



SMBP Community of Practice

Learning/Sharing Call – March 18, 2019

Save the Date!

In-Person PHASE Convening

Engaging Patients in HTN & DM Care



Tuesday, June 11
8:30 a.m. – 4 p.m.
Oakland, CA

Details coming soon

 KAISER PERMANENTE®

PHASE



PREVENTING HEART ATTACKS
& STROKES EVERY DAY

SMBP CoP: Where We're Going and Steps Taken

Purpose

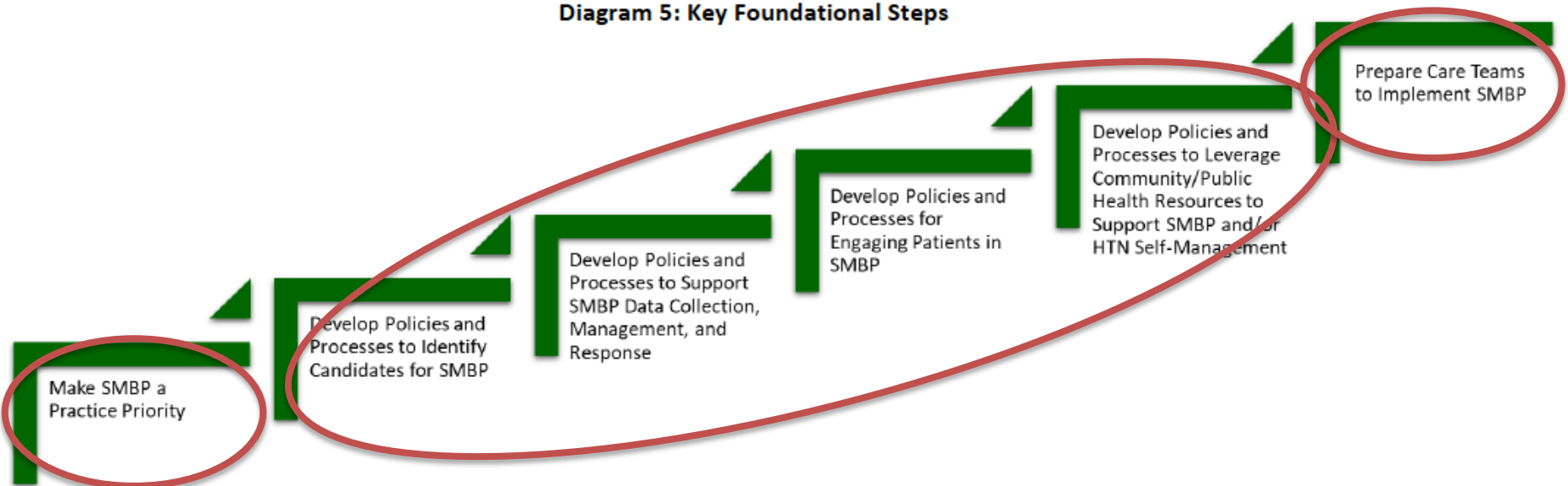
- Enhance grantee SMBP efforts by sharing expertise/resources on SMBP best practices and fostering peer sharing to accelerate learning and implementation success.

Resources/Meetings Shared

- [Implementation Guide](#) (Overview/Details/Tips/Resources)
- [SMBP Section on Resource Hub](#) (guides, videos, resources)
- CoP page on CCI site
 - [2018 Meeting Materials](#) (8/30, 10/2, 11/2): didactics, sharing
- [Dropbox](#) for tool sharing (has 10 tools from 3 different grantees)
- [Million Hearts SMBP Online Community](#): broadens collaboration

Steps to Take Before Offering SMBP to Patients

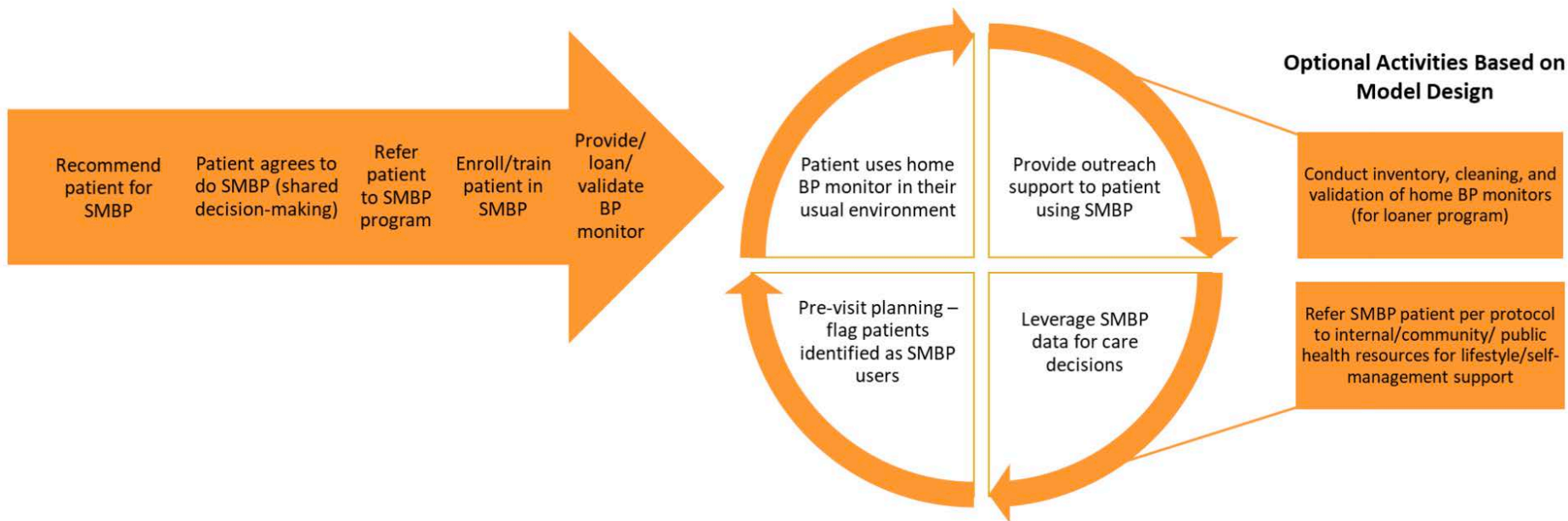
Diagram 5: Key Foundational Steps



Source: National Association of Community Health Centers. Self-measured Blood Pressure Monitoring Implementation Guide for Health Care Delivery Organizations. Bethesda, Maryland: National Association of Community Health Centers; 2018.

SMBP Implementation Activities

Diagram 6: Key Individual Patient Support Activities



Source: National Association of Community Health Centers. Self-measured Blood Pressure Monitoring Implementation Guide for Health Care Delivery Organizations. Bethesda, Maryland: National Association of Community Health Centers; 2018.

Sharing Call Agenda & Flow

- Redwood Community Health Coalition (SMBP Support Planning)
 - Why SMBP at RCHC clinics?
 - SMBP Goals
 - Planned approach (strategies, resources, etc.)
 - How a consortium can support SMBP
 - Livingston Community Health (SMBP Pilot)
 - Pilot details and results
 - Next steps
-

Sharing Template

- **Project Stage**
- **Specific Goal** (beyond just "control BP better")
- **Specific Target Population & Selection Criteria**
- **Implementation Details** (time/staff to set up)
 - **How data is used to guide care**
- **Results** (as available)
 - # patients 'offered' SMBP [how do you define this?]
 - # patients 'completing' SMBP [how do you define this?]
 - effect on BP control [e.g., by patient, compared to controls/others]
 - effects on staff and/or patient satisfaction
- **Any tools or key learnings to share?**
- **What are your next steps?**

SMBP
Support
Planning



Serving Sonoma, Napa, Marin & Yolo Counties

SMBP - RCHC Health Centers

- Target patient population
- Staff involvement
- Machine specific
- Pharmacy
- General program
- RCHC FAQ Google Doc for SMBP & CDC SMBP Discussion Board

SMBP Pilot



LIVINGSTON
COMMUNITY HEALTH

Care for all. Salud para todos.



Self Measured Blood Pressure (SMBP) Pilot Program Experience and Learnings

FELICIA BATTS, MPH

DIRECTOR OF CARE INTEGRATION

CHETAN GUJARATHI

QUALITY IMPROVEMENT SUPERVISOR

JOSEFINA VELASCO, RN

SITE NURSE

GLEN A. VILLANUEVA, DO

CHIEF MEDICAL OFFICER

AGENDA

- 1. Staging Process – Planning & Pilot**
- 2. Project Goal**
- 3. Target Population & Selection Criteria**
- 4. Implementation Details**
- 5. Results**
- 6. Tools / Key Learnings**
- 7. Next Steps**

Planning Stage

- **Multidisciplinary Collaboration**
- **Leadership Buy-in**
- **Project Team Meetings**
- **Project Monitoring Check-Ins**
- **Utilized Funder Resources**
- **Data Analysis to Identify Target Population, Pilot Site & Providers**
- **Prepared Program Materials**
- **Trained Staff**
- **Educated Providers**
- **Purchased Cuffs**
- **Created Scheduling Template**
- **Wrote Telephone Call Script**

Pilot Stage

- **Called & Scheduled Patients**
- **Implement 5-Visit Schedule**
 - Initial Visit
 - One Week Follow Up
 - One Month Follow Up
 - Two Month Follow Up
 - Six Month Follow Up
- **Managing BP Cuffs**
- **Downloaded BP Readings**
- **Scanned BP Readings to EHR**
- **Briefed Providers**
- **Engaged Patients in Ongoing Self Management**

Program Goal

- **To improve Blood Pressure Control for High Risk Patients**
 - 40-64y with Hypertension and last BP reading of ≥ 160 systolic AND ≥ 90 diastolic within last 12 months
- **To reduce Harm and High Risk for Heart Attack and/or Stroke**
 - Lowering BP, not necessarily to a normal range
- **To improve Patient Activation**
 - Engaging them with their health and self care for the long run
- **To utilize Team Based Care Approach**
 - Involving the Patient, Provider, Medical Assistant, Nurse and trained Health Coaches along with support staff from Operations & QI

Data Findings

Item	#	%
Number of Patients Eligible at Target Site	35	100%
Number of Patients Called	35	100%
Number of Patients Successfully Scheduled	9	26%
Number of Patients Kept Appointments	9/9	100%
Number of Patients with Improved Medication List after Reconciliation	4/9	45%
Number of Patients with BP Readings Improved after SMBP	8/9	89%
Number of Patients with BP Readings at or below control (140/90mmHg)	2/9	22%

Key Learnings

- Multi-disciplinary approaches require frequent communication
- Significant risk reduction can be achieved in a concerted population by actively pursuing individual cases
- SMBP is a useful tool for Patient Engagement and Patient Activation
- A half hour is not enough time.
- SMBP encounters bring value and quality to patient care by adding supplemental services like Health Coaching and Medication Reconciliation
- Once patients are enrolled, they are engaged and actively involved (e.g. keeping scheduled appointments with RN)

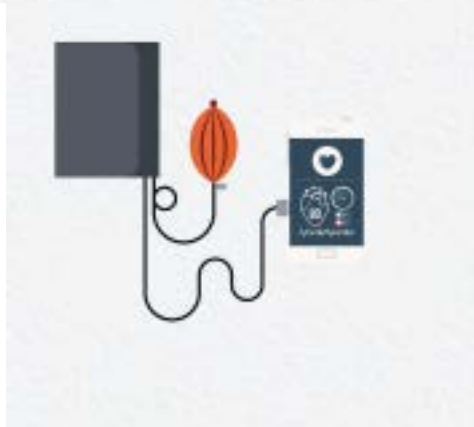
Next Steps

- Design a patient feedback item (e.g. satisfaction survey, pre/post survey, etc.)
- See through the 5 Visit Schedule (i.e. the first 6 month visits will occur in May) and gauge their overall progress
- Expansion of SMBP Project to an additional site by April 2019
- Share out data with Providers by Summer 2019 to gradually expand services to all sites over the course of the year
- Train more Nurses to carry out SMBP encounters and to complete Medication Reconciliation Process

Questions?

PHASE SMBP Community of Practice Hub

Self-Measured Blood Pressure Resources



Patient Education Tools for SMBP

SMBP Program Implementation & Improvement



Patient Handouts & Training Materials



Policies, Procedures & Workflows



Staff Training Materials

Million Hearts SMBP Online Community



• [Register & Access Forums →](#)

- Million Hearts & CDC has created an online community forum, open to all interested in SMBP
- Share SMBP ideas, efforts, and solutions
- Connect with others around SMBP

Search "SMBP" in "available communities" to join.

Discussion/Next Steps

- Assess today's call, plan for next
 - Modifications to/use of 'Sharing Template'?
- Please add SMBP Materials to Dropbox
- Other useful supports?