

Enhancing hypertension diagnosis: Embracing ambulatory monitoring for global standards

Dear Editor,

We are writing to address the article, "Hypertension Clinical Pathway: Experience of Aseer Central Hospital" by Al-Ghamdi *et al.*,^[1] published in the July 2024 issue of the Journal of Family and Community Medicine. The study presents a valuable examination of a hypertension management protocol implemented at Aseer Central Hospital and its adherence to local guidelines. This study raises several critical aspects that need to be recognized when developing global standards for the management of hypertension, particularly as regards measurement and screening methods.

The relevance of this study to global standards is significant as it highlights the challenges and successes in managing hypertension in a specific context. According to the World Health Organization,^[2] hypertension, a leading risk factor for cardiovascular diseases worldwide, requires standardized accurate methods for diagnosis and management. The current study follows local protocols, however, it is essential to emphasize the importance of ambulatory blood pressure monitoring (ABPM) as the gold standard for hypertension diagnosis.

ABPM offers a comprehensive assessment of BP fluctuations over a 24-h period, capturing nocturnal hypertension and morning surges that are often missed by conventional office BP measurements.^[3] The inability to incorporate ABPM in the study is a limitation, as it could lead to the misclassification of hypertension status and affect treatment decisions and patient outcomes. For instance, white-coat hypertension and masked hypertension, conditions where office BP readings do not reflect true BP levels, are better detected through ABPM.^[4]

In addition, reliance on office BP measurements can result in inaccuracies resulting from variability in technique and environmental factors. Implementing ABPM can

improve diagnostic accuracy, allow for tailored and effective hypertension management strategies that align with global best practices. It is critical for future studies and clinical pathways to integrate ABPM to ensure a more precise and comprehensive approach to hypertension care.

While the study by Al-Ghamdi *et al.*,^[1] provides valuable insights into hypertension management in Aseer Central Hospital, adopting ABPM would enhance the accuracy of hypertension diagnosis and management, align with global standards and improve patient outcomes. Future research should prioritize the inclusion of ABPM to address these limitations and support more effective hypertension management protocols.

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Conflicts of interest

There are no conflicts of interest.

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