

Transforming blood pressure control in primary care through a novel Remote Decision Support Strategy based on wearable blood pressure monitoring:



The NEXTGEN-BP randomised trial

What is NEXTGEN-BP?

NEXTGEN-BP is a clinical trial funded by the Medical Research Future Fund, that will assess in adults with hypertension, the efficacy of a remote wearable BP-based care strategy to reduce blood pressure in primary care over 12 months, compared to usual care. The study also aims to determine if this remote wearable BP-based care strategy:

- is acceptable to patients and GPs,
- is cost-effective,
- improves medication adherence,
- improves patient engagement,
- is safe, compared to usual care.

We will conduct a two-arm, open-label randomised multicentre trial, over 12 months, comparing a remote wearable BP-based care strategy for the treatment of hypertension, with usual care. We plan to recruit 600 patients at general practices in Australia.



Scan for more information

What is the intervention?

The intervention is a decision support tool for GPs designed to address treatment inertia. Patients randomised to the intervention arm will wear a Fitbit-type wrist-worn device to record blood pressure for days and weeks at home. The GP will be required to make treatment decisions based on BP data recorded continuously over a past week with clear guidance from the study team.

The study team will provide to the GP for each patient, a single number, namely the % of blood pressures that were at target levels during the past week. The GP will consult the patient via a telehealth appointment, at two timepoints, to make decisions about medication titration based on the single number provided.

Titration Strategy: At each visit

If < than 90% daytime BP at target over the past week,

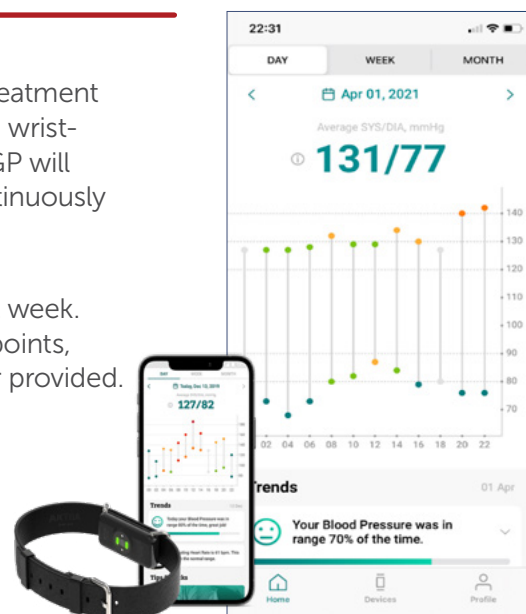
- ▶ treatment intensification

If > than 90% daytime BP at target over the past week,

- ▶ continue treatment

If adverse effects are reported,

- ▶ switch to another drug, symptom based, consider down titration



Is my practice eligible?

- ✓ Your practice is managing a high number of patients for hypertension.
- ✓ The majority (>50%) of GPs at your practice are willing to use the intervention.
- ✓ Participating GPs are willing to titrate patient medication based on the ' % of BP at Target ' figure provided by the study team.
- ✓ Participating GP is willing to consult patients at two telehealth appointments.
- ✓ Your practice uses electronic health record software to record patient's vitals, blood tests and medications.
- ✓ Your practice is able to provide a space/ room for the TGI study team to onboard patients and conduct study visits.

What are the advantages of participating?

- Improving BP measurement in general practice.
- Light touch - Minimal resourcing by site – Clinical Trial Coordinator will conduct the consent, study visits, data collection.
- Opportunity for QI&CPD points
- Financial remuneration for participating practices and patients.

What are the timelines?

NEXTGEN-BP commenced recruiting in June 2023. Recruitment will occur approximately over two years. The intervention for each patient will be implemented for a median of 12 months.

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Who is running this study?

This study is being conducted by The George Institute for Global Health in collaboration with researchers from a number of Australian universities, including General Practitioners.

The clinical research team is led by **Professor Alta Schutte** (Chief Investigator), Professor of Cardiovascular Medicine at The George Institute and Chair of the Australian National Hypertension Taskforce, setup by Minister Mark Burler in December 2022.

Other members of the research team include:

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Our collaborators include:



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THE UNIVERSITY OF
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THE UNIVERSITY OF
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AUSTRALIA



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UNIVERSITY of
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Australian Government

Department of Health and Aged Care

For more information, please email nextgenbp@georgeinstitute.org.au or scan this QR code:

