

Implementing a Self-Measured Blood Pressure (SMBP) Monitoring Program at Faulkton Area Medical Center

Summary

Heart Disease remains the leading cause of death worldwide. A concern even small, rural areas in South Dakota cannot escape. To combat high blood pressure within their community, a leading cause of cardiovascular related disease, Faulkton Area Medical Center implemented a self-measured blood pressure (SMBP) monitoring program in March 2021. Following the American Heart Association and American Medical Association's Target:BP program, Faulkton's team works with their providers to identify patients who would benefit from additional blood pressure monitoring. Participants are identified through information gathered during clinic visits and/or obtained from their medical records. Individuals meeting program criteria are sent home with a loaner blood pressure cuff or offered a time to bring their home machine to be checked for accuracy. Participants then monitor their blood pressure twice a day for two weeks and return for a follow-up appointment with their provider afterward. At that appointment, participants review the readings with their provider and determine their next steps. If their blood pressure remains elevated at home, participants continue monitoring twice a day while adjusting their medications and/or implementing lifestyle changes. If they are found to either not have hypertension or their hypertension is under control outside the clinic setting, known as white coat hypertension, they continue with their existing treatment plan and return the loaner cuff for use by the next participant.

Challenge

Overall, Faulkton's program implementation was relatively smooth and encountered very few challenges. A few weeks after the program's start, a workflow adjustment was needed and an order was created so the billing department was aware when patients were coming in for a nurse visit to validate their home device. Otherwise, the team continues to learn how this program best works for their facility and will make additional adjustments as needed.

Successes

Between March 1, 2021 and June 30, 2021, Faulkton enrolled 28 participants in SMBP. Of those, 21 completed the program, with 12 needing medication changes and/or other interventions. Nine were identified as having controlled blood pressure outside the clinical setting, requiring no changes to their treatment plan.

Evidence-Based Interventions

Faulkton implemented the evidence-based intervention: Facilitating the use of self-measured blood pressure monitoring with clinical support among adults with hypertension.

Next Steps

Faulkton Area Medical Center plans to provide blood pressure machines to hospital patients upon discharge to monitor their blood pressure at home until their follow-up appointments in addition to enrolling their clinic participants. Through CDC's 1815 cooperative agreement, Faulkton will receive continued funding from the Heart Disease and Stroke Prevention Program (HDSPP) to expand its SMBP program throughout the 2021-2022 project period.

Get Involved

For additional information on this project or to learn more about HDSPP funding opportunities, contact Rachel Sehr, Heart Disease and Stroke Prevention Coordinator at Rachel.Sehr@state.sd.us or 605-367-5356.

Contact:

Rachel Sehr,

Heart Disease and Stroke Prevention Coordinator

Rachel.Sehr@state.sd.us or 605-367-5356



S O U T H D A K O T A