

Policy Statement; Prescribing of RESPeRATE[®] is not supported for hypertension

Mid Essex Clinical Commissioning Group does not support the prescribing of RESPeRATE[®] for hypertension

MID Essex CCG doesn't recommend the use of the Resperate[®] device for the treatment of hypertension owing to inadequate evidence of long term benefit over other relaxation techniques. As such, clinicians should not routinely prescribe or recommend this product to patients either as monotherapy or an adjunct to pharmacological management because there is limited clinical evidence of effectiveness.

This electronic device uses device-guided breathing to reduce blood pressure. It produces musical tones that encourage a reduction in breathing rate (particularly exhalation rate), which after some training produces a decrease in blood pressure. It is thought to utilise a physiological mechanism that decreases sympathetic nervous system activity and sensitises arterial and cardiopulmonary baroreceptors, resulting in an increase in parasympathetic activity and subsequent reduction of blood pressure.

The British Hypertension Society (BHS) has issued a statement on this device, as it has received a number of enquiries on its use since it became listed on the NHS Drug Tariff (cost of £132). The opinion of the BHS is that such small effects on BP over very short durations of time do not provide sufficient evidence for this equipment to be recommended. More details can be found on the manufacturer's website at www.resperate.co.uk

To summarise, the data on the efficacy of Resperate[®] is contradictory and it is not mentioned in NICE guidance or any other national hypertension guidelines. In essence, Resperate[®] is a biofeedback device, which makes it similar to yoga, meditation, and music, in that all of these approaches have been shown to reduce BP. A theme common to each of these non-pharmacologic therapies is that the sympathetic nervous system is reduced.

See Mid-Essex CCG website – Medicines Optimisation page for all prescribing guidance: <https://midessexccg.nhs.uk/medicines-optimisation>

Title	RESPeRATE[®] Policy Statement
Document reference	ResperatePOL201506V2.0FINAL
References	The East of England Advisory Committee Guidance Statement Hull CCG General Commissioning Policy. Meta-analysis of the RESPeRATE device for lowering BP and related statement from the British Hypertension Society. (April 2012) http://www.bhsoc.org/pdfs/Statement%20on%20RESPeRATE%20April%2012.pdf
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