

# Self-Measured Blood Pressure Tool for Wisconsin Health Systems and Clinics



## Background

Heart disease, stroke, and other cardiovascular diseases are among the leading causes of death in Wisconsin, and now kill more than 12,000 adults each year.<sup>1</sup> Of these, over 2,000 are younger than age 65. High blood pressure (hypertension) is a major contributing factor. Nearly half of adults have hypertension, and only one in four adults with hypertension have their condition under control.<sup>2</sup>

Strong scientific evidence shows that self-measured blood pressure (SMBP) monitoring, also known as home blood pressure monitoring, plus clinical support helps people with hypertension lower their blood pressure.<sup>3</sup>

SMBP monitoring is the regular measurement of blood pressure by the patient outside the clinical setting, either at home or elsewhere. SMBP requires the use of a home blood pressure measurement device by the patient to measure blood pressure at different points in time.

SMBP plus clinical support can improve access to care and quality of care for people with hypertension while making blood pressure control more convenient and accessible across the population. Clinical support includes regular one-on-one counseling, web-based or telephonic support tools, and educational classes.

**The Chronic Disease Prevention Program (CDPP) at the Division of Public Health is encouraging health systems and clinics to implement SMBP monitoring with clinical support.**

**This tool can help your health system or clinic plan for implementing SMBP with clinical support for patients experiencing hypertension disparities. This tool is intended for use in helping implement SMBP interventions, and is provided as a resource that does not need to be submitted back to CDPP at the Division of Public Health.**

# Health System/Clinic and Contact Information

Health System

\_\_\_\_\_  
Clinic(s)

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
ZIP

\_\_\_\_\_  
Name and Title of TBC Project Lead

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Email

## Patient Population

Describe your current patient population affected by diagnosed hypertension.

Timeframe data represents (ex: May 1, 2020 – May 1, 2021)

Number of patients in your health system or clinic aged 18 to 85

→ How many of those patients were diagnosed with hypertension

→ Of those with hypertension, how many patients' most recent blood pressure was < 140/90

## *Before moving on to the next section...*

Consider the following questions:

- What percentage of our patients with diagnosed hypertension are not in control?
- Are there specific patient populations who are not in control of their hypertension?  
How can you stratify your data to identify disparities?
- How might your approach and outreach methods to promote SMBP in your health system or clinic be targeted to reach the patient populations at highest risk?

## SMBP Assessment

Does your health system or clinic currently have policies or systems\* to encourage SMBP monitoring plus clinical support for patients with hypertension

Yes

No

*\*These may include: regulations, procedures, protocols, quality improvement processes, structures, arrangements, administrative actions, incentives, or voluntary practices of governments and other institutions to encourage patient self-management of high blood pressure plus clinical support.*

### Which of the following components do you currently have in place or intend to implement?

	Current	Future
Providing SMBP monitoring devices or cuffs to individuals with high blood pressure.	<input type="checkbox"/>	<input type="checkbox"/>
Implementing the American Heart Association's <u>Check. Change. Control.</u> Program.	<input type="checkbox"/>	<input type="checkbox"/>
Providing coverage for purchasing SMBP monitoring devices or cuffs.	<input type="checkbox"/>	<input type="checkbox"/>
Integrating SMBP readings into the Electronic Health Record.	<input type="checkbox"/>	<input type="checkbox"/>
Completing and using the outcomes of the American Heart Association/American Medical Association's <u>Target BP: Quick Practice Assessment Tool.</u>	<input type="checkbox"/>	<input type="checkbox"/>

## SMBP Project Description

You've described your patient populations of focus. You've also assessed existing SMBP components and identified ones you'd like to implement. Now it's time to describe your SMBP project in greater detail, including who will be involved and your anticipated timeline.

Briefly describe how you intend to implement SMBP plus clinical support components selected in the assessment at your health system or clinic.

Who will be involved in this work? Include both internal staff and external organizations providing support.

Explain how your SMBP project implementation will be tailored to meet the needs of populations you identified on pages two and three.

What is the estimated timeline for your project?

## Monitoring and Reporting

To evaluate your SMBP project, consider using the following information and data:

- Description and characteristics (e.g., specific age range, race/ethnicity, gender) of the priority population targeted by your approach(es).
- Completed the National Association of Community Health Centers and Million Hearts® [SMBP Implementation Toolkit](#).
- Documentation of progress on implementing SMBP plus clinical support. Documentation could include resulting workflows, policies, plan-do-study-act cycles, etc.
- Blood pressure control rates for priority population(s), and change from baseline over the course of the project.
- Successes, challenges, and lessons learned from this SMBP partnership.
- Intention for sustaining SMBP plus clinical support.

## Need more help from CDPP on your SMBP Project?

If you're interested in partnering with Chronic Disease Prevention Program (CDPP) on the SMBP project you outlined in this tool, we'd love to work more closely with your health system or clinic. Get in touch with us at [DHSCChronicDiseasePrevention@dhs.wisconsin.gov](mailto:DHSCChronicDiseasePrevention@dhs.wisconsin.gov).

## What are the benefits of working with CDPP on an SMBP project?

The benefits of working with CDPP include technical assistance and guidance on implementing SMBP for populations experiencing hypertension disparities. This includes:

- Connections to other health systems and clinics implementing SMBP.
- One-on-one assessment to determine how to best assist or support (e.g. review existing practices, policies and/or protocols and identify areas for improvement or enhancement).
- Access to subject matter experts, templates, resources and trainings.
- Guidance on SMBP project design, documentation, evaluation, and implementation of approaches for specific patient populations.
- Statewide recognition on our CDPP website.

## Resources

### Wisconsin Division of Public Health

- [Self-Measured Blood Pressure Trainings](#), Chronic Disease Prevention Program

### National and *Million Hearts*®

- [Hypertension Control Change Package \(2nd ed.\)](#), Centers for Disease Control and Prevention
- [SMBP Implementation Toolkit](#), National Association of Community Health Centers

### Evaluation and PDSA Support

- [Quality Improvement Essentials Toolkit](#), Institute for Healthcare Improvement
- [Tools and Resources for Practice Transformation and Quality Improvement](#), Agency for Healthcare Research and Quality

## Citations

1. Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <https://www.dhs.wisconsin.gov/wish/index.htm>, Mortality Module, accessed 06/21/2021.
2. Centers for Disease Control and Prevention. Hypertension Cascade: Hypertension Prevalence, Treatment and Control Estimates Among U.S. Adults Aged 18 Years and Older Applying the Criteria from the American College of Cardiology and American Heart Association's 2017 Hypertension Guideline—NHANES 2015–2018. Atlanta, GA: U.S. Department of Health and Human Services; 2021. Accessed March 12, 2021.
3. "Self-Measured Blood Pressure (SMBP) Monitoring." Million Hearts®, Division for Heart Disease and Stroke Prevention, Centers for Disease Control and Prevention. Accessed November 23, 2021. Available online at [millionhearts.hhs.gov/tools-protocols/smbp.html](https://millionhearts.hhs.gov/tools-protocols/smbp.html).

**Direct any questions about this tool to:**

**[DHSCChronicDiseasePrevention@dhs.wisconsin.gov](mailto:DHSCChronicDiseasePrevention@dhs.wisconsin.gov)**

Chronic Disease Prevention Program

Division of Public Health



Wisconsin Department of Health Services  
Division of Public Health  
Chronic Disease Prevention Program  
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