



Opportunity for Human Research Subjects



Friendly Title - this is how your study will be listed on www.vmrp.org/studies.html. Please be sure to use clear, simple language.

VA Blood Pressure Study

Official Title of Study - as provided to sponsoring agency

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

Category	Enrollment Closing Date
Other	Dec 31, 2021

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 2 or fewer blood pressure medications
- Systolic Blood Pressure of 130 mmHg or greater

Benefits

To help future Veterans with hypertension

Contact Information	Name	SMART Study Research Team
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