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| | Department <input checked="" type="checkbox"/> Nursing <input type="checkbox"/> Pharmacy <input checked="" type="checkbox"/> Physician <input checked="" type="checkbox"/> Receptionist <input type="checkbox"/> Administration <input type="checkbox"/> Finance <input type="checkbox"/> Laboratory <input type="checkbox"/> Social Services <input checked="" type="checkbox"/> Medical Records <input type="checkbox"/> _____ | Clinical | Policy #: Origination Date: |
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SUBJECT: Self-Monitoring Blood Pressure Procedure (SMBP)

POLICY: _____ has developed a policy to educate patients on how to self-monitor their blood pressure.

PROCEDURE:

_____ will use the CDC approved Self-Monitoring Blood Pressure Monitoring: Action for Clinicians as a blueprint for staff training on how to implement this Project.

1. Staff will educate and/or instruct patients on the following:
 - Educational materials and resources for SMBP
 - The importance of effectively controlling high blood pressure
 - The types of SMBP devices available and how to operate them
 - Proper positioning and technique
 - When to measure blood pressure (time of day/ frequency)
 - Who to contact when blood pressure is elevated
2. Each patient will be given a pre and post survey to assess current self-monitoring and the importance of SMBP
3. Monitors given will be 30-day loaners, patient must sign loaner agreement
4. Each patient must sign BP contract indicating willingness to self-measured
5. Each patient will receive instructions on how to return logs and receive average readings weekly

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SUBJECT: Medically Assisted Blood Pressure Monitoring

POLICY: _____ has developed a policy for medically assisted blood pressure monitoring without appointment or copay.

PROCEDURE:

1. Front desk staff will distribute Patient Evaluation (PE) form to patient upon walk- in for blood pressure check.
2. The patient will complete PE form to include name, date of birth, date of service, and reason for visit, and patient signature.
3. Patient Evaluation form is returned to Front Desk staff that will then generate a nurse encounter in the electronic health record.
4. Patient Evaluation form is then given to the nursing staff who will obtain patient's blood pressure.
5. The staff will follow established guidelines as listed below:
 - If blood pressure reading is within normal limits, the staff will educate the patient on the importance of keeping their regularly scheduled appointment.
 - If systolic blood pressure is 140 or higher or diastolic blood pressure is 90 or higher, provider will be notified for directions for care.