

# A randomised controlled trial of telemonitoring and self management in the control of hypertension: Telemonitoring And Self Management IN Hypertension

<b>Submission date</b> 06/10/2006	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 10/11/2006	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 05/05/2016	<b>Condition category</b> Circulatory System	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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## Additional identifiers

### Protocol serial number

V2 26/06/2006

# Study information

## Scientific Title

A randomised controlled trial of telemonitoring and self management in the control of hypertension: Telemonitoring And Self Management IN Hypertension

## Acronym

TASMINH2

## Study objectives

The primary aim of TASMINH2 is to compare self management with usual care in the control of hypertension. The trial has three main research questions:

1. Does self management with telemonitoring and titration of antihypertensive medication by people with poorly controlled hypertension result in better control of blood pressure?
2. Does self management with telemonitoring and titration of antihypertensive medication by people with poorly controlled hypertension result in changes in reported adverse events or health behaviours and is it cost effective?
3. Is self management with telemonitoring and titration of antihypertensive medication achievable in routine practice and is it acceptable to patients?

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Sandwell and West Birmingham Local Research Ethics Committee, 10/10/2005, ref: 05/Q2709 /103

## Study design

Primary-care based unblinded randomised controlled trial

## Primary study design

Interventional

## Study type(s)

Treatment

## Health condition(s) or problem(s) studied

Uncontrolled treated hypertension

## Interventions

TASMINH2 is a primary-care based, unblinded, randomised controlled trial with embedded economic and qualitative analyses in order to evaluate the costs and effects of increasing patient involvement in blood pressure management. Randomisation of patients with uncontrolled hypertension will be to either usual care or self management of their hypertension and will take place centrally using the process of minimisation taking into account practice, sex, diabetic status, baseline blood pressure and age.

Usual care will consist of the participant seeing their GP and/or nurse periodically for blood pressure measurement and/or adjustment of medication at the discretion of the GP.

Self management will consist of self monitoring of blood pressure with electronic transmission of readings, and self titration of medication dependant on the self monitoring readings.

### **Intervention Type**

Other

### **Phase**

Not Specified

### **Primary outcome(s)**

Mean change in systolic blood pressure (mmHg) between baseline and each follow up point (six months and 12 months), measured in the surgery by the research team.

### **Key secondary outcome(s)**

1. Adverse events (side effects, anxiety)
2. Health behaviours
3. Patient satisfaction
4. Costs and reasons for non-participation

### **Completion date**

01/10/2009

## **Eligibility**

### **Key inclusion criteria**

1. Aged between 35 and 75
2. Treated hypertension
3. Blood pressure greater or equal to 140/90 (140/80 mmHg for those with diabetes)

### **Participant type(s)**

Patient

### **Healthy volunteers allowed**

No

### **Age group**

Adult

### **Sex**

All

### **Key exclusion criteria**

1. Inability to self monitor
2. More than three antihypertensive medications
3. Terminal disease
4. Blood pressure not managed by their General Practitioner (GP)

### **Date of first enrolment**

01/11/2006

**Date of final enrolment**

01/10/2009

## Locations

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

**University of Birmingham**

Birmingham

United Kingdom

B15 2TT

## Sponsor information

**Organisation**

University of Birmingham (UK)

**ROR**

<https://ror.org/03angcq70>

## Funder(s)

**Funder type**

Government

**Funder Name**

NHS executive, Department of Health (UK)

## Results and Publications

**Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not provided at time of registration

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	17/07/2010		Yes	No
<a href="#">Results article</a>	results	01/07/2015		Yes	No
<a href="#">Protocol article</a>	protocol	16/02/2009		Yes	No