Self-measured blood pressure: Gap analysis

Instructions
1. Check “yes” if the item applies to your practice or check “no” if the item does not apply.
2. Review the recommendations based on your practice’s opportunities for improvement.
3. Create a plan to implement applicable recommendations.

Are the following items 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 hypertension or confirm suspected masked hypertension
- Improve adherence to treatment
- Increase self-management

☐ Yes  ☐ No
Train staff on correct use of SMBP techniques (competency)

☐ Yes  ☐ No

Train patients how to correctly self-measure their blood pressure

☐ Yes  ☐ No
Recommend automated upper arm SMBP devices that are validated for clinical accuracy

☐ Yes  ☐ No

Receive SMBP data from patients

☐ Yes  ☐ No

Average and interpret SMBP results

☐ Yes  ☐ No
Act upon SMBP results when indicated

☐ Yes ☐ No

Loan clinically validated SMBP devices to patients who need them

☐ Yes ☐ No

Test accuracy of (calibrate) patient’s SMBP device

☐ Yes ☐ No
Ensure patient's SMBP device fits properly

☐ Yes  ☐ No

Make tools and resources available to support an SMBP protocol

☐ Yes  ☐ No