



Self-measured blood pressure

Staff competency on training patients

Overview: This form can be used to assess staff competency when training patients on self-measured blood pressure (SMBP).

Instructions:

- Perform competencies at least twice a year.
- Based on the trainer's observation, place a check mark in the appropriate column.
- Use the following options to document the method of validation:
 - If the trainer showed the employee how to do the procedure and the employee demonstrates the procedure, write "RD" for **return demonstration** in a simulated patient setting.
 - If the trainer is observing the employee perform the procedure while providing direct **patient care**, write "PC" for direct patient care observation.
- Both the employee and trainer should sign and date the competency form.
- Make the competency form part of the employee's training file.

Disclaimer: This clinical competency is not intended to be comprehensive. Additions and modifications to meet the needs of the local environment are encouraged.

Staff competency: Training patients on SMBP

Employee's name: _____ Trainer's name: _____

Procedure	Meets competency (check if "yes")	Needs more training (check if "yes")	Method of validation RD: return demonstration PC: direct patient care observation
Explain purpose of self-measured blood pressure (SMBP) to patient.			
Instruct patient to use bathroom if they need to prior to measuring BP.			
Tell patient to rest sitting in a chair for five minutes prior to BP measurement.			
Ensure patient's device has correct cuff size. <i>Note: You may need to guide the patient to purchase a different size cuff.</i>			
Show patient how to position cuff correctly on arm. <i>Note: Refer to manufacturer's user manual for correct placement of the tubing.</i>			
Place cuff against patient's bare skin.			
Teach patient proper positioning: <ul style="list-style-type: none"> • Seated in chair with back supported • Legs uncrossed • Feet flat on ground or supported by foot stool • Arm supported with BP cuff in place and positioned so middle of BP cuff is level with patient's heart 			
Ensure there are no distractions during the measurement: No talking, using electronic devices or watching television.			
Instruct patient to take two readings one minute apart in the morning and evening, a total of four readings per day, for seven days. If patient misses a BP reading, instruct to continue as scheduled.			
Show patient how to turn on device and press start button.			
If an error reading occurs, tell the patient to start over.			
When cuff is deflated and a reading is displayed, explain to the patient which numbers represent systolic and diastolic blood pressure.			
Show patient how to document their blood pressures. If their device has memory capability, show the patient how to review readings on the device.			
Provide patient with instructions (from the clinician) on what to do if readings are out of the expected range, and how and when to communicate readings back to the clinic.			

Comments: _____

Employee's signature: _____ Date: _____

Trainer's signature: _____ Date: _____