

iMedicalApps: Blood Pressure App for Kids Falls Short

In August 2017, the American Academy of Pediatrics (AAP) published a new clinical practice guideline on the screening and management of high blood pressure in children and adolescents. The guideline is a massive 76-page update of their 2004 guideline and the critical tables to determine if a child is in, say, the normative 50th percentile versus the concerning 95th + 12 percentile are buried in the appendices. Furthermore, these tables utilize the patient's gender, age, and height to calculate these percentiles. One could print these out and place on their office wall or ideally use an app to parse out the data in the tables. Gregory Drake Wilson is a plant geneticist and app developer who created a new iOS app called Pediatric Blood Pressure Guide at the urging of a relative to help make sorting these data easier.

The app is basic, but performs its primary function effectively and efficiently. You provide the gender, age, and height of the patient and the Pediatric Blood Pressure app returns the 50th, 90th, 95th, and 95th + 12 blood pressure percentiles. It also includes a link to the actual guideline, but it doesn't include any additional information in the guideline such as proper attainment of peds BP, additional workup for elevated BPs, or management and follow-up based on percentile. Unfortunately, all of that information remains buried in the 76-page guideline.

Likes

- Quickly calculates BP %
- Link to AAP peds BP CPG
- Makes a tedious task quick and easy; making CPG more accessible

Dislikes

- No content beyond the BP tables/percentile calculations
- No information about the author/background on the app
- Not available for Android

Disclaimer: The views expressed are those of the author(s) and do not reflect the official policy of the Department of the Army, the Department of Defense, or the U.S. Government.

For a full review, including video, visit iMedicalApps.com.

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