

DO YOU MEASURE AND MANAGE BLOOD PRESSURE?

Assess Your Clinic



Accuracy of Blood Pressure Readings

YES **NO**

Use validated, automated device	___	___
Maintain automated machine regularly	___	___
Perform measurement with patient seated in chair with back support	___	___
Perform measurement after patient rests quietly for 5 minutes. Be sure the patient has emptied the bladder prior to the measurement	___	___
Perform measurement with patient feet flat on the floor or a footstool, legs uncrossed	___	___
Perform measurement with patient arm and cuff at mid-sternal level	___	___
Have multiple cuff sizes available and use appropriately	___	___
Have cuff measurement guide readily available and used	___	___
If initial measurement is above goal, repeat the measurement twice at one minute intervals and average the last two of the three blood pressure readings	___	___
Access for patients to ambulatory outpatient blood pressure monitoring, 24 hour monitoring for diagnosis	___	___

Office Policies and Procedures

YES **NO**



Have written blood pressure measurement training standards for office staff and providers - review annually	___	___
Have written blood pressure measurement training standards for patients	___	___
Have blood pressure measurement training material for home monitoring available and distribute to patients	___	___
Schedule yearly blood pressure measurement training for new staff, office staff and providers	___	___
Designate patient educator for hypertension and accurate home measurement	___	___
Review the patient record before the office visit to identify ways to improve blood pressure control	___	___
Provide blood pressure check for patients without co-payment or appointment	___	___

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Blood Pressure Management

YES NO

Have clinic processes for patient education on lifestyle changes that impact BP	___	___
Tobacco cessation	___	___
Self-monitoring of blood pressure	___	___
Diet	___	___
Physical activity	___	___
Weight loss	___	___
Have protocols or order sets for BP medication initiation	___	___
Have protocols or order sets for BP medication titration	___	___
Have protocols or order sets for BP follow up when goals are met	___	___



Documentation, Alerts, EHR

YES NO

Have and maintain clear blood pressure documentation standards	___	___
Maintain system to alert provider of elevated blood pressure readings	___	___
Maintain system (e.g. EHR) to alert patient of missed appointment or overdue blood pressure check	___	___
Use EHR to query patients with a diagnosis of hypertension	___	___
Use EHR to query rates of controlled and uncontrolled hypertension	___	___
Use EHR to provide a visit summary and follow-up guidance that can be printed for the patient	___	___



Action Plan

Action Steps What Will Be Done?	Responsibilities Who Will Do It?	Timeline By When? (day/month)	Resources Identify Resources from Toolkit or References
Example Goal Create training for home self-monitoring	Nurse/Office Manager	4 June	Will develop from toolkit #4
Goal 1			
Goal 2			