

Using mHealth for the management of hypertension in UK primary care

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Table 1: Summary of participants' characteristics

| Characteristic | |
|---|-------------------------------------|
| Health Care Professionals | n=15 |
| General Practitioner | 11 |
| Practice Nurse | 4 |
| Male | 7 |
| Patients / caregivers | n=25* |
| Ethnicity | |
| White | 21 (and 2 carers) |
| Black/Asian/Mixed/Other | 2 |
| Male | 18 |
| Intervention | |
| Self-monitoring + text (Telemonitoring) | 13 (and 2 carers) |
| Self-monitoring + post (Paper-diary) | 10 |
| Practices | n=15 |
| BBC | |
| n=12 | 10 HCPs, 19 patients, 1 carer |
| WMS | 5 HCPs, 4 patients, 1 carer |
| n=3 | |

(WMS) West Midlands South; (BBC) Birmingham Black Country *total includes 2 carers from self-monitoring + text arm, HCPs – Health Care Professionals

