

# Self-measured blood pressure

## Patient training checklist: Loaner device

Instructions: Use this checklist when training a patient how to perform self-measured blood pressure (SMBP) using a loaner device to ensure you cover all components.

### Gather supplies

- Tape measure
- SMBP loaner device
- Blood pressure cuff
- Batteries or power cord
- What is SMBP? (PDF)
- SMBP infographic (PDF in English or Spanish)
- SMBP recording log (PDF)
- SMBP loaner device agreement (PDF)

### Update “SMBP loaner device inventory management” sheet

### Provide background information on SMBP to the patient (if not explained by provider)

- Explain how SMBP allows the provider to get a more accurate and complete picture of the patient’s blood pressure outside of the office (more readings, over a longer period of time, in the patient’s normal environment)

*Tip: Hand out the “What is SMBP?” document.*

### Determine SMBP cuff size

- Use tape measure to measure the circumference of patient’s mid-upper arm in centimeters (see adjacent image)

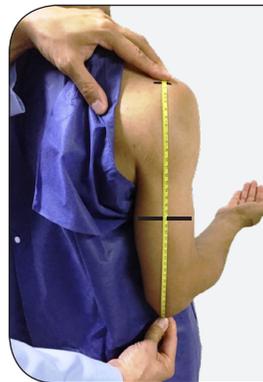
### Determine patient’s blood pressure arm (if not currently identified)

- Measure patient’s blood pressure in each arm and use arm with higher reading for all future readings

### Teach patient how to properly prepare for self-measurement

- Avoid caffeine, tobacco and exercise for at least 30 minutes before measurement
- Empty bladder if full
- Take BP measurements before blood pressure medications

*Tip: Show [SMBP training video](#) and hand out the SMBP infographic.*



#### Locate mid-upper arm

Using a measuring tape, place one end on bony prominence at the shoulder (acromion process) and measure length of arm to bony protuberance at the elbow (olecranon process). Divide this distance in half and that is the mid-upper arm where you should measure arm circumference for determining cuff size.

Source: [https://www.cdc.gov/nchs/data/nhanes/2017-2018/manuals/2017\\_Anthropometry\\_Procedures\\_Manual.pdf](https://www.cdc.gov/nchs/data/nhanes/2017-2018/manuals/2017_Anthropometry_Procedures_Manual.pdf)

**Teach patient proper positioning for self-measurement**

- Back supported
- Feet flat on the floor or a firm surface
- Legs uncrossed
- Cuff placed on bare upper arm
- Arm supported with middle of cuff at heart level

*Tip: Refer to the SMBP video and/or infographic.*

**Teach patient how to use loaner device\***

- How to turn on device
- How to start measurement
- How to troubleshoot

*\* Refer to device manual as needed.*

**Teach patient how to properly self-measure**

- Rest quietly for five minutes
- Take two measurements, one minute apart
- Avoid conversations and electronic devices during measurement
- Perform this process once in the a.m. and once in the p.m. for seven consecutive days

*Tip: Provide patient with [link to SMBP training video](#) to reference later (also available in [Spanish](#)).*

**Teach patient how to use SMBP recording log**

- Reminder: Staff to complete “For Office Use” section
- How to document systolic and diastolic blood pressure
- What to do if blood pressure is too high or too low
- What to do with log when week of measurements is complete

**Use teach back or return demonstration methods to ensure patient understands how to properly self-measure**

**Complete SMBP loaner device agreement**

**Ensure all necessary office paperwork is complete**