Self-measured blood pressure
Staff competency on training patients

Overview: This form can be used to assess staff competency when training patients on self-measured blood pressure (SMBP).

Instructions:

• Perform competencies at least twice a year.
• Based on the trainer’s observation, place a check mark in the appropriate column.
• Use the following options to document the method of validation:
  – If the trainer showed the employee how to do the procedure and the employee demonstrates the procedure, write “RD” for return demonstration in a simulated patient setting.
  – If the trainer is observing the employee perform the procedure while providing direct patient care, write “PC” for direct patient care observation.
• Both the employee and trainer should sign and date the competency form.
• Make the competency form part of the employee’s training file.

Disclaimer: This clinical competency is not intended to be comprehensive. Additions and modifications to meet the needs of the local environment are encouraged.
## Staff competency: Training patients on SMBP

### Procedure

<table>
<thead>
<tr>
<th>Meets competency (check if “yes”)</th>
<th>Needs more training (check if “yes”)</th>
<th>Method of validation</th>
</tr>
</thead>
<tbody>
<tr>
<td>RD: return demonstration</td>
<td>PC: direct patient care observation</td>
<td></td>
</tr>
</tbody>
</table>

### Training Patients on SMBP

- **Explain purpose of self-measured blood pressure (SMBP) to patient.**
- **Instruct patient to use bathroom if they need to prior to measuring BP.**
- **Tell patient to rest sitting in a chair for five minutes prior to BP measurement.**
- **Ensure patient’s device has correct cuff size.**  
  - *Note: You may need to guide the patient to purchase a different size cuff.*
- **Show patient how to position cuff correctly on arm.**  
  - *Note: Refer to manufacturer’s user manual for correct placement of the tubing.*
- **Place cuff against patient’s bare skin.**
- **Teach patient proper positioning:**  
  - • Seated in chair with back supported  
  - • Legs uncrossed  
  - • Feet flat on ground or supported by foot stool  
  - • Arm supported with BP cuff in place and positioned so middle of BP cuff is level with patient’s heart  
- **Ensure there are no distractions during the measurement: No talking, using electronic devices or watching television.**
- **Instruct patient to take two readings one minute apart in the morning and evening, a total of four readings per day, for seven days. If patient misses a BP reading, instruct to continue as scheduled.**
- **Show patient how to turn on device and press start button.**
- **If an error reading occurs, tell the patient to start over.**
- **When cuff is deflated and a reading is displayed, explain to the patient which numbers represent systolic and diastolic blood pressure.**
- **Show patient how to document their blood pressures. If their device has memory capability, show the patient how to review readings on the device.**
- **Provide patient with instructions (from the clinician) on what to do if readings are out of the expected range, and how and when to communicate readings back to the clinic.**

### Comments:

________________________________________________________________________

Employee’s name: _______________________________  Trainer’s name: _______________________________

Employee’s signature: _______________________________  Date: ________________

Trainer’s signature: _______________________________  Date: ________________