

## Correspondence

### Response: Re: Blood Pressure Checks for Diagnosing Hypertension: Health Professionals' Knowledge, Beliefs, and Practice

*To the Editor:* This letter to the editor in response to our article "Blood Pressure Checks for Diagnosing Hypertension: Health Professionals' Knowledge, Beliefs, and Practice" was of great interest to us.

The authors of this letter conducted a quasi-experimental study where nurse and physician knowledge of ambulatory blood pressure monitoring (ABPM) was measured pre and post a training intervention.<sup>1</sup> Knowledge was low pre training, with substantial improvement post training. The study took place in Spain, a country where ABPM is more commonly performed than the US. The training session took place at a conference on hypertension, and the nurses and physicians that attended may have not been representative of nurses and physicians working in typical primary care clinics. Furthermore in the US, medical assistants are much more common part of the workforce in primary care than nurses. Medical assistants receive less training than nurses.

Nonetheless, the training intervention was successful, demonstrating that it is possible to improve BP measurement and hypertension diagnostic knowledge, at least in regard to ABPM. Our study in the US<sup>2,3</sup> and a recent study from Canada<sup>4</sup> showed that new strategies are also needed for improving health professionals' clinic BP and home BP knowledge and practices in addition to ABPM. Future studies should test the effectiveness of programs similar to that described by the author of the letter in larger and real world clinical settings, and determine whether increased knowledge leads to improved BP practices that are durable over time.

Melissa L. Anderson, MS  
Kelly Ehrlich, MS  
Yoshio N. Hall, MD, MS  
Laurel D. Hansell, MA, MPH  
Clarissa Hsu, PhD  
Dwayne Joseph  
Karen L. Margolis, MD, MPH  
Jennifer B. McClure, PhD  
Sean A. Munson, PhD  
Mathew J. Thompson, MBChB, MPH, DPhil and  
Beverly B. Green, MD, MPH  
Kaiser Permanente Washington and  
Kaiser Permanente Washington  
Health Research Institute  
1730 Minor Ave. Suite 1600, Seattle, WA 98101  
Bev.B.Green@kp.org

*To see this article online, please go to: <http://jabfm.org/content/35/4/xxx.full>.*

#### References

1. Dalfo-Pibernat A, Dalfo Baque A, Pelegrina Rodriguez FJ, et al. Improving ambulatory blood pressure monitoring knowledge in nurses and doctors: impact of a training intervention. *Eur J Cardiovasc Nurs* 2018;17:742–50. Dec.
2. Green BB, Anderson ML, Ehrlich K, et al. Blood pressure checks for diagnosing hypertension: health professionals' knowledge, beliefs, and practices. *J Am Board Fam Med*. 2022;35:310–9.
3. Green BB, Anderson ML, Cook AJ, et al. Clinic, home, and kiosk blood pressure measurements for diagnosing hypertension: a randomized diagnostic study. *J Gen Intern Med* 2022; Mar 3.
4. Todkar S, Padwal R, Cloutier L. Knowledge, perception and practice of Quebec nurses for ambulatory and clinic blood pressure measurement methods: are we there yet? *J Hypertens* 2021;39:2455–62.

doi: 10.3122/jabfm.2022.04.220189