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 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.

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.

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

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.

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

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.

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<th>Accuracy Assessment</th>
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<td>Medaval</td>
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