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Title: "*Impact of Rested Waiting Room Blood Pressure Compared to Usual Care: A Pilot Study*"

Background: The 2017 ACC/AHA Hypertension guidelines suggest sitting quietly for at least 5 minutes before blood pressure is taken. However, it is often impractical in the workflow to allow for 5 minutes of rest.

Objective: This study set out to compare blood pressure values obtained in the waiting room after sitting quietly for 5 and 10 minutes versus usual care.

Methods: This single-center, prospective interventional study is evaluating patient's blood pressure obtaining in the waiting room after 5 and 10 minutes of rest. Patients were evaluated using the same brand automatic blood pressure monitor as that of their usual care.

Results: Five participants were included in the analysis. The mean systolic blood pressures of the 5 minute resting group was 134 mm Hg compared to 126 mm Hg in the usual care group: a difference of -8 mm Hg (95% CI: -22.3;37.9, p-value 0.213). The mean diastolic pressures of the 5 minute resting group was 73 mm Hg compared to 73 mm Hg in the usual care group: a difference of 0 mm Hg (95% CI: -8.59;7.39, p-value 0.864).

Conclusions: There were no statistically significant reductions in blood pressure between the resting and usual care groups, although the sample size assessed was small. In a future analysis, a multicenter approach with many days for data collection may be taken to increase sample size.