Automated Office Blood Pressure (AOBP) Measurement

FACT SHEET

Routine clinic blood pressure (BP) readings may give an inaccurate assessment of true BP level. Often the clinic BP is higher than home BP and 24 hour ambulatory BP readings. It is now possible to obtain more accurate office BP readings by using programmable devices such as the Omron HEM-907 to measure automated office BP (AOBP).

What is AOBP?
Multiple BP readings taken using a fully automated device while the subject rests quietly alone.

Why should I use AOBP measurement in my clinic?
AOBP measurements correlate very well with ambulatory daytime mean BP, virtually eliminating white coat effects and identifying masked hypertension. Importantly, an independent relationship has been demonstrated between automated BP measurements and cardiovascular events.

How do I measure AOBP?
- Allow the patient to sit in a quiet place without conversation. As it is not always practical for the patient to occupy an examining room, AOBP measurements can be taken while the patient rests quietly in a waiting room. AOBP measurements recorded in this environment are comparable with ambulatory daytime BP measurements, provided that the patient is not disturbed.

- Ensure the patient is seated comfortably with their back supported and both feet flat on the floor and legs uncrossed. The cuff should be fitted on a bare upper arm and positioned at heart level. The arm should be relaxed and supported; a pillow can be used if necessary.

- Use an automated device such as an Omron HEM-907. Program the device to enable multiple measurements following a period of rest (see over for detailed instructions).

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How to program an Omron HEM-907 device for AOBP measurements:

You can set the number of measurements, the waiting time until the start of 1st measurement, and the measurement interval for the AVG Mode:

<table>
<thead>
<tr>
<th>Items to set</th>
<th>Set value</th>
</tr>
</thead>
<tbody>
<tr>
<td>F1  Number of measurements</td>
<td>2 times, 3 times</td>
</tr>
<tr>
<td>F2  Waiting time until the start of 1st measurement</td>
<td>0 sec, 3 min, 5 min, 10 min</td>
</tr>
<tr>
<td>F3  Measurement interval</td>
<td>5 sec, 30 sec, 1 min, 2 min</td>
</tr>
</tbody>
</table>

Note: bold letters represent recommended settings

1. When the power is OFF, push the ON/OFF (power) button for more than three seconds while holding the START button and change the mode to the Setting Change Mode (F1 is displayed).

2. Push the START button and select the items from F1 to F3. Each time you push the start button, the items change in the order of:

   F1 → F2 → F3 → F1

3. Push the DEFLATION button to change the set values to the following:

   F1:  3
   F2:  05
   F3:  02

4. When the setting is finished, press the ON/OFF (power) button to turn off the power. The device is now ready to take automated blood pressure measurements.

Note: When programmed as shown above, the device gives a result in approximately 10 minutes.

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