

# EXAMPLE OF SELF-MEASURED BLOOD PRESSURE MONITORING WORKFLOW

## Introduction

Self-measured blood pressure (SMBP) monitoring with additional clinical supports is a proven approach to reducing the risk of disability or death due to hypertension. Additional clinical support includes:

One-on-One counseling, telephonic or web-based support and educational classes such as:

- Education delivered by trained health care providers and health educators
- Regular communication of home blood pressure (BP) readings and establish a feedback loop
- Provide timely treatment advice/adjustments between patients and clinicians
- Implement clinical supports such as: Telephone based counseling, automated reminders and educational programs

## An example of a Self-Measured Blood Pressure (SMBP) monitoring protocol

Patients will be referred to SMBP monitoring program to confirm initial diagnosis, to follow up after a medication adjustment or to monitor hypertensive patients not at goal. Instruct patients to measure for 3-7 days according to clinician advised schedule.

### **Clinic staff will:**

- Assist patients obtain SMBP equipment
- Check the equipment for accuracy
- Teach patients proper SMBP technique
- Show patients how to document and report SMBP readings back to the clinical team
- Provide the patient with instructions on what to do if readings show an abnormal BP measurement

### **Before following up with the patient:**

- Determine patient's individual home BP goal
- Review BP measurements entered into patient portal and determine mean BP from twice daily readings done over a 3-7 day time period
- Review patient's current anti-hypertensive medication regimen
- Assess medication adherence if refill record is available

### **When following up with the patient:**

- Confirm recent adherence to anti-hypertensive medications
- Confirm appropriate preparation and technique for BP measurements
- Confirm patient is following proper SMBP measurement technique

### **If BP is above goal:**

- If patient confirms non-adherence to medications, report to clinician
- Verify patient understands proper SMBP technique and schedule for measurements
- Repeat SMBP when advised by clinician

Source: Adapted from Dr. Barry Stults, University of Utah;  
Home Blood Pressure Monitoring (HMBP) Workflow