Introduction: Hypertension (HBP) is a key risk factor for cardiovascular diseases, being strongly associated with behavioural and environmental aspects of living. Professional activities, amongst those that take place throughout the day, are responsible for important blood pressure (BP) variations and may increase it.

Objectives: This study aims at ascertaining the blood pressure profile and variation in teachers, during a typical teaching session.

Methods: Ambulatory Blood Pressure Monitoring (ABPM) was performed in a cohort of 21 university teachers during a typical professional day, comprising the following periods: 24-hour period, day period, night period, morning period, 2 hours before class, during class, 2 hours after class, aerobic exercise period and 1...
Effect of Occupational Activity on Ambulatory Blood Pressure Behaviour - 24 Hours access

EUR €36.00  GBP £28.00  USD $45.00

Rental

This article is also available for rental through DeepDyve.

Email alerts

New issue alert
Advance article alerts
Article activity alert

Receive exclusive offers and updates from Oxford Academic
The second information revolution: digitalization brings opportunities and concerns for public health