Biofeedback Fighting the Silent Killer: Continuous Blood Pressure Monitoring and Heart Rate Variability

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Research Questions

• Is there a correlation between BP measured by continuous BP monitoring and HRV in young adults with a family history of cardiovascular disease

• What is the influence of a short term, self-management intervention of paced breathing on BP and HRV
Study Aim & Focus

- Target young adults at risk for CV disease
- Investigate continuous BP monitoring & HRV
- Detect disturbances in BP regulation
- Explore impact of BF as an adjunctive therapy
Methods

- Design: Descriptive correlational
- Sample: Convenience \( (n = 20) \)
- Inclusion criteria:
  - 18 to 35 years old
  - Cognitively intact
  - English speaking
  - Family history of cardiovascular disease
- Questionnaire: Health Assessment Tool
- Procedure: Continuous BP & HRV
Clinical Implications

Identify
- Screen for CV risk factors
- Detect early
- Check BP

Intervene
- Enhance self-management
- Prevent progression

Empower
- Maintain health choices
- Monitor BP
- Incorporate BF
Thank you!