Patient Training Reference Guide | Self-Measured Blood Pressure

ATTN: Please use this for the Initial SMBP Visit

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1. Provide background on what SMBP is and why it's important

2. Guide the patient to correct posture for taking blood pressure measurements

   - Legs should be uncrossed.
   - Seated in a chair with back supported.

3. Teach the patient proper positioning:
   - Feet flat on the floor.
   - Upper arm at heart level (should be level with heart).

4. Guide the patient to correct posture for taking blood pressure measurements.

   - If the patient smokes, ask them not to smoke within 30 minutes of measuring blood pressure.
   - Remind the patient to leave at least 30 minutes after eating before measuring blood pressure.

   - Ask the patient to measure their blood pressure prior to taking their medication in the morning and evening.
   - Ask the patient to measure their blood pressure prior to taking their medication in the measurement. Explain that no one else should talk while.

   - Let the patient know not to take, use the phone, eat, drink or watch TV during the measurement.
   - Have the patient rest and sit in a chair for five minutes before starting.
   - Tell the patient to use the bathroom if needed.

3. Help the patient prepare to measure blood pressure:

   - Patient will discuss the systolic and diastolic blood pressure.
   - When the cuff completes the deflating process and a reading is displayed, explain to the patient how to turn on the device and begin measurement.
   - Refer to the manufacturer’s user manual for instruction on placement of the tubing.

4. Provide education and SMBP resources:

   - Measure and document manual BP readings.
   - Share educational SMBP resources.
   - Inform the patient of the positive benefits of SMBP.
   - Explain SMBP.

Date: ____________________________

Patient Name: ____________________
11. Initiate Health Coaching Action Plan
10. Conduct Medication Reconciliation
9. Measure and record in-office BP readings

8. Ensure the patient understands how to correctly measure blood pressure.
   - Provide a second demonstration if needed
   - Ask the patient to “teach back” what he or she has learned and correct any mistakes.
   - If an error reading occurs on the device, show the patient how to start over.
   - Tell the patient what to do if readings show an abnormal blood pressure.

7. Prepare the patient for dealing with errors or problems.
   - Show the patient how to retrieve the readings, including averages if calculated.
   - Use the printed log to show the patient how to document their blood pressure readings.
   - Let the patient know how often to measure the cuff if at home.

6. Show the patient how to document blood pressure data.

5. Let the patient know how often to measure the cuff if at home.
   - Am supported (suggest pillows if patient doesn’t have a table high enough)
   - Feet flat on the ground or supported by a footstool.
What is self-measured blood pressure?

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 is self-measured blood pressure (SMBP)?

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

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 reading, 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 reading, 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.

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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**

   - Position arm so cuff is at heart level.
   - Put cuff on bare arm, above elbow at mid-arm.
   - Keep arm supported, palm up, with muscles relaxed.
   - Sit with legs uncrossed.
   - Keep feet flat on the floor.
   - Keep your back supported.

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.

This Prepare, position, measure handout was adapted with permission of the American Medical Association and The Johns Hopkins University. The original copyrighted content can be found at https://www.ama-assn.org/ama-johns-hopkins-blood-pressure-resources.
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# 7 Day Recording Sheet  Self-Measured Blood Pressure Monitoring

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### 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

### If your blood pressure measurement is:

- **MORE THAN**
  - SYS
  - DIA
- **BETWEEN**
  - SYS
  - DIA
  - SYS
  - DIA
  - SYS
  - DIA
- **LESS THAN**
  - SYS
  - DIA

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

**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.

**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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Provided by American Medical Association and the American Heart Association through the TargetBP program.
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FOR OFFICE STAFF

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 Information

Name

Preferred contact information (phone or email)

Patient ID

Device Information

Organization name

Livingston Community Health

Patient signature

Date

Return by:

Month      Day       Year

BP cuff (variable size)

BP cuff (XL)

Carrying case

Batteries

Power cord

Other

Supplies (check all that apply):

Device ID

Device manufacturer and model

Omrion 10 Series

Patient Information

Phone number

Address

140 Main Street, Livingston, CA, 95334

FOR OFFICE STAFF

Scan In Patient Chart
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ATTN: Please use this for the 1-WK Follow-up SMBP Visit

Aktiviti沸腾 Provided by American Medical Association and the American Heart Association through the TargetBP program.

Patient Name:

Check-off this list and send to medical records to scan in patient’s charts

☐ Disinfect and store the device

☐ Send the patient log

☐ Document home BP readings in EHR (Health Coaching Template)

☐ Schedule follow-up appointment with Provider (if not already scheduled)

☐ Schedule SMBP 1 Month follow-up (if not already scheduled)

☐ Award Health Coaching Certificate

☐ Review readings with Provider (if needed)

☐ In the patient’s log

☐ Cross-check BP readings from the patient’s log with the machine memory and correct any errors

☐ Review the readings with patient

☐ Review any concerning reasons for missed readings

☐ Number of readings missed

☐ Any difficulties in operating the device

☐ Acquire Patient feedback

☐ Check-in loaner device and document in inventory log

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Follow-up Reference Guide | Self-Measured Blood Pressure
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