Self-measured blood pressure

Device accuracy test

A patient’s self-measured blood pressure (SMBP) monitoring device should be tested before it is used as part of an SMBP program. Also test the device annually or any time blood pressure readings are questionable.

**Step 1**

Complete the table below.
Care team should take five blood pressure readings using a combination of the patient’s SMBP device and the office’s method of blood pressure measurement.

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Device</th>
<th>Systolic blood pressure (SBP)</th>
<th>SBP Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Patient’s</td>
<td></td>
<td>133</td>
</tr>
<tr>
<td>B</td>
<td>Patient’s</td>
<td></td>
<td>132</td>
</tr>
<tr>
<td>C</td>
<td>Office’s</td>
<td></td>
<td>141</td>
</tr>
<tr>
<td>D</td>
<td>Patient’s</td>
<td></td>
<td>134</td>
</tr>
<tr>
<td>E</td>
<td>Office’s</td>
<td></td>
<td>139</td>
</tr>
</tbody>
</table>

**Step 2**

Part 1: Average measurements B and D
Part 2: Compare average of B and D to measurement C

Part 3: If the difference is …

- Less than 5 mm Hg, this device can be used for SMBP
- Between 6 and 10 mm Hg, proceed to Step 3
- Greater than 10 mm Hg, replace the device before proceeding with your SMBP program

Example

Part 1: \((132 + 134) / 2 = 133\)
Part 2: 133 - 141 = 8 (note: if the difference is a negative number, ignore the negative sign)
Part 3: Difference is 8, which is between 6 and 10 mm Hg, so proceed to Step 3

**Step 3**

Part 1: Average measurements C and E
Part 2: Compare average of C and E to measurement D

Part 3: If the difference is …

- Less than or equal to 10 mm Hg, this device can be used for SMBP
- Greater than 10 mm Hg, replace the device before proceeding with your SMBP program

Example

Part 1: \((141 + 139) / 2 = 140\)
Part 2: 140 - 134 = 6 (note: if the difference is a negative number, ignore the negative sign)
Part 3: Difference is 6, which is less than or equal to 10 mm Hg, so proceed with SMBP program