

VA Blood Pressure Study

VA IRB H160180: Self-Management of Blood Pressure for Hypertensive Veterans

Category

Other

Enrollment Closing Date

12/31/2019

Description

We are looking for individuals with high blood pressure to be part of a study of a home blood pressure monitoring and management plan. In recent research studies, people with high blood pressure were able to adjust their own medications at home based on home blood pressure readings to get good control of their blood pressure. We want to see if this self-management plan works here at the VA.

Requirements

- Clinically diagnosed with hypertension
- Currently taking 1 or fewer blood pressure medications
- Systolic Blood Pressure of 130 mmHg or greater

Benefits

To help future Veterans with hypertension

**Contact
Information**

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