



Self-measured blood pressure: Gap analysis

Instructions

1. Check “yes” if the item applies to your practice or check “no” if the item does not apply.
2. Review the recommendations based on your practice’s opportunities for improvement.
3. Create a plan to implement applicable recommendations.

Are the following items 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 hypertension or confirm suspected masked hypertension
- Improve adherence to treatment
- Increase self-management

Yes

No

Train staff on correct use of SMBP techniques (competency)

Yes

No

Train patients how to correctly self-measure their blood pressure

Yes

No

Recommend automated upper arm SMBP devices that are validated for clinical accuracy

Yes No

Receive SMBP data from patients

Yes No

Average and interpret SMBP results

Yes No

Act upon SMBP results when indicated

Yes No

Loan clinically validated SMBP devices to patients who need them

Yes No

Test accuracy of (calibrate) patient's SMBP device

Yes No

Ensure patient's SMBP device fits properly

Yes No

Make tools and resources available to support an SMBP protocol

Yes No