Self-measured blood pressure

Pre-assessment

Instructions: Check all of boxes that apply to your practice.

What is included in your office workflow for self-measured blood pressure (SMBP)?

☐ Identify patients who would benefit from performing SMBP to:
  ☐ Diagnose hypertension
  ☐ Rule out white coat or masked hypertension
  ☐ Improve patient adherence to treatment
  ☐ Increase patient self-management

☐ Train staff on correct use of SMBP techniques (competency)

☐ Train patients how to correctly self-measure their blood pressure
  ☐ Correct positioning
  ☐ Correct cuff size selection for arm size
  ☐ Use of clinically validated devices for upper arm
  ☐ How to record SMBP measurements

☐ Recommend automated upper-arm SMBP devices
  ☐ Recommended SMBP devices validated for clinical accuracy

☐ Receive SMBP data from patients

☐ Average and interpret SMBP results

☐ Act upon SMBP results when indicated

☐ Loan clinically validated SMBP devices to patients who need them

☐ Test accuracy of (calibrate) patient’s SMBP device

☐ Ensure patient’s SMBP device fits properly