

How to Check if a Blood Pressure Monitor has been Properly Tested for Accuracy

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One of the key recommendations for accurate blood pressure measurement is ensuring that a validated monitor is used. This means that it has been rigorously tested for accuracy according to a [standardized international protocol](#). If a monitor has not undergone such testing, it is more likely to be inaccurate and potentially lead to suboptimal medical care.

Unfortunately, many blood pressure monitors cleared for sale by regulatory authorities have not undergone [rigorous validation testing](#). A recent market scan of monitors available for online purchase in Australia found there were 972 unique monitors, but only [7% were validated](#). This is probably a global issue because most of the non-validated devices were supplied by international e-commerce companies making worldwide deliveries.

In recognition of this problem, and the need to provide resources for consumers of blood pressure monitors, the WHL collaborated with investigators from the Lancet Commission on Hypertension Group to develop [this tool](#) for checking the validation status of blood pressure monitors. The tool is designed for use by the general public, health professionals and policy makers to promote the uptake and use of validated blood pressure monitors.

Please see below for translated versions of the tool:

Language	Weblink
Afrikaans	https://www.menzies.utas.edu.au/documents/pdfs/blood-pressure-devices/Afrikaans_final.pdf
Arabic	https://www.menzies.utas.edu.au/documents/pdfs/blood-pressure-devices/Arabic_final.pdf
Chinese (simplified)	https://www.menzies.utas.edu.au/documents/pdfs/blood-pressure-devices/Chinese_simplified.pdf
Chinese (traditional)	https://www.menzies.utas.edu.au/documents/pdfs/blood-pressure-devices/Chinese_traditional.pdf
Danish	https://www.menzies.utas.edu.au/documents/pdfs/blood-pressure-devices/Danish_final.pdf
Dutch	https://www.menzies.utas.edu.au/documents/pdfs/blood-pressure-devices/Dutch_final.pdf
English	https://www.menzies.utas.edu.au/documents/pdfs/Blood-pressure-devices.pdf
French	https://www.menzies.utas.edu.au/documents/pdfs/blood-pressure-devices/French.pdf
German	https://www.menzies.utas.edu.au/documents/pdfs/blood-pressure-devices/German_final.pdf
Italian	https://www.menzies.utas.edu.au/documents/pdfs/blood-pressure-devices/Italian_final.pdf
Korean	https://www.menzies.utas.edu.au/documents/pdfs/blood-pressure-devices/Korean_final.pdf
Portuguese	https://www.menzies.utas.edu.au/documents/pdfs/blood-pressure-devices/Portugese_final.pdf

Setswana	https://www.menzies.utas.edu.au/documents/pdfs/blood-pressure-devices/Setswana_final.pdf
Spanish	https://www.menzies.utas.edu.au/documents/pdfs/blood-pressure-devices/Spanish_final.pdf
Urdu	https://www.menzies.utas.edu.au/documents/pdfs/blood-pressure-devices/Urdu.pdf
Vietnamese	https://www.menzies.utas.edu.au/documents/pdfs/blood-pressure-devices/Vietnamese_final.pdf