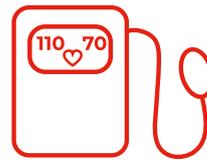


How to check that a **blood pressure monitor** has been properly tested for accuracy.



Why do I need to use an accurate monitor?

Inaccurate blood pressure measurement could lead to incorrect diagnosis and inappropriate treatment. The chance to reduce the risk of heart attack or stroke could also be missed.



Many inaccurate monitors exist

Over 3000 blood pressure monitors are available but less than 15% of these have been properly tested for accuracy.

Only use monitors that are recommended by the (free) registries below

Choose a registry from your country or a general registry

COUNTRY-SPECIFIC REGISTRIES

Click the relevant country and follow their instructions.

[Britain](#)

[Ireland](#)

[Canada](#)

[Germany](#)

[Japan](#)

[United States of America](#)

GENERAL REGISTRIES

Click the relevant registry and follow their instructions.

STRIDE BP

stridebp.org/bp-monitors

is a registry of validated blood pressure monitors. Follow the detailed instructions on how to search this registry on page 2.

Medaval

medaval.ie/blood-pressure-monitors/

lists both validated and non-validated blood pressure monitors. Follow the detailed instructions on how to search this registry on page 3.

How to check that a blood pressure monitor has been properly tested for accuracy using the **STRIDE BP** registry.



Step by step guide

01 TYPE

[www.stridebp.org/bp-monitors](https://stridebp.org/bp-monitors) into your web browser.



02 SEARCH

By typing the precise model of the monitor into the search box. Alternatively, enter the monitor manufacturer name and scroll through the results until you find the model of the monitor listed.

Blood pressure monitors

Search

Population Use Manufacturer

Device Description	Measurement site
BrandX ABC-123	Upper arm

If the monitor is **listed** under the 'Device Description', then it has been **validated**.

Blood pressure monitors

Search

Population Use Manufacturer

Device Description	Measurement site
No results found	Upper arm

If "**No results found**" under 'Device Description' then the monitor is **not recommended** to be used.



Tip:

The search function is very sensitive. Any minor errors in the manufacturer name or model of the monitor will mean the monitor is not found, even if it is validated.



Tip:

If the manufacturer name or monitor model cannot be found, the monitor is unlikely to be validated.

Don't be tempted by brands or prices or reviews

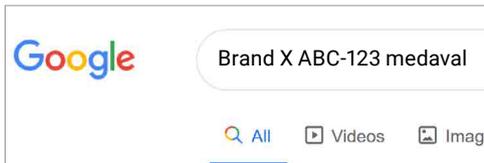
How to check that a blood pressure monitor has been properly tested for accuracy using the **Medaval** registry



Step by step guide

01 SEARCH

Google* the make and model of the blood pressure monitor, together with the word “**Medaval**”. *or any other search engine.



02 LOOK

Look for and click on the link with the Medaval evaluation of the monitor. Ignore any other advertising material that may come up in the first few hits.



03 CHECK

Scroll down to the accuracy assessment report. Look for the Medaval assessment and Recommendation.

Assessment: The technology used in the **Brand X ABC-123**, to measure blood pressure, has passed in a clinical validation study, in a general population, according to a recognised standard protocol, as published in a peer-reviewed publication.

Accuracy Assessment	Recommendation	Basis
Medaval	★★ Recommendation	Recent clinical validation; recent protocol



Tip:

If the manufacturer name or monitor model cannot be found, **the monitor is unlikely to be validated.**



Tip:

Different star ratings are used by Medaval, **but any properly validated monitor will be recommended**, irrespective of the number of stars.

Don't be tempted by brands or prices or reviews