



# 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**