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Session Name : 진료지침위원회(Clinical Guidelines Committee)

Session Topic : -

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만성콩팥병 환자의 혈압 측정 방법 및 조절 목표(**Blood Pressure Measurement Techniques and Control Targets in Chronic Kidney Disease Patients**)

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Blood pressure (BP) control in patients with chronic kidney disease (CKD) is critical for slowing disease progression and reducing cardiovascular risk. Accurate BP measurement is essential, and Automated Office Blood Pressure (AOBP) monitoring is recommended in the clinical setting. AOBP is performed in a quiet environment without healthcare personnel present and involves multiple measurements, minimizing observer bias and improving reliability. Compared to conventional office BP, AOBP has shown better prognostic value. In addition, out-of-office measurements such as home BP monitoring and 24-hour ambulatory BP monitoring (ABPM) are valuable tools to detect white coat and masked hypertension, facilitating more precise diagnosis and management. The general BP target is $<130/80$ mmHg, with more stringent goals (e.g., $<125/75$ mmHg) suggested for patients with significant proteinuria. However, treatment goals should be individualized based on age, comorbidities, and autonomic function status. BP reduction should be gradual to avoid compromising renal perfusion or inducing adverse effects. Regular BP monitoring and clinical reassessment are essential components of care. Furthermore, non-pharmacologic interventions—such as dietary sodium restriction, weight management, and regular physical activity—should be encouraged in all patients. Overall, BP management in CKD should not only aim at numerical targets but also focus on long-term renal protection and cardiovascular health. A comprehensive, individualized, and measurement-based strategy is required to optimize outcomes in this high-risk population.

Keywords: blood pressure, chronic kidney disease, Automated Office Blood Pressure, blood pressure measurement, blood pressure target