



Self-measured blood pressure

Pre-assessment

Instructions: Check all of boxes that apply to your practice.

What is included in your office workflow for self-measured blood pressure (SMBP)?

- Identify patients who would benefit from performing SMBP to:**
 - Diagnose hypertension
 - Rule out white coat or masked hypertension
 - Improve patient adherence to treatment
 - Increase patient self-management
- Train staff on correct use of SMBP techniques (competency)**
- Train patients how to correctly self-measure their blood pressure**
 - Correct positioning
 - Correct cuff size selection for arm size
 - Use of clinically validated devices for upper arm
 - How to record SMBP measurements
- Recommend automated upper-arm SMBP devices**
 - Recommended SMBP devices validated for clinical accuracy
- Receive SMBP data from patients**
- Average and interpret SMBP results**
- Act upon SMBP results when indicated**
- Loan clinically validated SMBP devices to patients who need them**
- Test accuracy of (calibrate) patient's SMBP device**
- Ensure patient's SMBP device fits properly**