**Cost:**

Variable across each locality and mode of intervention.

**Outcomes:**

Self-monitoring alone is not associated with lower BP or better control, but in conjunction with co-interventions (including systematic medication titration by doctors, pharmacists, or patients; education; or lifestyle counselling) leads to clinically significant BP reduction which persists for at least 12 months. The implementation of self-monitoring in hypertension should be accompanied by such co-interventions.

**Project title:**

Self-monitoring of blood pressure in hypertension

**Project aims:**

To better understand the effectiveness of BP self-monitoring to lower BP and control hypertension.