



Blood Pressure Monitor

July 2017



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- ABP monitoring (ABPM) is a specialised technique requiring validated monitors and appropriate quality control measures.

High blood pressure

Ambulatory Blood Pressure (ABP) measurements give a better prediction of clinical outcome than clinic or casual blood pressure measurements. ABP monitoring (ABPM) is a specialised technique; validated monitors and appropriate quality control measures should always be used.

ABPM can be considered for one or more of the following reasons:

- For borderline and difficult to control high blood pressure
- For patients with fainting spells
- To exclude “white coat” hypertension (which requires continued surveillance; patients who display this phenomenon may, in time, develop established hypertension)
- To aid in the assessment of apparent drug-resistant hypertension, symptomatic hypotension or hypertension in the elderly
- To assess adequacy of control in patients at high risk of cardiovascular disease
- For patients with end-organ damage associated with hypertension (which is more closely related to ambulatory blood pressure)



Figure 1: 24 hour ABPM blood pressure values – pie graph (example only)

Reference



Blood Pressure Monitor cont...

Ambulatory blood pressure (ABP) service

Melbourne Pathology's ABP monitor is a lightweight computer which measures and records blood pressure and heart rate, at regular intervals, as patients go about their routine daily and nightly activities. Patients record activities and medication in a diary and key times into the monitor when they go to bed and wake up in the morning. This produces a record of all activities, including sleep, providing an excellent history of blood pressure readings.

- Readings are automatically taken every half hour during the day and every hour during the night
- A day/night button allows for statistically accurate evaluation of day/night phases as well as an exact documentation of the early morning blood pressure rise
- After 24 hours of monitoring, patients take the machine back to the collection centre, and their completed diary back to the referring doctor at their next visit
- Ambulatory Blood Pressure Monitoring is available at selected pathology collection centres. We have 18 collection centres with blood pressure monitors listed below.

Privately billed fee

At present the service is not Medicare rebatable and patients will be billed privately. The current fee is \$112 and patients are required to sign a 'Payment authorisation form' prior to having the monitor fitted.

Collection centres

Albert Park	141 Victoria Ave	9645 0062	Epping	Suite 8/230 Cooper St	8401 4534
Beaumaris	471 Balcombe Rd	9589 6941	Gisborne	16 Brantome St	5428 3900
Bentleigh	159 Tucker Rd	9557 2368	Hoppers Crossing	Pacific Werribee, Shop T199 Cnr Derrimut & Heaths Rds	9748 7674
Ballarat	706 Sturt St	5331 1512	Lower Templestowe	Cnr High St & Manningham Rd	8850 0560
Box Hill	Epworth Eastern, 1 Arnold St	9890 0889	Moonee Ponds	45A Hall St	9370 4946
Corio	1 – 7 Bacchus Marsh Rd	5274 1366	Mornington	262 Main St	5975 2362
Cranbourne	26 William St	5995 5052	Richmond	Epworth Centre Suite 2.2, Level 2, 32 Erin St	9429 2222
Deepdene	59 Whitehorse Rd	9817 1314	Ringwood	38 Bond St	9870 5473
East Melbourne	128 Grey St	9419 4310	St Albans	22 Victoria Cres	9366 0472

Contact details

If you would like further information on Ambulatory Blood Pressure Monitoring, please contact your **Business Development Manager on 9287 7700.**

Switchboard	9287 7700	Couriers	9287 7788
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