

**Madison Regional Health System's self measured blood pressure monitoring program addresses a common, dangerous health issue that can lead to life altering concerns.**

**Summary**

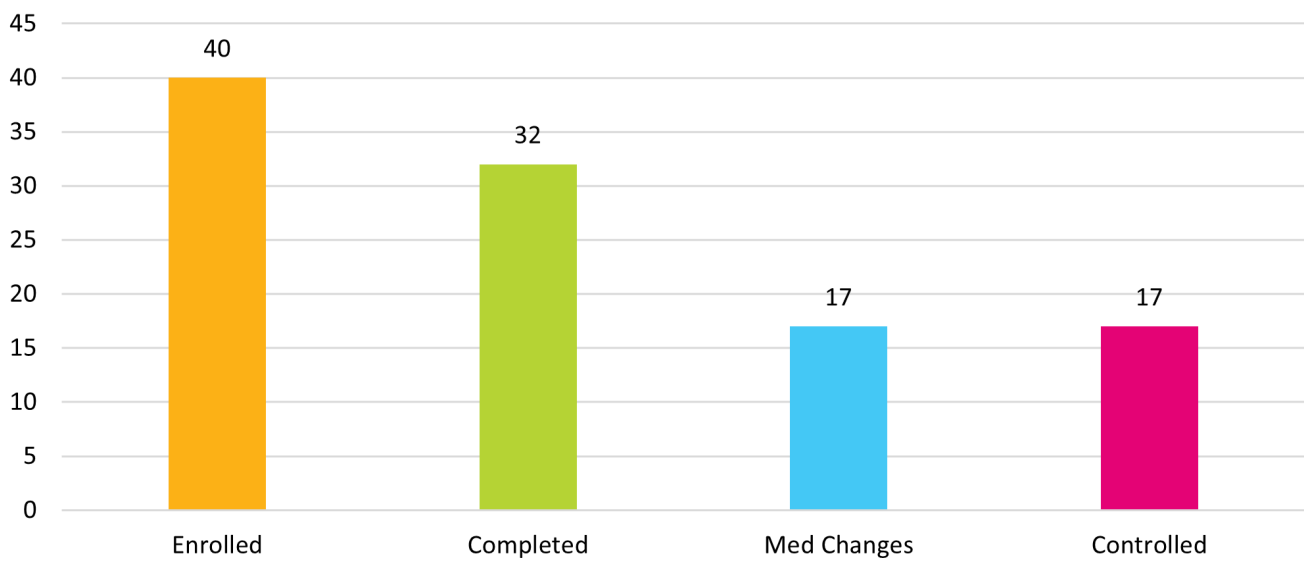
Most people recognize hypertension and are aware of why it should be a concern, however, it is a common diagnosis in many communities that can go easily unnoticed and untreated because of its silent nature. Unfortunately, when untreated, hypertension can lead to chronic disease and ongoing health problems.

Using the American Heart Association (Target:BP) and American Medical Association model and materials as a guide, Madison Regional Health System (MRHS) decided to offer a self-measured blood pressure (SMBP) monitoring program to provide patients with additional tools and easy access to address their blood pressure needs. At MRHS, individuals who would benefit from participating in SMBP are recommended to the SMBP program.

**Results**

The SMBP program offered at MRHS has been well received by the facility, both by its staff and patrons, becoming well known throughout the community with members seeking it out. Since implementing the program on January 1, 2022, 40 participants have enrolled with 32 completing the program by the end of the project period (June 28, 2022). Out of those, 17 individuals required medication changes to reach their goal blood pressure and 17 others were considered controlled, meaning they had an average blood pressure less than 140/90 mm Hg and no further intervention was required.

**Madison Regional Health SMBP Program**



## Future Decisions

Short term goals include utilizing the resources provided, being effective with staff time and providing high quality education to participants.

Long term goals include integrating the program as part of MRHS's every day practice, working towards sustainability within the organization.

## Lessons Learned

Establishing a budget proved to be a learning experience. It was challenging to determine the appropriate amount of supplies needed and staff time for the implementation and delivery of the program to be successful.

Recommendations for other communities working towards offering the SMBP program would be to provide adequate educational information to your providers. The support from providers and staff at MRHS has been monumental in the overall success of the program.

## Next Steps

Madison Regional Health System's SMBP program is operating off funding received from the South Dakota Department of Health Heart Disease and Stroke Prevention Program (HDSPP). As MRHS navigates through the second chapter in the program, they will start addressing long-term sustainability.

## 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](mailto:Rachel.Sehr@state.sd.us) or 605-367-5356.

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