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| Intervention | **017. Resperate© (Intercure Ltd)** |
| For the treatment of | Hypertension |
| Commissioning Position | This intervention is not commissioned and therefore should not be routinely offered to patients. Application for funding approval can be made, using the IFR process, by the clinician recommending the intervention, if their assessment is that there are exceptional reasons why their patient could benefit from it. |
| Summary of Rationale | Relaxation therapies, such as slow breathing exercises have been studied as possible non-pharmacological interventions to lower blood pressure and consequently contribute to management of Hypertension. Device-guided breathing is one approach to slow breathing ,and the Resperate® device has received US FDA and UK NHS approval as a prescribable device. However, the evidence of clinical effectiveness of this device is inconclusive and insufficient to recommend its use as a treatment for Hypertension. It is not recommended within current NICE guidance on management of Hypertension and the British Hypertension Society issued a statement, following its listing in the NHS Drug Tariff, stating that there was not sufficient evidence for this equipment to be recommended. |
| References | [Device-Guided Breathing for Hypertension: a Summary  Evidence Review](https://ora.ox.ac.uk/objects/uuid:3f5a734a-7526-473f-bd7f-ed9ba34506a7/files/m79ebf242ec17eeaa262039cf70a06b1e)  [BHS Statement-on-RESPeRATE-April-12.pdf (bihsoc.org)](https://bihsoc.org/wp-content/uploads/2017/11/Statement-on-RESPeRATE-April-12.pdf)  [Overview | Hypertension in adults: diagnosis and management | Guidance | NICE](https://www.nice.org.uk/guidance/ng136) |
| Effective from | October 2024 |
| Policy Review Date | October 2027 |