Objective: 1. To introduce ambulatory blood press monitoring (ABPM) as a routine diagnostic method to improve the medical management of hypertension. 2. To analyze the circadian pattern of BP variation in untreated hypertensive patients in our country. 3. To study the effect on BP circadian profile of antihypertensive drugs administered using chronotherapy criteria.

Design and Method: The cronopres project consists of three plans: education plan, healthcare plan and research plan. Education plan consists of workshops dedicated to chronobiology, chronotherapy and ABPM use. The Healthcare plan will provide participants with necessary resources to use ABPM in their clinical practice: and ABPM device, a standardised report generator, support for technical and clinical questions, etc. Finally, the Research plan is based on the set-up and statistical analysis of the Spanish ABPM Registry (CRONOMAPA) that includes not only ABPM data but an electronic case report form (CRF) with socio-demographic variables, cardiovascular risk factors, hypertension and other CV risk factors drug treatments and clinical BP variables.

Results: Education plan: a total of 934 participants (physicians and nurses) received theoretical and practical training in chronotherapy in hypertension. Healthcare plan: 800 ABPM monitors (Spacelabs 90207) were distributed to hospital hypertension units and primary care centers in all Spanish regions and a website was launched (www.conopres.com) to allow participants to send ABPM data to the CRONOMAPA patients registry using an electronic CRF. The website returns a standardised report with the user inputs and allows him/her to make technical or clinical questions regarding the use and/or interpretation of ABPM. In order to guarantee the fulfillment of data privacy, the CRONOMAPA registry was built-up in a safe database system using encrypting keys, coded and anonymous identifier of patients, ensuring private and protected communication between physicians, the CRONOMAPA registry and the scientific committee within the website. Research Plan: specific research studies will be defined to analyze the circadian profile of BP of untreated hypertensive patients; to analyze the incidence and characteristics of the white coat syndrome in Spain; to analyze the incidence and characteristics of hidden hypertension in Spain; and finally, to determine a reference case or general population BP circadian pattern in subjects with normal BP values.

Conclusions: The cronopres project, and specially the launch of the CRONOMAPA registry, is a valid and useful tool in the knowledge and analysis of circadian pattern of BP in hypertensive patients, while providing with an excellent platform that should be the starting point of future intervention studies that may further analyze the clinical implications of chronotherapy in the management of hypertension.