

## TASMIN-SR



### Targets and self management for the control of blood pressure in stroke and at risk groups (TASMIN-SR): A randomised controlled trial

The TASMIN-SR trial is a primary-care based, 12-month, randomised controlled trial of self-management of blood pressure. To be eligible, patients must be aged 35+ with uncontrolled hypertension people with stroke and/or other high risk conditions (e.g. diabetes, CKD, CHD). Patients will be randomly allocated to one of two groups, a usual care (control) group or a self-management (intervention) group. Patients randomised to the usual care group will continue to receive the care they currently get from their GP practice. Patients in the self-management group will be trained to self-monitor their blood pressure plus self-titration of anti-hypertensive medication. Self-management will be compared to usual care.

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