

Using mHealth for the management of hypertension in UK primary care

Grant, Sabrina; Hodgkinson, James; Schwartz, Claire Lorraine; Bradburn, Peter; Franssen, Marloes; Hobbs, F. D. Richard; Jowett, Sue; McManus, Richard J; Greenfield, Sheila

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Table 1: Summary of participants' characteristics

Characteristic	
Health Care Professionals	n=15
General Practitioner	11
Practice Nurse	4
Male	7
Patients / caregivers	n=25*
Ethnicity	
White	21 (and 2 carers)
Black/Asian/Mixed/Other	2
Male	18
Intervention	
Self-monitoring + text (Telemonitoring)	13 (and 2 carers)
Self-monitoring + post (Paper-diary)	10
Practices	n=15
BBC	
n=12	10 HCPs, 19 patients, 1 carer
WMS	5 HCPs, 4 patients, 1 carer
n=3	

(WMS) West Midlands South; (BBC) Birmingham Black Country *total includes 2 carers from self-monitoring + text arm, HCPs – Health Care Professionals

