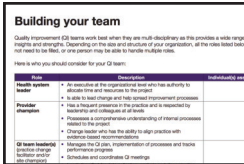


All of the tools and resources for the M.A.P. Blood Pressure Program are included in this document and are organized by course. Click the name of the resource to open up the file.

Course 1: Overview

Audience



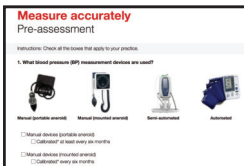
Building Quality Improvement Team

PDF

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



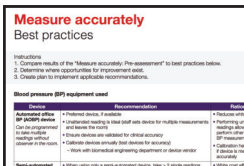
Course 2: Measure Accurately



Measure Accurately Pre-assessment

PDF

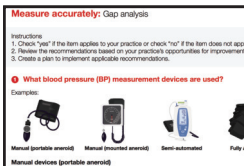
Review how your health center is currently measuring BP.



Measure Accurately Best Practices

PDF

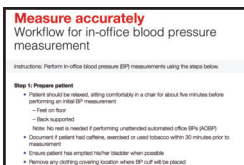
Summary of recommendations to measure BP accurately. Use after completing the Measure Accurately Pre-assessment.



Measure Accurately Gap Analysis

PDF

Identify how your health center can improve measuring BP accurately.



Measure Accurately Workflow

PDF

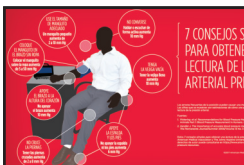
Assists with planning for BP measurement workflow changes.



In-Office BP Measurement Infographic

PDF

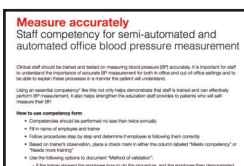
Displays proper preparation and positioning for taking BPs in the clinical setting.



In-Office BP Measurement Infographic - Spanish

PDF

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

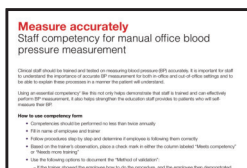


Staff Competency - Automated BP Measurement

PDF

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

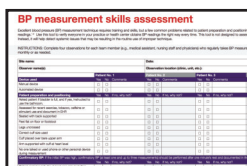




Staff Competency - Manual BP Measurement

PDF

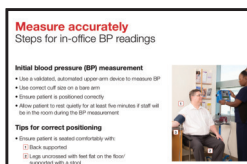
Determine if care team is competent in measuring BP using manual devices or if more training is needed.



BP Measurement Skills Assessment

PDF

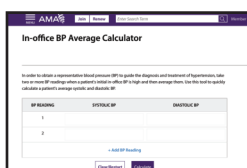
Verify if your health center obtains accurate BP readings. This tool helps identify improper BP measurement technique.



Steps for In-Office BP Readings

PDF

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



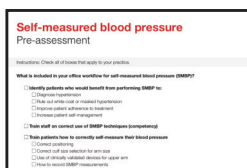
BP Average Calculator

Website

Average multiple BPs quickly using this online tool.



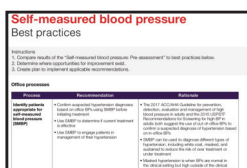
Course 3: Self-measured Blood Pressure



SMBP Pre-assessment

PDF

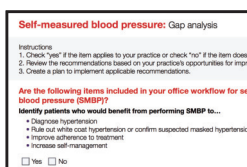
Review how your health center is currently using SMBP.



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.



SMBP Infographic

PDF

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

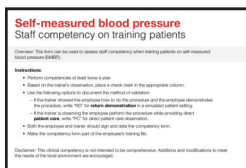


SMBP Infographic - Spanish

PDF

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

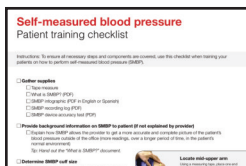




SMBP Staff Competency

PDF

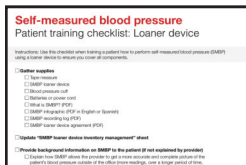
Help assess staff competency and increase consistency among team members when training patients on SMBP



SMBP Patient Training Checklist

PDF

Tool to ensure care team covers all necessary information when training patients on SMBP.



SMBP Patient Training Checklist - Loaner Device

PDF

Tool to ensure care team covers all necessary information when training patients on SMBP who will use a loaner device.



SMBP Training Video

Video

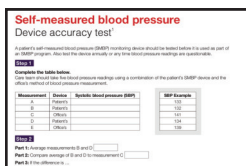
Educational video helps train care teams and patients on how to properly self-measure blood pressure.



SMBP Training Video - Spanish

Video

Educational video helps train care teams and patients on how to properly self-measure blood pressure. Spanish version.



SMBP Device Accuracy Test

PDF

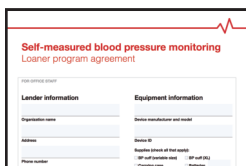
Verify that an SMBP device accurately measures a patient's BP.



What Is SMBP?

PDF

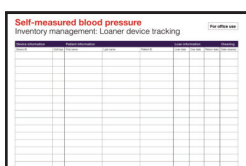
Overview for patients to understand what SMBP is and why it's important.



SMBP Loaner Device Agreement

PDF

Agreement between the health center and patient when an SMBP device is loaned.



SMBP Loaner Device Inventory Management

PDF

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



Self-measured blood pressure: Seven-day recording log

Instructions: Check all boxes that apply to your practice.

1. What office protocols are in place?

2. What treatment protocol is in place?

3. How are medical records used?

SMBP Recording Log

PDF

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



Patient

Self-measured blood pressure: Seven-day recording log - Device Average

Instructions: Check all boxes that apply to your practice.

1. What office protocols are in place?

2. What treatment protocol is in place?

3. How are medical records used?

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.



Patient

SMBP Average Calculator

Instructions: Check all boxes that apply to your practice.

1. What office protocols are in place?

2. What treatment protocol is in place?

3. How are medical records used?

SMBP Average Calculator

Excel

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



Care team

BP interpretation tables JNC-7 definitions

Instructions: Check all boxes that apply to your practice.

1. What office protocols are in place?

2. What treatment protocol is in place?

3. How are medical records used?

Interpretation Table

PDF

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



Care team & Providers

Self-measured blood pressure Using a wrist cuff to measure blood pressure

Instructions: Check all boxes that apply to your practice.

1. What office protocols are in place?

2. What treatment protocol is in place?

3. How are medical records used?

Using Wrist Cuff to Measure Blood Pressure

PDF

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



Patient

Course 4: Act Rapidly

Act rapidly Pre-assessment

Instructions: Check all boxes that apply to your practice.

1. What office protocols are in place?

2. What treatment protocol is in place?

3. How are medical records used?

Act Rapidly Pre-assessment

PDF

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



Care team

Act rapidly Best practices

Instructions: Check all boxes that apply to your practice.

1. What office protocols are in place?

2. What treatment protocol is in place?

3. How are medical records used?

Act Rapidly Best Practices

PDF

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



Care team

Act rapidly: Gap analysis

Instructions: Check all boxes that apply to your practice.

1. What office protocols are in place?

2. What treatment protocol is in place?

3. How are medical records used?

Act Rapidly Gap Analysis

PDF

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



Care team

Act rapidly Workflow

Instructions: Check all boxes that apply to your practice.

1. What office protocols are in place?

2. What treatment protocol is in place?

3. How are medical records used?

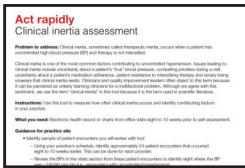
Act Rapidly Workflow

PDF

Assists with planning for Act Rapidly workflow changes.



Care team



Clinical Inertia Assessment

PDF

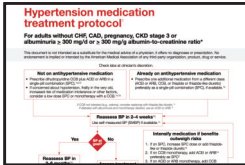
Helps measure how often clinical inertia occurs and identifies contributing factors in your practice.



Sample Medication Protocol

PDF

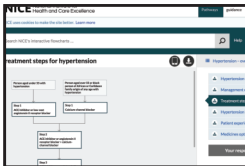
Provides guidance on medication prescribing to control high BP.



Hypertension Medication Treatment Protocol

PDF

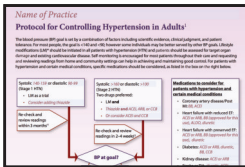
Provides guidance on antihypertensive medication treatment for patients with hypertension to help get them to goal.



NICE Treatment Steps for Hypertension

Website

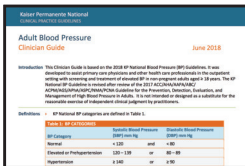
Guidance information from the National Institute for Health and Care Excellence on treating high BP.



Million Hearts® Protocol for Controlling Hypertension in Adults

PDF

Guidance information from Million Hearts® on treating high BP.



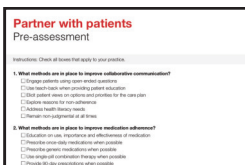
Kaiser Permanente Adult Blood Pressure Clinician Guide

PDF

Guidance information from Kaiser Permanente on treating high BP.



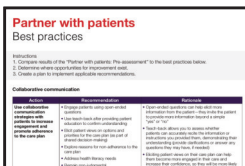
Course 5: Partner with Patients



Partner with Patients Pre-assessment

PDF

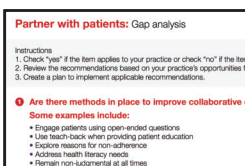
Review how your health center communicates with and engages patients.



Partner with Patients Best Practices

PDF

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

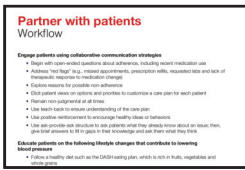


Partner with Patients Gap Analysis

PDF

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

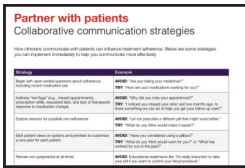




Partner with Patients Workflow

PDF

Assists with planning for Partner with Patients workflow changes.



Collaborative Communication Strategies

PDF

Offers tips on improving communication techniques with patients.



AHA My Life Check - Life's Simple 7

Website

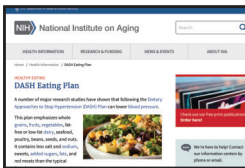
Resource from the American Heart Association to help lower BP using seven simple methods.



AHA Healthy for Good

Website

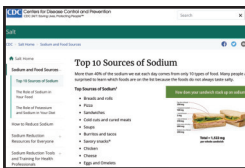
Resource from the American Heart Association to help guide behaviors that can effect lifelong changes to lower BP.



NIH DASH Eating Plan

Website

Provides information on how to eat healthy with the DASH Eating Plan.



CDC Top 10 Sources of Sodium

Website

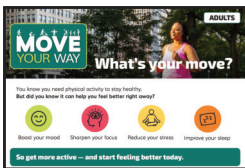
Helps make patients aware of the top foods that contain sodium.



CDC How to Reduce Sodium

Website

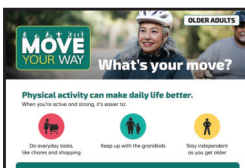
Provides tips on how to reduce sodium intake.



Move Your Way Fact Sheet for Adults

PDF

Infographic for adult patients on the importance of incorporating physical activity into their daily routine.

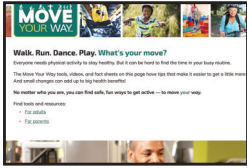


Move Your Way Fact Sheet for Older Adults

PDF

Infographic for older adult patients on the importance of incorporating physical activity into their daily routine





ODPHP Move Your Way Campaign

Website

Provides information for patients on incorporating physical activity.



CDC Healthy Weight Loss

Website

Provides information on weight loss and its benefits.



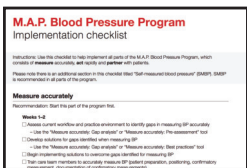
NIH What Is a Standard Drink?

Website

Defines what a standard drink is for various types of alcoholic beverages.



Course: All Courses



M.A.P. BP Program Implementation Checklist

PDF

Helps care teams implement the M.A.P. BP Program by using a weekly checklist.

