

Developing a Self-Measured Blood Pressure (SMBP)
Resource Guide for Primary Care

TRAIN HEALTHCARE STAFF

Provide education on SMBP benefits, protocol, and how to accurately teach patients to measure their BP.

- SMBP Effectiveness
 - [Task Force Finding and Rationale Statement - SMBP Interventions for Improved Blood Pressure Control \(thecommunityguide.org\)](https://www.thecommunityguide.org/)
 - [Self-Measured Blood Pressure Monitoring With Clinical Support \(cdc.gov\)](https://www.cdc.gov/)
- 35-minute interactive module on SMBP techniques
 - [Taking an Accurate Blood Pressure Reading - Outpatient Adults \(metastar.com\)](https://www.metastar.com/)
 - [Patient Self-Measurement of Blood Pressure - Healthcare Professionals \(metastar.com\)](https://www.metastar.com/)
- SMBP Guides
 - [7-step SMBP Quick Guide | AMA \(ama-assn.org\)](https://www.ama-assn.org/)
 - [SMBP-Toolkit_FINAL.pdf \(nachc.org\)](https://www.nachc.org/)

IDENTIFY PATIENTS

Determine priority population

- Patients with uncontrolled hypertension and/or with medication changes
- Patients with newly diagnosed hypertension
- Patients suspected of having hypertension

CHOOSE BP MONITOR & CUFF SIZE

How will patients obtain home BP monitor?

- Loaner cuff program
- Purchased by patient
- Purchased at wholesale through clinic

Measure patients' arm and select BP cuff size

- [Self-Measured Blood Pressure Cuff Selection | AMA \(ama-assn.org\)](https://www.ama-assn.org/)
- [Selecting a Cuff Size | Target:BP \(targetbp.org\)](https://www.targetbp.org/)

Which cuff should the patient buy?

- Cuffs on the [Validate BP](https://www.validatebp.org/) list have been validated for clinical accuracy
- Compare BP monitors [Home BP Monitor Comparison Chart \(nachc.org\)](https://www.nachc.org/)

LOANER CUFF PROGRAM

Determine number of home BP monitors to purchase	<ul style="list-style-type: none">• Small cuffs _____• Adult cuffs _____• Large cuffs _____• Extra-large cuffs _____
Determine how patients will receive their home BP monitor	<ul style="list-style-type: none"><input type="checkbox"/> Mailed to patient<input type="checkbox"/> During clinic visit<input type="checkbox"/> Quick stop by clinic
How long patient will keep monitors?	<ul style="list-style-type: none"><input type="checkbox"/> 1 week <input type="checkbox"/> 1 month <input type="checkbox"/> 4 months<input type="checkbox"/> 2 weeks <input type="checkbox"/> 2 months <input type="checkbox"/> 6 months
How will patients return the monitor?	<ul style="list-style-type: none"><input type="checkbox"/> At next visit<input type="checkbox"/> Mail it back<input type="checkbox"/> _____ <p>Resource:</p> <ul style="list-style-type: none">• SMBP Loaner Device Agreement Target:BP (targetbp.org)
How will you ensure patients return BP monitor?	<ul style="list-style-type: none"><input type="checkbox"/> Signed contract to pay for cuff if not returned<input type="checkbox"/> Follow up phone call<input type="checkbox"/> Leave message in MyChart<input type="checkbox"/> _____
Where will clean versus dirty BP monitors be stored?	Clean location: Dirty location:

How are BP monitors tracked, inventoried, cleaned, and calibrated?

Our protocol:

Resources:

- Tracking & Inventory
 - [SMBP Loaner Device Inventory Management | Target:BP \(targetbp.org\)](https://www.targetbp.org/SMBP-Loaner-Device-Inventory-Management)
- Cleaning
 - “Disinfect noncritical medical devices (e.g., blood pressure cuff) with an EPA-registered hospital disinfectant using the label’s safety precautions and use directions.”
 - “Ensure that, at a minimum, noncritical patient-care devices are disinfected when visibly soiled and on a regular basis (such as after use on each patient or once daily or once weekly).”
 - [Guideline for Disinfection and Sterilization in Healthcare Facilities, 2008 \(cdc.gov\)](https://www.cdc.gov/infectioncontrol/guidelines/disinfection/sterilization/healthcare-facilities-2008)
- Calibration
 - [SMBP Device Accuracy Test | Target:BP \(targetbp.org\)](https://www.targetbp.org/SMBP-Device-Accuracy-Test)

PATIENT EDUCATION

Provide training to patients on how to take blood pressure

- Infographics
 - [Blood Pressure Categories \(heart.org\)](https://www.heart.org/healthycaregivers/infographic/blood-pressure-categories)
 - [SMBP Infographic \(English\) \(ama-assn.org\)](https://www.ama-assn.org/smbp-infographic/english)
 - [SMBP Infographic \(Spanish\) \(ama-assn.org\)](https://www.ama-assn.org/smbp-infographic/spanish)
- Videos
 - English- [SMBP Training Video \(ama-assn.org\)](https://www.ama-assn.org/smbp-training-video/english)
 - Spanish- [SMBP Training Video- Spanish \(ama-assn.org\)](https://www.ama-assn.org/smbp-training-video/spanish)
 - English- [How to Use Your Home BP Monitor \(nachc.org\)](https://www.nachc.org/how-to-use-your-home-bp-monitor)
 - Spanish- [Como Usar Su Monitor de Presión Arterial \(nachc.org\)](https://www.nachc.org/como-usar-su-monitor-de-presion-arterial)
- Training Checklist
 - [SMBP Patient Training Checklist \(Virtual\) \(ama-assn.org\)](https://www.ama-assn.org/smbp-patient-training-checklist/virtual)
 - [SMBP Patient Training Checklist - Loaner Device | AMA \(ama-assn.org\)](https://www.ama-assn.org/smbp-patient-training-checklist-loaner-device)

PATIENT PERFORMS SMBP

<p>How often should patients take BP measurements?</p>	<ul style="list-style-type: none"> • Recommended monitoring <ul style="list-style-type: none"> ○ “7 days of monitoring; 3 days (12 readings) minimum.” ○ “Measurements should be taken twice daily (morning and evening) with at least two measurements taken each time.” ○ 7-step SMBP Quick Guide AMA (ama-assn.org)
<p>How will patients report BP measurements?</p>	<ul style="list-style-type: none"> • Written recording logs <ul style="list-style-type: none"> ○ English: SMBP Recording Log (ama-assn.org) ○ Spanish: SMBP Recording Log (ama-assn.org) ○ My Blood Pressure Log (heart.org) • Export measurements to Excel or PDF with BP Monitoring App <ul style="list-style-type: none"> ○ A&D Heart Track App Guide ○ OMRON Connect FAQ (omronhealthcare.com) ○ Withings Health Mate - Exporting data ○ Welch Allyn Home App • Secure messaging using patient portal • Report numbers over phone call

AVERAGE & INTERPRET BP RESULTS

<p>How do clinicians report SMBP results?</p>	<ul style="list-style-type: none"> • Take average of all SMBP measurements reported from patient <ul style="list-style-type: none"> ○ BP Average Calculator American Medical Association (ama-assn.org) • Document average for systolic and diastolic BP • 3 days (12 readings) are minimum for making clinical decisions from SMBP results
<p>Where will SMBP data be documented?</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Direct to EHR from Home BP Monitor <input type="checkbox"/> Manually document in EHR <input type="checkbox"/> Population Health Management system <input type="checkbox"/> Spreadsheet <input type="checkbox"/> Vendor Portal <input type="checkbox"/> Other

What treatment changes are recommended?

- Compare in-office BP average with SMBP average
 - [JNC-7 vs ACC/AHA BP Interpretation Table \(ama-assn.org\)](#)
- Different treatment for patients with and without hypertension diagnosis
 - [Interpreting SMBP Results with & without HTN diagnosis \(ama-assn.org\)](#)
- JNC-7 hypertension treatment guidelines
 - [JNC 7 Prevention, Detection, Evaluation, and Treatment of High Blood Pressure \(nih.gov\)](#)
 - [JNC 7 Physician Reference Card \(nih.gov\)](#)

FOLLOW-UP PLANS & INSURANCE REIMBURSEMENT

How often do clinicians want to review SMBP data?

- 3 months
- 6 months
- Yearly
- At follow-up appointments

What provider codes do I use for billing?

- **CPT 99473** “Staff time for self-measured blood pressure using a device validated for clinical accuracy; patient education/ training and device calibration.”
- **CPT 99474** “Self-measured blood pressure using a device validated for clinical accuracy; separate self-measurements of two readings one minute apart, twice daily over a 30-day period (minimum of 12 readings), collection of data reported by the patient and/or caregiver to the physician or other qualified health care professional, with report of average systolic and diastolic pressures and subsequent communication of a treatment plan to the patient.”
 - [Reimbursement Tips RPM-SMBP \(nachc.org\)](#)
 - [SMBP CPT® Coding \(ama-assn.org\)](#)