

Self-measured Blood Pressure Program Survey Results

12/15/2020

Center for Community Health and Evaluation



Survey methods

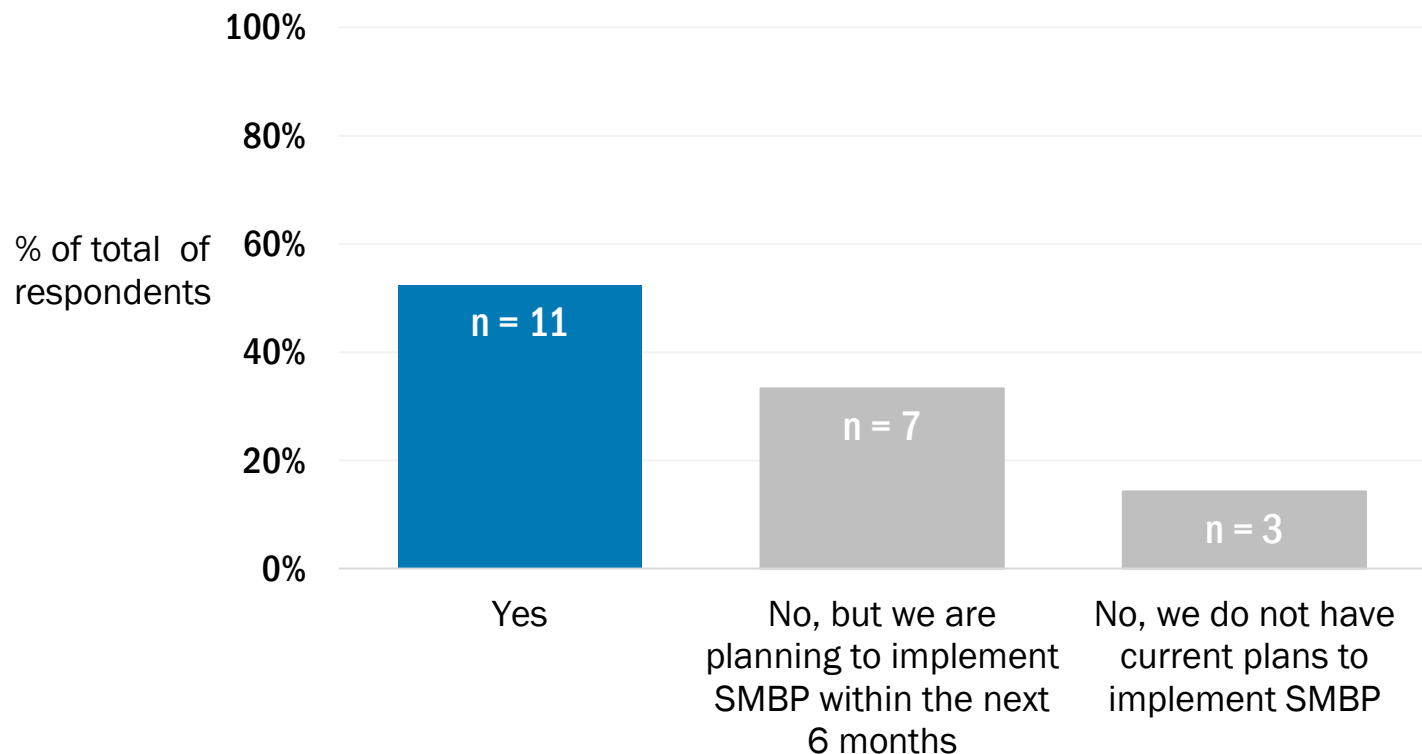
- As part of the PHASE and TC3 cardiovascular risk reduction programs funded by Kaiser Permanente Northern and Southern California, participating health centers and hospitals, and member health centers of participating consortia were asked to fill out a survey about virtual care strategies and SMBP implementation.
- The survey was fielded 11/2 through 11/20.

	Responded	Potential respondents
Hospital grantees	6	6
Health center grantees	3	6
Member health centers of consortia grantees	12	25
Total organizations	21	37
	57% response rate	

SMBP: Status of implementation

Takeaways: 11 organizations (over half of respondents) are implementing a SMBP program, 7 are planning to implement a SMBP program in the next 6 months, and 3 do not have current plans.

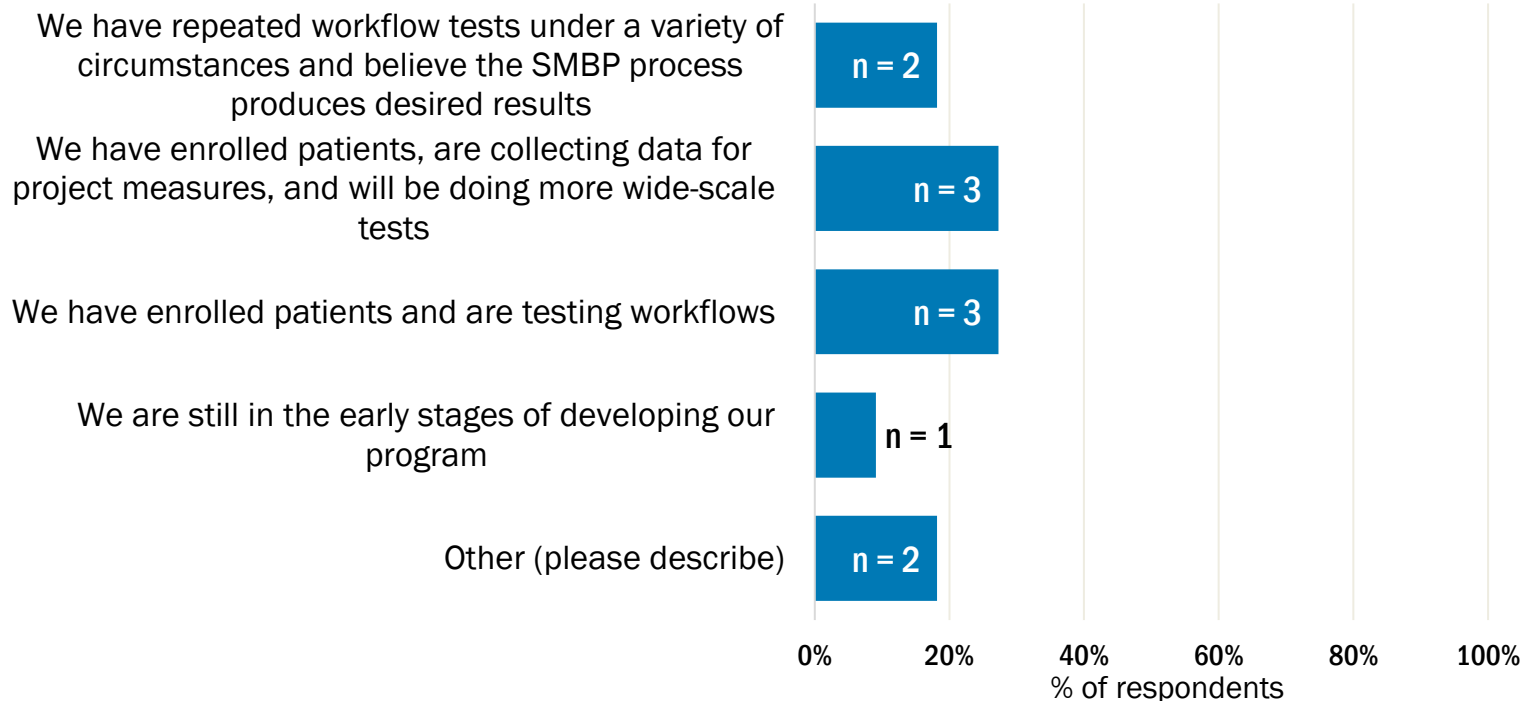
Status of SMBP implementation



SMBP program: Status of 11 programs

Takeaways: Organizations are at varying stages of developing and testing their SMBP workflows. Most respondents (n=8) indicated they have enrolled patients and are testing workflows; a few are in earlier stages of their program.

SMBP program status

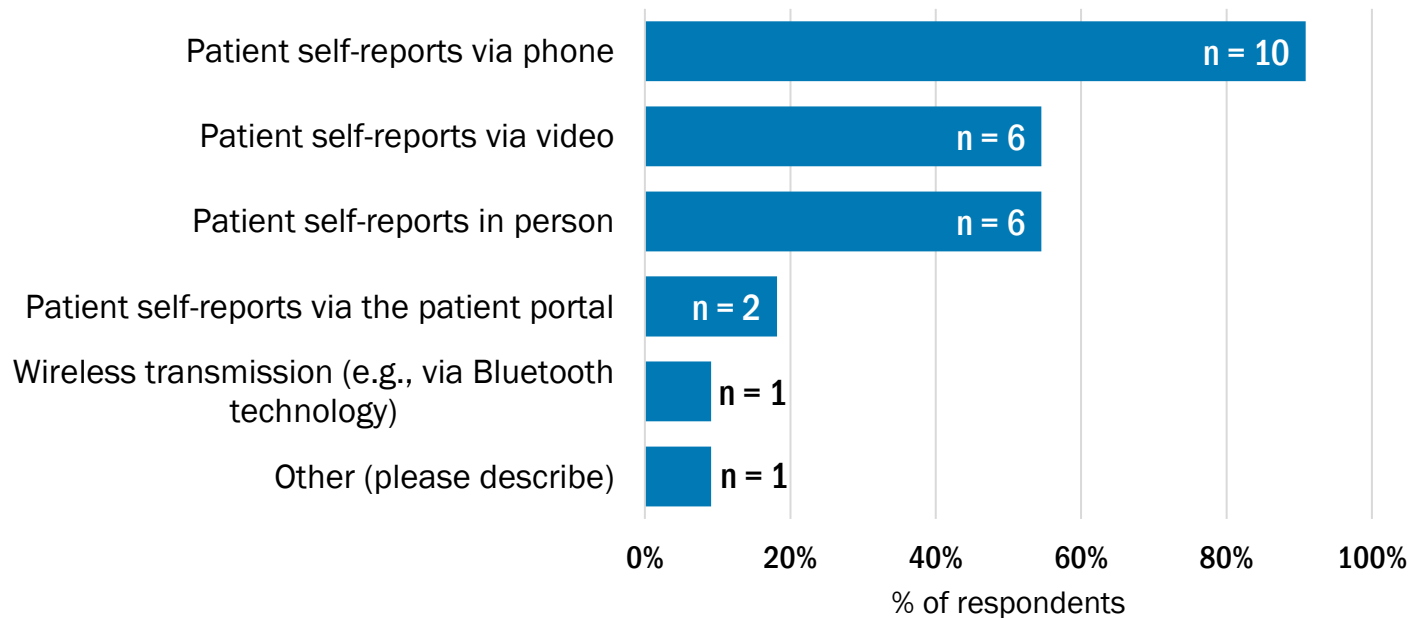


Other: **Adapting workflows** - "We are adapting workflows to post-Covid challenges of staffing changes and limitations. Nurses were doing patient education on home BP monitors, but many of our nurses have been deployed to support Covid work. Before Covid, we prioritized our B/AA patients to receive home BP cuffs; now, we need everyone to have one due to our shift to telehealth."

SMBP program: Mode of receiving remote BP readings from patients

Takeaways: The most common method of reporting remote BP patient readings is by phone followed by video and in-person.

Reporting of remote BP patient readings
respondent can check all that apply

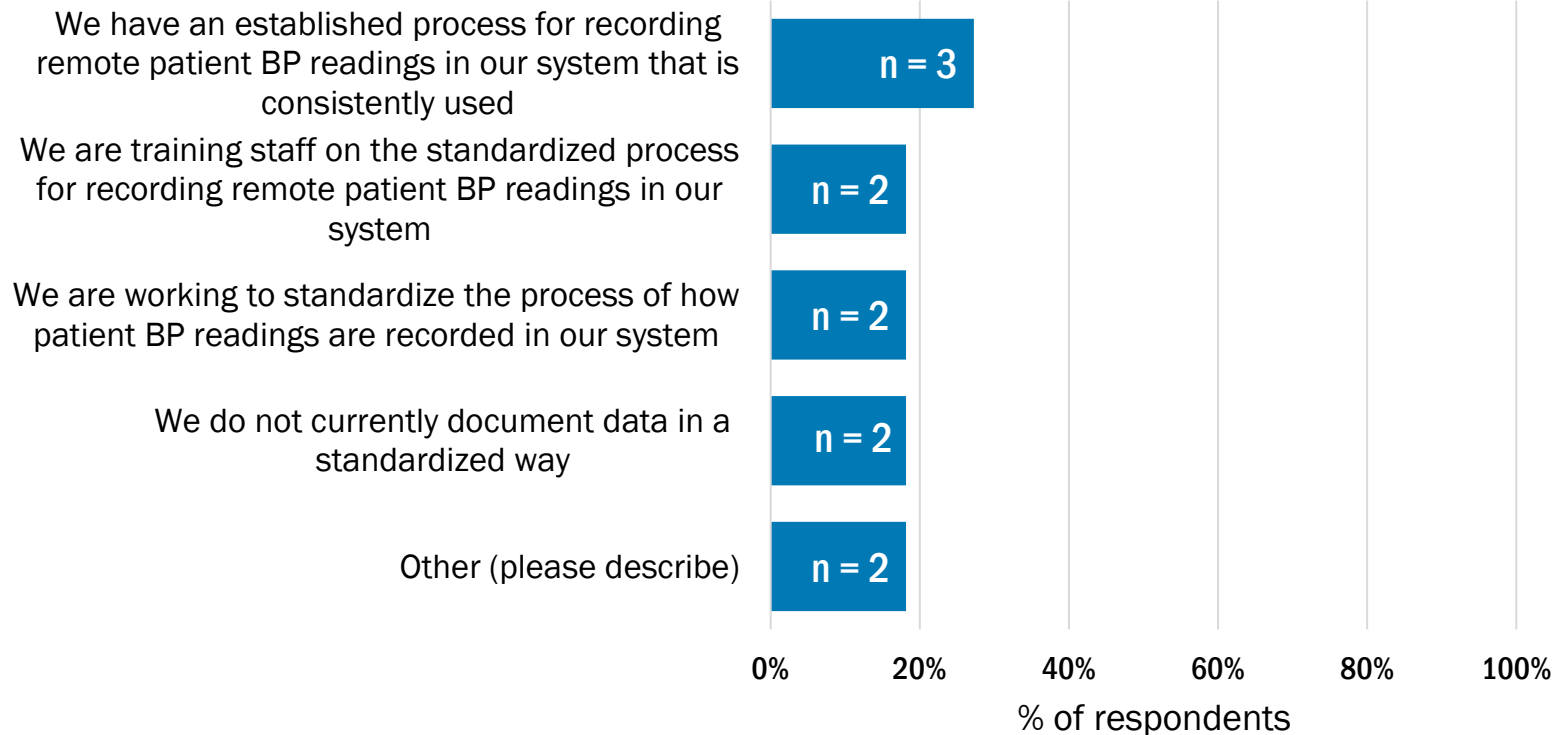


Other: no description

SMBP program: Documenting remote patient readings

Takeaways: Almost half the programs (n = 5) are using or are training staff on a standardized process for recording remote patient BP readings. A few are working on standardizing their documentation process.

Documentation of remote patient BP readings



Other: "Our EHR now can capture remote BP readings reported by patients; we lack a standard work and guidance for our providers to input this in our EHR system (We are working on developing this.)"; no description

SMBP program: Organizations face a variety of challenges around implementing a SMBP program

The top challenges are related to patient education and staffing resources.

Challenges (respondent chooses top 3)	Count
Ability to confirm patient knowledge of BP measurement via teach-back demonstration	5
Staffing resources to support SMBP program	5
Documenting remote patient readings in our EHR	3
Identifying and enrolling patients in the SMBP program	2
Obtaining accurate remote patient readings	2
Securing funding for BP cuffs	2
Supplier challenges with acquiring BP cuffs	2
Prioritizing SMBP at the organizational/leadership level	1
Identifying appropriate disciplines (e.g., clinical pharmacist, RN, MA) needed to administer the SMBP workflow	0
Other (please describe)	5

Other:

"The telehealth component of doing virtual visits when [showing how to use the monitor](#)"

"[Finding vendors to supply](#) validated home BP cuffs in large amounts. Our last order of 500 cuffs are backordered more than three months

"[Contacting patients and teaching them to take measurements](#) at home correctly, getting patients to keep follow-up appointments and patients not being prepared for visits with BP readings"

"[Ability to confirm teach back](#) when doing virtual SMBP enrollment is challenging"

Early SMBP results show movement in three areas

SMBP programs show improved blood pressure control for those participating (n=3)

- "If patients consistently record BP values correctly and speak with someone about their results (4 visit model), their BP improves dramatically."
- "Patients in our SMBP program have better blood pressure control than those who are not in the program."

SMBP programs improve patient engagement and empowerment (n=3)

- "Empowers the patient to be a more active participant in monitoring and controlling their own Blood Pressure."
- "Our patients are able to self-monitor, and we are able to adjust regimens in a more timely and patient centered way."

An SMBP program that is combined with nurse titration protocols is a powerful tool for enhancing team-based care (n=1)

- "This program in the nurse directed clinic reduces the burden on the limited clinic slots available for providers."
- "Nurse development and pride are super high as a result of the program."

Illustrative quotes are provided.

Thank you

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