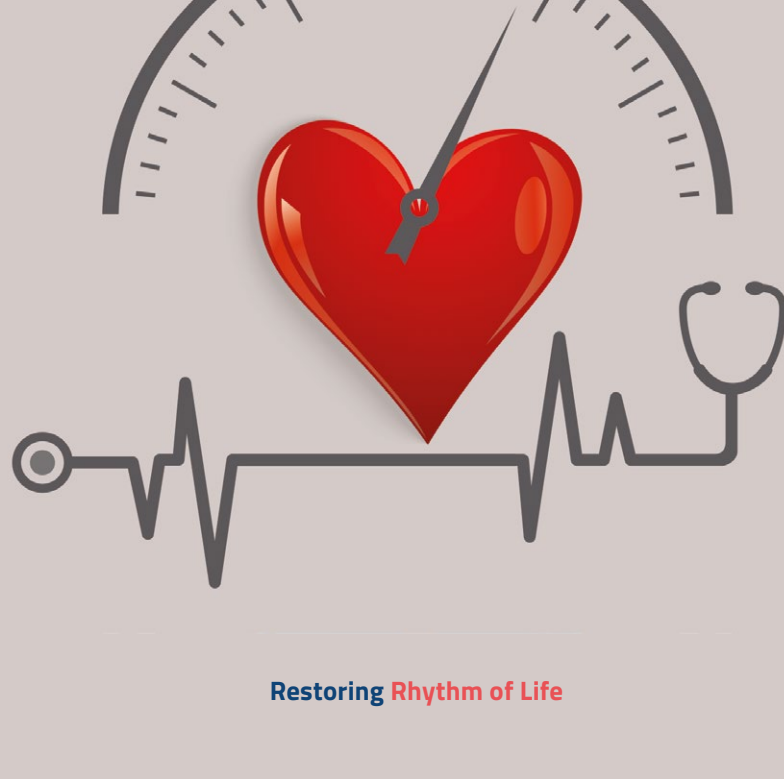


# AMBULATORY BLOOD PRESSURE MONITORING (ABPM)



Restoring Rhythm of Life

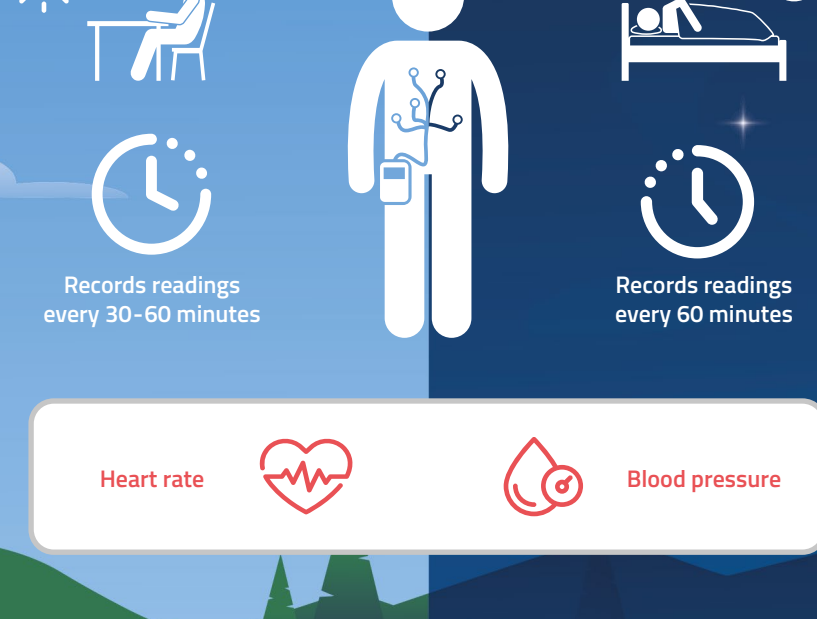
## What is Ambulatory Blood Pressure Monitoring (ABPM)?

ABPM, or Ambulatory Blood Pressure Monitoring, is a method used for measuring and managing hypertension by recording blood pressure over a 24-hour period, both awake and asleep. Hypertension is characterised by a systolic blood pressure (top number) of at least 140 mmHg and/or a diastolic blood pressure (bottom number) of at least 90 mmHg.

ABPM allows for monitoring in your everyday environment. A cuff on your arm connects to a small device that automatically records readings, providing a comprehensive assessment during daily activities and sleep.

## Ambulatory Blood Pressure Monitoring

At home, 24-hour monitoring as you go about your daily life.



## Why is Ambulatory Blood Pressure Monitoring (ABPM) used?

- ABPM is used by healthcare providers for various important reasons:

- Confirming Hypertension**  
By providing a comprehensive view of blood pressure over a 24-hour period.
- Assessing Blood Pressure Variability**  
Gaining insight into the effectiveness of current management strategies and overall cardiovascular risk.
- Monitoring Blood Pressure Patterns**  
Typically, blood pressure decreases by 10%-20% during sleep, and ABPM helps track these patterns to ensure they align with expected physiological changes.
- Evaluating Treatment Effectiveness**  
Assessing how well antihypertensive medications are working to determine adjustments in dosage or timing where necessary.

- Ambulatory Blood Pressure Monitoring (ABPM) is valuable for detecting various blood pressure patterns that might not be apparent from standard office readings:

- White Coat Hypertension**  
Some individuals experience elevated blood pressure in healthcare settings due to anxiety, even though their readings are normal at home. This condition, known as white coat hypertension, affects 10% to 30% of people with elevated readings in clinical settings.
- Masked Hypertension**  
In this scenario, blood pressure appears normal during office visits but is elevated at home. Masked hypertension affects up to 30% of individuals with normal office readings and is often associated with risk factors such as kidney disease, diabetes, or obstructive sleep apnea.
- Sustained Hypertension**  
When blood pressure readings are consistently high both in the provider's office and at home, it indicates sustained hypertension. This condition suggests an increased risk of complications such as heart disease, kidney damage, and stroke.
- Nocturnal Hypertension**  
This condition involves elevated blood pressure during sleep and is particularly common among individuals with diabetes or kidney disease. Monitoring nocturnal blood pressure can help identify those at greater risk of adverse health outcomes.

## Who Needs ABPM?

Ambulatory Blood Pressure Monitoring (ABPM) is particularly useful for:

- Adjusting Antihypertensive Medications**  
Individuals who need fine-tuning of their antihypertensive drug regimen benefit from ABPM to assess how well their current medication is working.
- Medication Impact**  
Individuals taking medications that can influence blood pressure might require ABPM to monitor and adjust their treatment.
- Persistent Hypertension**  
Those with high blood pressure that remains uncontrolled despite medication may need ABPM to better understand their blood pressure patterns and treatment needs.
- Fainting or Hypotension**  
People experiencing fainting episodes or symptoms of low blood pressure can use ABPM to assess their blood pressure variations more thoroughly.
- Hypertension During Pregnancy**  
Pregnant individuals with high blood pressure may need ABPM to ensure accurate monitoring and management of their condition.

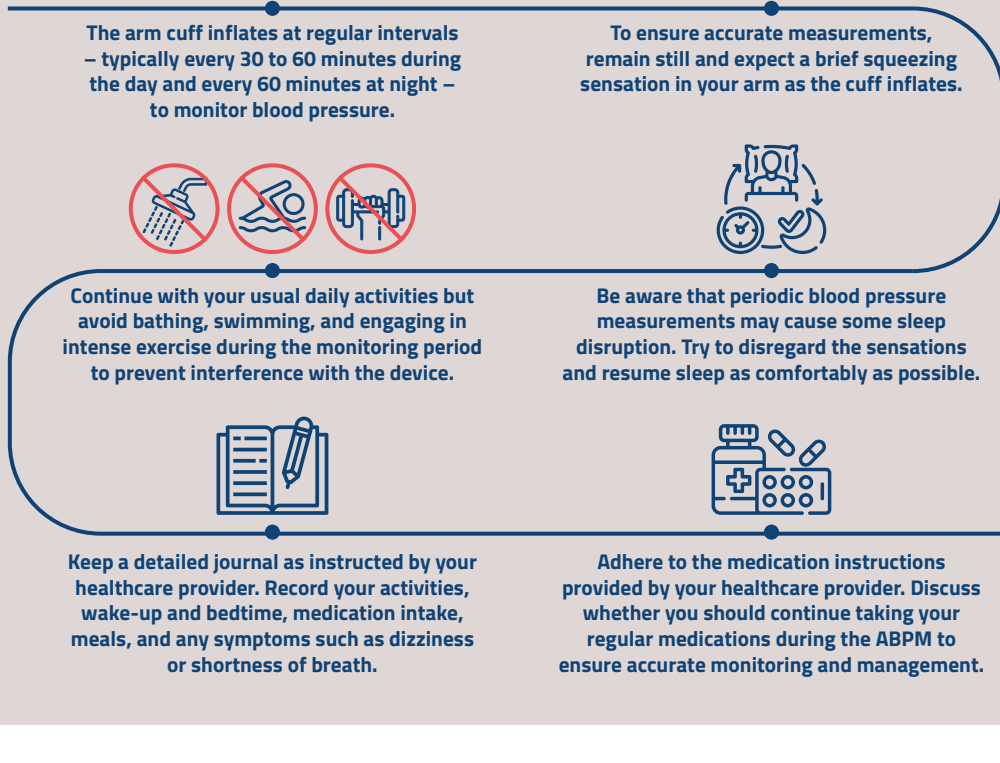
## How to Prepare for ABPM

To ensure accurate and effective monitoring with ABPM, follow these preparation steps:

- Schedule Monitoring**  
Choose a typical weekday for the 24-hour monitoring to ensure that the results reflect your usual daily activities.
- Consult Your Provider**  
Before making any adjustments or removing parts of the device, consult your healthcare provider to ensure proper use and accuracy of the monitoring.
- Keep a Detailed Journal**  
Maintain a log of your daily activities, wake-up and bedtime, medication intake, meals, and any symptoms such as dizziness or shortness of breath. This information will help your healthcare provider interpret the data from the ABPM.
- Avoid Strenuous Activities**  
Refrain from engaging in strenuous physical activities, and avoid showering or swimming during the monitoring period to prevent interference with the device.

## How is ambulatory blood pressure monitoring done?

ABPM involves wearing a portable device for 24 hours, connected to a cuff on the upper arm to measure blood pressure while the individual carries out daily activities. Later, the data is analysed to diagnose conditions like hypertension and evaluate treatment effectiveness.



## How do you sleep with ABPM?

- Understand that it may be challenging due to the arm cuff.
- Relax and create a comfortable sleep environment.
- Consider playing soothing music and blocking out strong light.
- Set the thermostat to a comfortable temperature.
- Follow provider's instructions on adjusting equipment, such as possibly removing the strap.
- Do not remove the arm cuff unless instructed by your provider.
- Discuss strategies with your provider for achieving quality sleep during monitoring.

## To obtain your results, follow these steps:

- Transfer the data from the monitor to a computer for analysis by your healthcare provider.
- The report will be ready in approximately 5 minutes.
- Discuss the results and their implications with your provider.
- Your provider will explain what constitutes healthy ambulatory blood pressure.
- Your results may include:
  - 24-hour average blood pressure
  - Daytime blood pressure
  - Night time blood pressure
  - Nocturnal dipping patterns (difference between daytime and night time BP)

### Operating Hours

- Monday - Friday | 8:30am to 5:00pm
- Saturday | 8:30am to 1:00pm
- Sunday and Public Holidays | Closed

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