

ATTN: Please use this for the INITIAL SMBP visit

Patient Name: _____

Date: _____

1. Provide background on what SMBP is and why it's important.
 - Explain SMBP
 - Inform the patient of the positive benefits of SMBP
 - Share educational SMBP resources
 - Measure and Document Manual BP reading
2. Assist the patient with using a device
 - Delete any past BP readings on the loaner device.
 - Ensure the loaner device or the patient's personal device has the correct cuff size.
 - Show the patient how to position the cuff correctly on their upper arm against bare skin.
 - Refer to the manufacturer's user manual for instruction on placement of the tubing.
 - Show the patient how to turn on the device and begin measurement.
 - When the cuff completes the deflating process and a reading is displayed, explain to the patient which numbers represent the systolic and diastolic blood pressure.
3. Help the patient prepare to measure blood pressure
 - Tell the patient to use the bathroom if needed.
 - Have the patient rest and sit in a chair for five minutes before starting.
 - Let the patient know not to talk, use the phone, text, email, or watch TV during the measurement. Explain that no one else should talk either.
 - Ask the patient to measure their blood pressure prior to taking their medication in the morning and evening.
 - Remind the patient to leave at least 30 minutes after eating before measuring blood pressure.
 - If the patient smokes, ask them not to smoke within 30 minutes of measuring blood pressure.
4. Guide the patient to correct posture for taking blood pressure measurements
 - a. Teach the patient proper positioning:
 - Seated in a chair with back supported.
 - Legs should be uncrossed.

- Feet flat on the ground or supported by a footstool.
 - Arm supported (suggest pillows if patient doesn't have a table high enough) with the blood pressure cuff on bare upper arm and positioned so that the cuff is at heart level.
5. Let the patient know how often to measure
- Instruct the patient to take two readings, once in the morning and once in the evening, and inform the patient that the machine will take 3 readings back to back 1 minute apart*.
 - The patient should not remove the cuff between the two readings that are 1 minute apart.
6. Show the patient how to document blood pressure data
- Use the printed log to show the patient how to document their blood pressure readings.
 - Show the patient how to retrieve the readings, including averages if calculated.
7. Prepare the patient for dealing with errors or problems
- If an error reading occurs on the device, show the patient how to start over.
 - Provide the patient with instructions on what to do (including a number to call if possible) if readings show an abnormal blood pressure.
8. Ensure the patient understands how to correctly measure blood pressure
- Ask the patient to “teach back” what he or she has learned and correct any mistakes
 - Provide a second demonstration if needed
 - Offer printed reminders or tips to help the patient remember what to do at home
9. Measure and record in-office BP Reading
10. Conduct Medication Reconciliation
11. Initiate Health Coaching Action Plan
12. Check-off the list and scan in patient chart

What is self-measured blood pressure?

Self-measured blood pressure (SMBP) is when you measure your blood pressure outside of the doctor's office or other health care settings.



Why do I need to measure my blood pressure if my blood pressure was already measured at the doctor's office?

SMBP allows you to measure at different times throughout the day and over a longer period of time, helping your doctor get a more complete picture of your blood pressure.

How does SMBP help me with my health?

By using SMBP you and your care team can come up with a treatment plan to better control your blood pressure, which can prevent more serious health problems.

The consequences of hypertension can be costly ... and deadly.

46%

of Americans with high blood pressure are **not** controlled



What do the numbers mean when I take a blood pressure reading?

Systolic blood pressure (SBP or SYS): Top number of your blood pressure measurement, indicates how much pressure your blood is exerting against your artery walls when the heart beats

Diastolic blood pressure (DBP or DIA): Bottom number of your blood pressure measurement, indicates how much pressure your blood is exerting against your artery walls while the heart is resting between beats

Pulse: Number of times the heart beats per minute

What are some important things to know before I start measuring my own blood pressure?

Use an SMBP device and blood pressure cuff that are recommended by your doctor or care team.

If you purchase your own device, ask your care team to check it for accuracy.

Understand the correct way to take a blood pressure reading.

Know when and how you will share your blood pressure readings with your doctor.

Make sure you have instructions from your care team on what to do if your blood pressure is out of the expected range.

How to measure your blood pressure at home

Follow these steps for an accurate blood pressure reading

1 PREPARE

Avoid caffeine, cigarettes and other stimulants 30 minutes before you measure your blood pressure.

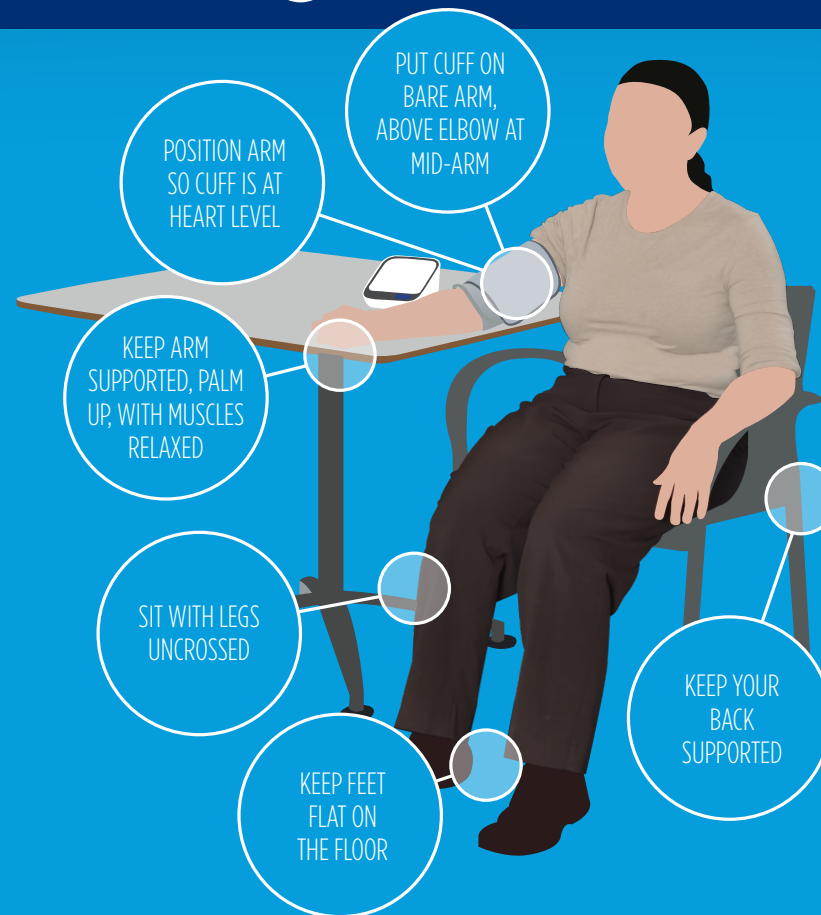
Wait at least 30 minutes after a meal.

If you're on blood pressure medication, measure your BP **before** you take your medication.

Empty your bladder beforehand.

Find a quiet space where you can sit comfortably without distraction.

2 POSITION



3 MEASURE

Rest for five minutes while in position before starting.

Take two or three measurements, one minute apart.

Keep your body relaxed and in position during measurements.

Sit quietly with no distractions during measurements—avoid conversations, TV, phones and other devices.

Record your measurements when finished.

TARGET:BP™



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7 Day Recording Sheet Self-Measured Blood Pressure Monitoring

Name

Date

Day 1

MORNING AVERAGE ●

SYS	DIA
PULSE	

NOTES

EVENING AVERAGE ☾

SYS	DIA
PULSE	

NOTES

Day 2

MORNING AVERAGE ●

SYS	DIA
PULSE	

NOTES

EVENING AVERAGE ☾

SYS	DIA
PULSE	

NOTES

Day 3

MORNING AVERAGE ●

SYS	DIA
PULSE	

NOTES

EVENING AVERAGE ☾

SYS	DIA
PULSE	

NOTES

Day 4

MORNING AVERAGE ●

SYS	DIA
PULSE	

NOTES

EVENING AVERAGE ☾

SYS	DIA
PULSE	

NOTES

Day 5

MORNING AVERAGE ●

SYS	DIA
PULSE	

NOTES

EVENING AVERAGE ☾

SYS	DIA
PULSE	

NOTES

Day 6

MORNING AVERAGE ●

SYS	DIA
PULSE	

NOTES

EVENING AVERAGE ☾

SYS	DIA
PULSE	

NOTES

Day 7

MORNING AVERAGE ●

SYS	DIA
PULSE	

NOTES

EVENING AVERAGE ☾

SYS	DIA
PULSE	

NOTES

For office use only:

PRACTICE ADDRESS

PHONE

EMAIL

PATIENT PORTAL

NEXT APPOINTMENT DATE & TIME

- Diagnostic SMBP**, measure for 7 consecutive days
- Confirmed hypertension**, measure for 7 consecutive days prior to next office visit

Report Back Results By

- Phone
- Patient portal
- Bring back device or written log
- Other

If your blood pressure measurement is:

MORE THAN

SYS	DIA
-----	-----

Your blood pressure is high.
Recheck in 5 minutes. If it remains in this range, call your physician immediately.

BETWEEN

SYS	DIA	&	SYS	DIA
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This is the desired range for your blood pressure.
Please continue to monitor your blood pressure as you have been instructed by your care team.

LESS THAN

SYS	DIA
-----	-----

Your blood pressure is low.
Recheck in 5 minutes. If it remains in this range, call your physician immediately.

INSTRUCTIONS: If at any time you feel light headed or have a headache, check your blood pressure and call the office immediately.

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Self-measured blood pressure monitoring Loaner program agreement

FOR OFFICE STAFF

Lender information

Livingston Community Health

Organization name

1140 Main Street, Livingston, CA, 95334

Address

209-394-7913

Phone number

Equipment information

Omron 10 Series

Device manufacturer and model

Device ID

Supplies (check all that apply):

- BP cuff (variable size) BP cuff (XL)
- Carrying case Batteries _____
- Power cord Other _____

Patient information

Name

Patient ID

Preferred contact information (phone or email)

Return by:

Month / Day / Year

- I agree to participate in the self-measured blood pressure device loaner program and follow the guidelines given to me.
- I agree to return this device in good working condition on or before its due date.

Patient signature

Date

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ATTN: Please use this for the [1-WK Follow-up SMBP](#) visit

Patient Name: _____

- Check-in loaner device and document in Inventory Log
- Acquire Patient Feedback
 - Any difficulties in operating the device
 - Number of readings missed _____
 - Review any concerning reasons for missed readings
- Review the readings with patient
- Cross-check BP readings from the patient's log with the machine memory and correct any errors in the patient's log
- Review readings with provider (if needed)
- Award Health Coaching Certificate
- Schedule SMBP 1 Month follow-up (if not already scheduled)
- Schedule follow-up appointment with Provider (if not already scheduled)
- Document home BP readings in EHR (Health Coaching Template)
- Send the patient log
- Disinfect and store the device
- Check-off this list and send to medical records to scan in patient's charts

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