

Developing and Implementing a Self-Measured Blood Pressure (SMBP) Monitoring Program: A Pilot at Huron Clinic

CHRONIC DISEASE PARTNERS MEETING
MITCHELL, SOUTH DAKOTA
OCTOBER 16, 2019



**Quality Improvement
Organizations**

Sharing Knowledge. Improving Health Care.
CENTERS FOR MEDICARE & MEDICAID SERVICES

Great Plains



Quality Innovation Network



healthPOINT

at Dakota State University

DEDICATION. COMPASSION. COMMITMENT.

**HURON
CLINIC**
FOUNDATION, LTD.



SOUTH DAKOTA
DEPARTMENT OF **HEALTH**

1815 – Improving the Health of Americans through Prevention and Management of Diabetes and Heart Disease and Stroke

- Five year cooperative agreement between CDC and state health departments
 - Year 1: 09/30/2018 – 06/29/2019
 - Year 2: 06/30/2019 – 06/29/2020
 - Year 3: 06/30/2020 – 06/29/2021
 - Year 4: 06/30/2021 – 06/29/2022
 - Year 5: 06/30/2022 – 06/29/2023
- Category A and Category B
 - Category A: Diabetes Management and Type 2 Diabetes Prevention
 - Category B: Cardiovascular Disease Prevention and Management

1815 Strategies

- B.2 Promote the adoption of evidence-based measurement at the provider level (e.g., use dashboard measures to monitor healthcare disparities and implement activities to eliminate healthcare disparities)
- B.3 Support engagement of non-physician team members (e.g., nurses, nurse practitioners, pharmacists, nutritionists, physical therapists, social workers) in hypertension and cholesterol management in clinical settings
- B.4 Promote the adoption of MTM (medication therapy management) between pharmacists and physicians for the purpose of managing high blood pressure, high blood cholesterol, and lifestyle modification
- B.5 Develop a statewide infrastructure to promote sustainability for CHWs to promote management of hypertension and high blood cholesterol
- B.6 Facilitate use of self-measured blood pressure monitoring (SMBP) with clinical support among adults with hypertension
- B.7 Implement systems to facilitate systematic referral of adults with hypertension and/or high blood cholesterol to community programs/resources

Initial Funding Opportunity

- Recipients received:
 - Technical assistance from HealthPOINT, QIN, and DOH
 - Additional partners available as needed
 - Blood pressure cuffs
 - Some funding
- Requirements for award:
 - Monthly updates
 - Quarterly progress reporting
 - Performance measure submission
 - Site visits as needed

CURRENT FUNDING OPPORTUNITY

<https://goodandhealthysd.org/about/fundingopportunities/>

Implementing and Expanding Self-Measured Blood Pressure Monitoring in South Dakota

Grant Objective: Facility could utilize [Target: BP](#), [Check. Change. Control](#), or [Million Hearts SMBP](#) programs and guidance to implement a self-measured blood pressure monitoring (SMBP) program within their practice, add additional patients to current SMBP program, or expand to additional providers or sites.*

RFA Release: September 20, 2019

RFA Due Date: Application review and award is ongoing until all funding is awarded

Selection: An estimate of up to 6 facilities will be funded

Project Period: Project period lasts one calendar year, beginning one month after award

Anticipated Award Amount: \$5,000 per facility (up to \$30,000 total)

Primary Contact: Rachel Sehr, Heart Disease and Stroke Prevention Coordinator

Primary Contact Email: Rachel.Sehr@state.sd.us

Application Procedure: Applications are due via electronic submission to Rachel.Sehr@state.sd.us.

**All awarded initiatives would be developed and implemented with assistance from the 1815 team. 1815 team consists of experts from HealthPOINT, the Great Plains Quality Innovation Network, and SD Department of Health who have extensive knowledge and experience related to 1. electronic health records, 2. data, workflow, process analysis, 3. strategic plan development and implementation, 4. PDSA cycles, 5. policy and protocol development. Additional partners may be utilized as needed. All team members are available to awarded facilities as a resource for accepted grant activities at no charge to the awardee.*

[View the Full Instructions and Application](#)

Implementing and Expanding Self-Measured Blood Pressure Monitoring in South Dakota

Grant Objective: Healthcare facilities can utilize [Target: BP](#), [Check. Change. Control](#), or [Million Hearts SMBP](#) programs and guidance to:

- implement a self-measured blood pressure monitoring (SMBP) program within their practice,
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- or expand to additional providers or sites.*

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<https://healthysd.gov/fundingopportunities/>

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<https://doh.sd.gov/diseases/chronic/heartdisease/>

- 4 States (KS, ND, NE, SD), One Vision: Make health in our region the best in the nation
- CMS Contractor to provide technical assistance to Medicare Providers on Medicare priority areas of focus:
 - Cardiovascular Disease
 - Self Management Blood Pressure Program
- Providing project management, plan, resources, expert guidance, technology integration expertise, data analysis

Great Plains Quality Innovation Network (GPQIN)



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AMA and John Hopkins Resource



ENGAGING PATIENTS IN
SELF-MEASUREMENT



STEP BY STEP GUIDE TO
IMPLEMENT THE
PROGRAM



AUDIENCE IDENTIFIED FOR
EACH STEP



RESOURCES AND TOOLS

Topic	Practice Staff	Patient	Loaner Monitor	Pt owned Monitor
Measuring accurately: Self-measured blood pressure monitoring	X		X	X
Clinical competency: Patient self-measured blood pressure at home	X		X	X
Measure accurately: A guide for blood pressure measurement	X		X	X
How to check a home blood pressure monitor for accuracy	X		X	X
Patient selection criteria for a blood pressure monitor loaner program	X		X	
Patient enrollment process for a blood pressure device loaner program	X		X	
Patient participation and blood pressure device loaner agreement	X		X	
Diagnosis, communication, documentation and management	X		X	X
Recommended infection prevention process for blood pressure monitors loaned to patients	X		X	
BP monitor loaner log	X		X	
High blood pressure (hypertension) overview		X	X	X
Self-measured blood pressure at home		X	X	X
Self-measured blood pressure technique: How to take your own blood pressure		X	X	X
Self-measured blood pressure monitoring at home – flow sheet		X	X	X
Self-measured blood pressure patient log (wallet card)		X	X	X

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SELF MEASURED BLOOD PRESSURE MONITORING PROGRAM

- Beginning in February of 2019, we began our Quality Improvement program on reducing blood pressures to the NQF 0018 standard of 140/90 mmHg.
- This has been a collaboration of people and groups to establish the program, I would like to give a big thank you to Rachel Sehr, Kevin Atkins, and Holly Arends who have worked through the process with us and been supportive in every way.
- We were fortunate to receive self measuring B/P machines from SD Dept of Health in medium and large cuffs.
- Providers determine which hypertensive patients eligible for a blood pressure machine to take home for 2 week intervals with extension if needed. Blood pressure to be taken twice daily and recorded.
- Created a check out log for machines and blood pressure flow sheet along with instructions on how to take blood pressure to send home with patients.
 - <https://www.ama-assn.org/delivering-care/hypertension/ama-johns-hopkins-blood-pressure-control-resources>

Goals

- Discussion with our providers to use 140/90 mmHg as the goal for our patients, understanding American Heart Association is moving towards 130/80 mmHg.
 - Our providers felt strongly that goal number was too low, especially for elderly patients and those at an increased risk for fall.
- Reduce the number of “white coat HTN” patients to improve numbers by giving them time to relax prior to blood pressure measurement, or take a second reading after they have been sitting for 10 minutes.
- Get all providers as a group to 80% goal at <140/90 mmHg.

Controlling High Blood Pressure Utilizing Self-Measured Blood Pressure Monitors

- Huron Clinic providers began our program in February of 2019 with 60% of our patients meeting the <140/90 mmHg goal.
- Provided nursing staff with review of blood pressure monitoring protocol and discussion with providers at medical staff meeting.
- Reviewed the blood pressure results of our patients who have returned the BP monitors with respective providers.
- Currently, as of October, 2019, we are at goal and sustained at 82% satisfied in this measure.

Community Involvement

- Partnering with Dakota Provisions in Huron to bring awareness to the employees of the largest employer in Huron.
- There is a large language barrier as >50% of employees speak Karen or Spanish.
- Huron Clinic sends 2 nursing staff and interpreters for both Karen and Spanish along with our Project Manager, Betty, once a month to provide information about hypertension and offer free blood pressure screenings.
- At this blood pressure drive, not only will our staff be assisting with BP's but, also taking machines with us to show people how to take their own blood pressure.
- This is an ongoing monthly event and the employer is very satisfied with us providing this service.

Statistics: Year to Date

- Total number of participants: 65
- Total number of patients who completed the monitoring and reporting: 53
- Total number of patients that were classified as “white coat”: 36
- Total number of patients with changes to medications: 17
- Total number of monitors “out to patients”: 12
- All monitors are initially sent for 2 week periods with provider follow-up at that time.

Holly Arends
Program Manager

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