

418 BLOOD PRESSURE CONTROL ACCORDING TO THE METHOD AND CRITERIA USED. LJ Gonzalez-Elena (1), L Garcia-Ortiz (1), MA Gomez-Marcos (1), C Herrero-Rodriguez (1), A Gonzalez-Garcia (1), A Garcia-Garcia (1), J Parra-Sanchez (1), A Matias-Perez (1), J Martín-Marcos (1), M Sanchez-Flores (2), V León-Argüero (2), J Herrero-Garibi (2), MJ Ruiz-Olgado (2), I Cruz-González (2), J Martín-Moreiras (2)(1) La Alamedilla, Salamanca-Spain, (2) Hospital Clinico Universitario, Salamanca-Spain,

Purpose: To analyse the percentage of hypertensive patients which present Blood Pressure control using the clinical Blood Pressure (CBP), first and second measurements, the Self-Measured Blood Pressure (SMBP) Ambulatory Measured Blood Pressure (AMBP).

Methodology: Design: Transverse descriptive study.

Subjects and setting: Hypertensive patients which have carried out an AMBP in two health centres. 352 subjects (51.4% women).

Measurements: Age, sex, CBP two measures (1st and 2nd), SMBP during three days four measurements per day (two in the morning and two at night) and AMBP every 24 hours, evaluating the mean BP of the 24 hours, the BP during activities and the BP during rest.

Criteria good control: CBP <140/90 mmHg, AMBP: mean BP <125/80 mmHg, BP during activities <135/85 mmHg and BP while resting <120/70 mmHg, SMBP mean BP < 135/85 mmHg in first and second measurement.

Results: The average age was 62.81 years (males: 60.88; females: 64.63, $p < 0.05$).

The BP means have been: CBP 1st measurement: 155.19/87.65 mmHg; mean of 2nd measurement 150.32/86.11 mmHg. Mean with SMBP 1st measurement 139.63/78.91 mmHg and 2nd measurement 133.55/77.25 mmHg. AMBP with activity: 128.98/78.02 mmHg, AMBP while resting 116.37/66.12 mmHg and AMBP 24 hours 125.33/74.44 mmHg, respectively.

The control level with the CBP 1st measurement was: 20.17 %, males 16.96% and females 23.20 % ($p > 0.05$); CBP 2nd measurement: 28.41%, males 25.73% and females 30.94% ($p > 0.05$); AMBP with activity: 61%, males 50.3 % and females 71.02 % ($p < 0.05$); AMBP while resting: 60.47%, males 57.3 % and females 63.4 % ($p > 0.05$) and AMBP 24 hours: 46.04%, males 36.9 % and females 54.49 % ($p < 0.05$); SMBP 1st measurement: 37.34% males 35.4 % and females 39.1 % ($p > 0.05$) and 2nd measurement 53.75 %, males 54.8 % and females 52.8 ($p > 0.05$).

Conclusions: The second measurement of BP both in the CBP as in the SMBP is significantly lower than in the first. The mean CBP is significantly higher than the SMBP and the AMBP. The percentage of patients controlled is lower if we only use the CBP measure. The AMBP and the SMBP can be useful methods to evaluate in an adequate form the percentage of control of a hypertensive patient.