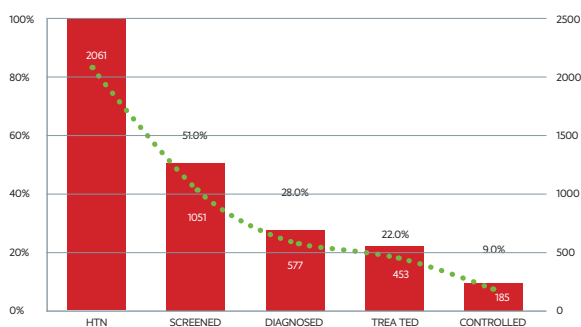


BEST PRACTICE MANAGEMENT OF HYPERTENSION IN 2021

South Africa has one of the highest percentages of Hypertension in world, with one of the worst control rates.

THE HYPERTENSION CARE CASCADE, SOUTH AFRICA 2011–2012



- Of those with hypertension, 51% have ever been screened for hypertension, a 49% loss.
- Of those who have ever had their blood pressure measured, 50% received a diagnosis of high blood pressure, a 49% loss.
- Of those who received a diagnosis, 77% were being treated with blood pressure medication, a 23% loss.
- Of those who had taken blood pressure medication in the last 30 days, 52% had controlled blood pressure (<140/90 mm Hg), a 48% loss.

INTERNATIONAL GOLD STANDARD GUIDELINES

The latest 2021 European Society of Hypertension practice guidelines for office and out-of-office blood pressure measurement now recommends that home blood pressure monitoring and 24HR ABPM are the best way to diagnose, measure, manage and monitor hypertension².





INDICATION FOR 24HR ABPM²

Initial diagnosis

- To diagnose hypertension.
- To detect WCH and MH.
- To identify nocturnal hypertension and non-dippers.
- To assess BP changes due to autonomic failure.

Treated hypertension

- To identify WCH and MH.
- To confirm the diagnosis of uncontrolled and resistant hypertension.
- To ensure 24 h BP control (particularly in high-risk patients, pregnancy).
- To confirm symptomatic hypotension due to excessive treatment.
- To assess nocturnal hypertension and non-dipping.
- Disagreement in diagnosis between OBP and HBPM.

When to repeat^a

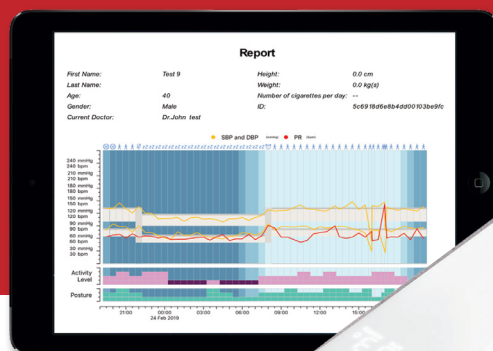
- To ensure adequate BP control, particularly in patients with increased CVD risk. Depends on availability, individual's risk and preferences.
- Uncontrolled hypertension: might perform every 2–3 months until a normal 24 h profile.
- Controlled hypertension: might perform annually.

^a Repeat on like days (preferably routine workdays)





Powered by iHealth CardioMed



THE SMART 24 SOLUTION

Revolutionary, wireless, easy-to-use 24 hour blood pressure monitoring device validated and preferred, globally, by STRIDE Advantages:



- Save R17 000 over 24 months on battery costs and the planet
- 15-minute recharge
- No tubes. No noise
- Enhanced patient comfort
- Objective results over 24 h
- Detects White Coat Hypertension (WCH) and Masked Hypertension (MH)
- Confirms uncontrolled and resistant hypertension
- Assesses BP during usual daily activities
- Detects nocturnal hypertension and non-dippers
- Detects excessive BP lowering by drug treatment
- Can be used over loose clothing



HOW SMART24 MEASURES UP AGAINST COMPETITOR DEVICES

	SMART24	B	C
COMFORT	+++	+	+
POSTURE DETECTION	+++	-	-
NO BATTERIES	+++	-	-
WIRELESS	+++	-	-
CLOUD-BASED	+++	-	-
VALIDATED BY STRIDE	+++	+	-
AFFORDABLE (LEASE MODEL)	+++	-	-
EASY TO USE	+++	+	+
INTERPRETED REPORT	+++	-	-

COSTS

LIMITED OFFER TO ASAIPA MEMBERS ONLY

GET THE **SMART24 ABPM** AT **10% LESS**.

OPTION A – Outright Purchase	R 28 419.52	Non Members
	R 25 577.57	10% discount (incl VAT)
OPTION B – Lease Model	R 1 680.46	Per month (incl. VAT) Non Members
	R 1 512.41	10% discount (incl VAT) - 24 month contract

REIMBURSEMENT CODES

1237	ABPM HIRE	R 448.30
1239	ABPM INTERPRETATION	R 403.90
TOTAL FULL ABPM		R 852.20

PLACE YOUR ORDER THROUGH ASAIPA AT charmaine@asaipa.co.za

ON SIGN-UP, OUR DIGITAL HEALTH SPECIALISTS WILL BE AVAILABLE TO TRAIN YOUR TEAM ON THE INTERPRETATION OF THE 24HR ABP.

PLEASE NOTE

This offer requires the practice to have wifi and an iPad.

References

1. Berry KM, Parker WA, Mchiza ZJ, Sewpaul R, Labadarios D, Rosen S, Stokes A. Quantifying unmet need for hypertension care in South Africa through a care cascade: evidence from the SANHANES, 2011-2012. BMJ Glob Health. 2017;2:e000348. doi:10.1136/bmjgh-2017-000348
2. Stergiou et al, Journal of Hypertension, vol 39, No. 1, Month 2021, 2021 European Society of Hypertension Practice, www.jhypertension.com