



BPm-Health

The Blood Pressure management system (BPm-Health) allows women to self-monitor blood pressure during pregnancy and enables healthcare professionals to provide remote care for mums-to-be.



The need for safe remote monitoring during the COVID-19 epidemic

There has been an increasing recognition of the benefits from self-monitoring of blood pressure ('BP') during pregnancy. The COVID-19 outbreak is now increasing the need for healthcare professionals to advocate BP self-monitoring to reduce face-to-face consultations for pregnant women whilst maintaining care for the woman and her baby.

BPm-Health is aimed at:



Women with chronic hypertension, gestational hypertension, pre-eclampsia.



Women determined as high or moderate risk by NICE guidelines listed below.



All pregnant women (including those who may need to self-isolate for a period).

NICE Guidelines¹⁰ identify the following groups at risk of hypertension in pregnancy:

One of the following risk factors:

- Hypertensive disease during a previous pregnancy
- Chronic kidney disease
- Autoimmune disease (e.g. systemic lupus erythematosus or antiphospholipid syndrome)
- Type 1 or type 2 diabetes

Two of the following risk factors:

- First pregnancy
- Age 40 years or older
- Pregnancy interval of more than 10 years
- Body mass index (BMI) of 35 kg/m² or more family history of pre-eclampsia
- Multi-fetal pregnancy



Self-monitoring in pregnancy

Either to replace BP measurements on the day of a clinic or so that BP measurements may be done more frequently.



Easy to use

Provide an easy to use system for women, many of whom already informally self-monitor.



Provides advice

Provides advice on what a woman should do depending on her BP levels based on Royal College of Obstetricians & Gynaecologists guidelines¹¹.

Benefits



Improves care

Provides women with advice about blood pressure levels.



Gives control

Self-monitoring gives pregnant women greater control of their pregnancy care while potentially reducing the need for clinical visits.



Provides reassurance

Helps mums-to-be self-monitor blood pressure to protect themselves and their baby.



Easy, accurate monitoring

Provides an easy to use and uniform monitoring system for healthcare professionals.



Increases safety

Reduces face-to-face contact to reduce risk associated with COVID-19 infection.



Secure

All patient data is anonymised, securely stored on the cloud as a completely isolated instance with rigorous data security and privacy.

CE Bpm-Health is classified as a Medical Device and is registered as such with the UK National Competent Authority (MHRA).

For more information on availability, please contact:

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- 'Self-monitoring of blood pressure in pregnancy Information for healthcare professionals Version 1': Published Monday 30 March 2020 Royal College of Obstetricians & Gynaecologists - <https://www.rcog.org.uk/globalassets/documents/guidelines/2020-03-30-self-monitoring-of-blood-pressure-in-pregnancy.pdf>

Note: Not all Sensyne Health products are available in all geographies, for further information contact head office.