

**DEVELOPMENT OF CLINICAL PRACTICE GUIDELINES FOR PATIENT  
MANAGEMENT OF BLOOD PRESSURE INSTABILITY IN  
MULTIPLE SYSTEM ATROPHY**

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## Abstract

Multiple System Atrophy (MSA) is a progressive, neurodegenerative disorder. Among the range of multisystem dysfunctions associated with this illness, manifestation of highly unstable blood pressure (BP) is often one of the primary clinical concerns for practitioners and patients alike. The ability to manage BP instability has important implications ranging from choice of treatments to patient comfort and safety to the incidental demands placed on a strained health care system. While there are many conditions that require patients self-monitor their BP, no guidelines are available for patients with MSA who have similar needs. Utilization of a protocol for the self-care of labile BP could assist in planning more effective care regimes. Additionally, potential benefits to the patient and the health care system may also result from using evidence-based clinical practice guidelines (CPGs) to make health care decisions.

This paper describes the process of developing CPGs for patient self-management of BP instability related to MSA. The process of CPG development was guided by adult learning theory and patient care and guideline development frameworks to ensure successful patient and practitioner outcomes. Recommendations for research, health policy, and clinical practice are also discussed in this paper.