

All of the tools and resources for the M.A.P. Blood Pressure Program are included in this document and are organized by course. Click the name of the resource to open up the file.

## Course 1: Overview



# Building Quality Improvement Team

Determine who should be on the BP quality improvement team based on roles and responsibilities.

## Course 2: Measure Accurately

PDF



Measure Accurately Pre-assessment PDF Review how your health center is currently measuring BP.

Measu Best pra	re accurately actices	
2. Determine where	of the "Measure accurately: Pre-assessment" to best practices be opportunities for improvement exist, plement applicable recommendations.	elow.
Blood pressure (D	P) equipment used	
Blood pressure (D Device	P) equipment used Recommendation	Retic
Device Adorated effice		Patic Pation whi
Device Automated office BP (AOBP) device Can be programmed to take multiple	Petermidiation  Petermidiation Petermidiation Petermidiation Pathemidiation Petermidiation Peter	<ul> <li>Fectuces whi</li> <li>Performing un readings allo perform offer</li> </ul>
Device Automated office BP (AOBP) device Can be procemmed	Paternet device, if available • Dretend device, if available • Unstanded reading is blasi (staff sets device for multiple measurements and leaves the cont)	

#### **Measure Accurately Best Practices**

Summary of recommendations to measure BP accurately. Use after completing the Measure Accurately Pre-assessment.



# Measure Accurately Gap Analysis

Identify how your health center can improve measuring BP accurately.

	easure accurately orkflow for in-office blood pressure
me	easurement
instru	tions: Perform in-office blood pressure (SP) measurements using the steps below.
Step	1: Prepare patient
•	Patient should be relaxed, sitting comfortably in a chair for about five minutes before performing an initial BP measurement
	- Feet on floor
	- Back supported
	Note: No rest is needed if performing unattended automated office BPs (ACBP)
	Document If patient had caffeine, exercised or used tobacco within 30 minutes prior to measurement
	Ensure patient has emptied his/her bladder when possible
	Pernove any clothing covering location where BP cull will be placed

Measure Accurately Workflow PDF Assists with planning for BP measurement workflow changes.



In-Office BP Measurement Infographic PDF

Displays proper preparation and positioning for taking BPs in the clinical setting.



#### In-Office BP Measurement Infographic - Spanish PDF Displays proper preparation and positioning for taking BPs in the clinical setting. Spanish version.



#### Staff Competency - Automated BP Measurement PDF

Determine if care team is competent in measuring BP using automated devices or if more training is needed.



Care team

Audience













M	easure accurately
Sta	aff competency for manual office blood
	essure measurement
to und	I stall should be trained and tested on measuring blood pressure BP) accurates. It is important for stall instand the importance of accurate DP measurement for both in office and out-of-office settings and to is to explain these processes in a manner the patient will understand.
perior	an essential competency' like this not only helps demonstrate that staff is trained and can effectively in EP measurement, it also helps strengthen the education staff provides to patients who will self- ea than EP.
-	is use competency form
	Competencies should be performed no less than twice annually
	Fill is name of employee and trainer
	Follow procedures step by step and determine if employee is following them correctly
	Read on the trainer's observation, piece a check mark in either the column labeled "Meets competency or "Needs more training"
	Use the following options to document the "Method of validation":
	- Ethe tuiner showed the employee how to do the procedure, and the employee then demonstrated

#### Staff Competency - Manual BP Measurement PDF

Care team

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nonthy-or as headed.								
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Assessed to serve assesses, totanon, softwarer atmospheri ass and descriper in (2-17)								
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#### **BP Measurement Skills Assessment**

or if more training is needed.

PDF Verify if your health center obtains accurate BP readings. This tool helps identify improper BP measurement technique.

Measure accurately Steps for in-office BP readings	
Initial blood pressure (BP) measurement	
Use a validated, automated upper arm device to measure BP	5 H
· Use correct ouff size on a bare arm	and the second second
· Ensure patient is positioned correctly	COLUMN STREET
<ul> <li>Allow patient to rest quietly for at least five minutes if staff will be in the room during the BP measurement</li> </ul>	
Tips for correct positioning	
· Ensure patient is seated comfortably with:	
Back supported	Sec. Sec.
Ellegs uncrossed with feet flat on the floor/ supported with a stool	and the last

#### Steps for In-Office BP Readings PDF

Poster to help educate the care team on how to correctly take an in-office BP measurement.

Determine if care team is competent in measuring BP using manual devices



Care team

Care team

In-omce BP A	verage Calculator	
	en a patient's initial in office BP is high a	Slagnods and Instituent of Typerturbion, Take and then average them. Use this tool to quickly DAACOBUT #P
	SYSTOLIC BP	DIASTOLIC BP
1		
2		
	+ Add BP Reading	

#### **BP Average Calculator**

Website Average multiple BPs quickly using this online tool.

# Course 3: Self-measured Blood Pressure

elf-measured bloc	d pressure
re-assessment	
structions: Check all of boxes that apply to your pract	ics.
hat is included in your office workflow for self-r	neasured blood pressure (SMSP)?
dentify patients who would benefit from pe	rforming SMBP to:
Diagnose hypertension	
Rule out white cost or masked hypertension	
Improve patient adherence to beatment	
C increase patient self-management	
Their staff on correct use of SMBP technique	es (competency)
Thain patients how to correctly self-measure	their blood pressure
Correct positioning	
Correct culf size selection for arm size	
Use of clinically validated devices for upper a	arts .
How to record SMRP measurements	

SMBP Pre-assessment PDF

Review how your health center is currently using SMBP.

: Determine who	s of the "Self-measured blood pressure Pre e opportunities for improvement exist, replement applicable recommendations.	-assessment" to best practices below.
Process	Pacommendation	Rationale
dentify autients	Continue accented Incentenzion discretes	The 2017 ACC/INIA Gualding for convertion.
ppropriate for all-measured laced pressure (MBP)	Excel on other EPA using 2002P Settee Institute transmitter In Use EARP to determine if owner beatment is shollow - Use 5540P to engage patients in management of their typethenicon	<ul> <li>Oriccite Aucustoria submitter productions, Monitoria Aucustoria and productions, Monitoria and and and and and and and and Monitoria and and and and and and and and Monitoria and and and and and and Monitoria and and and and and and Monitoria and and and and and and and and Monitoria and and and and and and and Monitoria and and and and and and Monitoria and and and and and and and and and Monitoria and and and and and and and and and Monitoria and and and and and and and and and Monitoria and and and and and and and and Monitoria and and and and and and and and and Monitoria and and and and and and and and and Monitoria and and and and and and and and and Monitoria and and and and and and and and and Monitoria and and and and and and and and and an</li></ul>

#### **SMBP Best Practices**

PDF Summary of recommendations to implement and use an SMBP protocol. Use after completing the SMBP Pre-assessment.

#### **SMBP Gap Analysis**

PDF Identify how your health center can improve using SMBP.



Yes IN

#### **SMBP** Infographic

PDF

PDF Displays steps to perform SMBP correctly which includes preparation, positioning, and measurement.



#### **SMBP Infographic - Spanish**

Displays steps to perform SMBP correctly which includes preparation, positioning, and measurement. Spanish version.













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Self-measured blood pressure Patter training checklist Measure development of the state development of the state 	<b>SMBP Patient Training Checklist</b> PDF Tool to ensure care team covers all necessary information when training patients on SMBP.	Care team
Self-measured blood pressure           Patent training checklist. Leaner device           Water training checklist. Leaner device	<b>SMBP Patient Training Checklist - Loaner Device</b> PDF Tool to ensure care team covers all necessary information when training patients on SMBP who will use a loaner device.	Care team
SILI MEANING BLOOD MEASURE BOOMTORING What you need to know	<b>SMBP Training Video</b> Video Educational video helps train care teams and patients on how to properly self-measure blood pressure.	Patient
LE MONITORIO DE LA VIESIÓN, MEDIDO FOR SÍ MISMO Lo que necesita saber	<b>SMBP Training Video - Spanish</b> Video Educational video helps train care teams and patients on how to properly self-measure blood pressure. Spanish version.	Patient
Self-measured blood pressure Doice           Drive accuracy test	<b>SMBP Device Accuracy Test</b> PDF Verify that an SMBP device accurately measures a patient's BP.	Care team
What is self-measured blood pressure? Self-measured blood pressure of the door of the door's office or other health care setting.	What Is SMBP? PDF Overview for patients to understand what SMBP is and why it's important.	Patient
Self-measured blood pressure monitoring Loaner program agreement Internation Equipment showards on the Self-measured blood pressure monitoring Internation Internation International International Internation Internation Internation International International Internation Internation International International International Internation International International I	<b>SMBP Loaner Device Agreement</b> PDF Agreement between the health center and patient when an SMBP device is loaned.	Care team

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#### SMBP Loaner Device Inventory Management PDF

Track the status of your health center's SMBP loaner devices.



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#### SMBP Recording Log

PDF

Allows patients to document their SMBP readings, twice in the morning and twice in the evening.

#### **SMBP Recording Log - Device Average** PDF

Allows patients to document their SMBP readings if their SMBP device is setup to take multiple readings and then provides an average.

#### **SMBP Average Calculator**

Excel Easily calculate a patient's average systolic BP and average diastolic BP using SMBP measurements.

#### **Interpretation Table**

PDF

PDF Use this chart to interpret BP measurements and help classify and manage patients.

# measured blood pressure a wrist cuff to measure blood pr

#### Using Wrist Cuff to Measure Blood Pressure

Learn how to use a wrist cuff to measure BP when an upper arm cuff cannot be used.

# Course 4: Act Rapidly

# PDF Review how your health center is currently diagnosing and managing high BP.

#### **Act Rapidly Best Practices**

Act Rapidly Pre-assessment

PDF Summary of recommendations to help improve diagnosing and managing high BP. Use after completing the Act Rapidly Pre-assessment.

#### Act Rapidly Gap Analysis

PDF Identify how your health center can improve diagnosing and managing high BP.

#### Act Rapidly Workflow

PDF Assists with planning for Act Rapidly workflow changes.







Care team



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& Providers







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Act rapidly: Gap analysis . Check "yes" if the item



1	Act rapidly
(	Clinical inertia assessment
P	noblem to addresse: Divicel inertia, sometimes called therapoutic inertia, occurs when a patient has sometodad high-blood pressure (BP) and therapy is not intervalled,
0000	We will not a result of the most converse tables carefulding by uncontrolled hypertensistic hands having to many heat having having the most particular of the set than present on comparing proteins on the a net constantly about a patient's mestadion adversion, patient resolutions to interrefere preses and meny heat and any about a patient's mestadion adversion, patient resolutions to interrefere preses, and meny heat and any about a patient's mestadion adversion, patient resolutions to interrefere the two in technic can be presented as untilety biotecomplexity of the set of technic meters, we use the term "related interref" in the followable in the term was a patient behavior.
1	selfunctioner. Use this tool to measure how often clinical inertia occurs and identify contributing factors your paratice.
v	that you need. Electronic health record or charts from office-valts eight to 12 weeks prior to self-assessment
9	uidance for practice sile
	· identify sample of patient encounters you will review with tool
	<ul> <li>Using your practice's schedule, identify approximately 24 patient encounters that occurred eight to 10 weeks earlier. This can be done for each provider.</li> </ul>
	<ul> <li>Review the BPs in the vitals section from these patient encounters to identify sight where the BP way 1/1/10/00 mm Ms Le. accounters with uncontrolled functional account</li> </ul>

#### **Clinical Inertia Assessment**

PDF

Helps measure how often clinical inertia occurs and identifies contributing factors in your practice.



#### **Sample Medication Protocol** PDF

Provides guidance on medication prescribing to control high BP.

treatment protocol	
For adults without CHF, CAD, pregnan albuminuria > 300 mg/d or > 300 mg/g	cy, CKD stage 3 or albumin-to-creatinine ratio*
This document is not intended as a subsiliusa for the marked ad- endersement is implied or intended its the American Medical Ass	rise of a physician, if offers no stagnosass or prescription. No ociation of any trind-party organization, prostart, drug or service
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FOOL of identification and foot	

# Hypertension Medication Treatment Protocol PDF



**Providers** 

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Provides guidance on antihypertensive medication treatment for patients with hypertension to help get them to goal.



NICE Treatment Steps for Hypertension			
Website			
Guidance information from the National Institute for Health and			
Care Excellence on treating high BP.			

Protocol for Control	ling Hypertension in A	Adults <sup>1</sup>
deanon. For most people, the goal's c'h sodfications (JM* drouid be initiated in image and existing cardiovescular dise ind existeing wadings fron home and o	elibilation of factors including scientific ender 60 and 400 however some individual may be all patients with hypertensions (HTM) and juris as 54F monitoring is encouraged for most pati premultip settings can help in achieving and of monitory settings can help in achieving and of	better sarved by other IP goals. Likelyle rits should be assessed for target organ likels throughout their care and requestion reintaining good control. For petients with
Symple: 145-137 or dampic 15-17 (Raps 1 HTN) - 136 a trial	Synolic > M/ or dample > 100 Olage 2 HTN Two drugs preferred:	Medications to consider for periods with hypertension and certain medical conditions
Consider adding theorie	LM and     Thisplan and ACE, ARE, an CCE     On spinisher ACE and CCE	Constany artery disease Peak Mit.16, ACI     Heart failure with reduced (F): ACD in ARE, AR approved for its unit, ACO, diverse:
	Re check and review madings in 2-4 weeks?	<ul> <li>Heart failure with generated ET ACD or ANE, 85 (approved for th and, duratic</li> </ul>
	$\sim$	Okdeter, ACD or ARL durets, ALCOR

Million Hearts® Protocol for Controlling Hypertension in Adults
PDF
Guidance information from Million Hearts® on treating high BP.



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Kaiser Permanente Adult Blood Pressure Clinician Guide
PDF
Guidance information from Kaiser Permanente on treating high BP

# Course 5: Partner with Patients

Partner with		
Pre-assessme	ent	
instructions: Check all boxes the	Lapply to your practice.	
1. What methods are in place	to improve collaborative communication?	
El Engage perients using con		
Elluse teach-back when pro		
	ons and priorities for the care plan	
Dibplore reasons for non-a		
CAddress health iteracy no		
C Remain non-judgmental a	t all Smws	
2. What methods are in place	to improve medication adherence?	
ElEducation on use, imports	ince and effectiveness of medication	
Prescribe once-daily medi	cations when possible	
Prescribe generic medical	ions when possible	
C/Use single-pill combination	h therapy when possible	
Provide 90 day prescription		

**Partner with Patients Pre-assessment** 

PDF Review how your health center communicates with and engages patients.

Partner with patients Best practices			
2. Determine where o	the 'Plather with patients: Pre-assessm pportunities for improvement exist, plement applicable recommendations.	ent" to the best practices below.	
Collaborative comm			
Collaborative comm Action	Reconvendation	Rationale I Open-ended questions can belo electrops	

Partner with Patients Best Practices

PDF Summary of recommendations for communicating with and engaging patients. Use after completing the Partner with Patients Pre-assessment.



#### Partner with Patients Gap Analysis

PDF Identify how your health center can improve communicating with and engaging patients.



Care team

Care team



Autor         Basel         Basel <th< th=""><th>PDF Offers tips on improving communication techniques with patients.</th><th>Care team</th></th<>	PDF Offers tips on improving communication techniques with patients.	Care team
My Life Check - Life's Simple 7	AHA My Life Check - Life's Simple 7 Website Resource from the American Heart Association to help lower BP using seven simple methods.	Patient
e verser verser Heldry for Coad New of the rest ments	AHA Healthy for Good Website Resource from the American Heart Association to help guide behaviors that can effect lifelong changes to lower BP.	Patient
A service of the	NIH DASH Eating Plan Website Provides information on how to eat healthy with the DASH Eating Plan.	Patient
Constructions of the state	<b>CDC Top 10 Sources of Sodium</b> Website Helps make patients aware of the top foods that contain sodium.	Patient
<page-header></page-header>	<b>CDC How to Reduce Sodium</b> Website Provides tips on how to reduce sodium intake.	Patient
	Move Your Way Fact Sheet for Adults PDF Infographic for adult patients on the importance of incorporating physical activity into their daily routine.	Patient
	Move Your Way Fact Sheet for Older Adults PDF Infographic for older adult patients on the importance of incorporating physical activity into their daily routine	Patient

# Partner with Patients Workflow PDF

**Collaborative Communication Strategies** 

Partner with patients Workflow

Partner with patients Collaborative communication strategies

Assists with planning for Partner with Patients workflow changes.

 $(\bigcup_{k} \delta)$ Care team

w	alk. Run. Dance. Play, What's your move?
	yone needs physical activity to skay healthy. But it can be hard to find the time in your busy routine.
	Move Your Way tools, videos, and fact sheets on this page have tips that make it easier to get a little more small changes can odd up to big health benefits!
No	notter who you are, you can find safe, fun ways to get active to move your way.
nee	tools and resources:
	for.odulta
	For pomenta

**ODPHP Move Your Way Campaign** Website Provides information for patients on incorporating physical activity.



Healthy Weight			
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and the second second	-	What is healthy weight loss?	
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Supervise Vour Lating		snight graduály and atouthy ideast 5 to 2 pravols per model are more assessful at kesping unight off Hisdelty anig "program". His deast as angoing Westyle that includes long here changes in daily sating and our rise bailty.	t bala
Keeping & Off		One service advected sheading weight, he shallog as healthful eating and photodiationly need has of the servicide interaction are not need links to be accounted advected in a said of the service the land term.	4.00-9
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Ips for Parson		The accel serves is that no marker what some weight how analis, even a reached aniabilities, such as The 28 are unit of or	-
the international states and		produce headth langelis, such as improvements in blood pressure, blood chainstend, and should approx <sup>1</sup>	

#### **CDC Healthy Weight Loss** Website Provides information on weight loss at

Provides information on weight loss and its benefits.



#### NIH What Is a Standard Drink? Website Defines what a standard drink is for various types of alcholic beverages.



Patient

# Course: All Courses

M.A.P. Blood Pressure Program Implementation checktist	M.A.P. BP Program Implementation Checklist PDF Helps care teams implement the M.A.P. BP Program by using a
<ul> <li>Lise the Manuer accounting Coor implies of a Manuer accounter, the essencer's cool</li></ul>	weekly checklist.

