

1. Provide background on what SMBP is and why it's important

- Explain SMBP
- Inform the patient of the positive benefits of SMBP
- Share educational SMBP resources

2. Assist the patient with using a device

- Ensure the loaner device or the patient's personal device has the correct cuff size.
- Show the patient how to position the cuff correctly on their upper arm against bare skin.
- Refer to the manufacturer's user manual for instruction on placement of the tubing.
- Show the patient how to turn on the device and begin measurement.
- When the cuff completes the deflating process and a reading is displayed, explain to the patient which numbers represent the systolic and diastolic blood pressure.

3. Help the patient prepare to measure blood pressure

- Tell the patient to use the bathroom if needed.
- Have the patient rest and sit in a chair for five minutes before starting.
- Let the patient know not to talk, use the phone, text, email, or watch TV during the measurement. Explain that no one else should talk either.
- Ask the patient to measure their blood pressure prior to taking their medication in the morning and evening.
- Remind the patient to leave at least 30 minutes after eating before measuring blood pressure.
- If the patient smokes, ask them not to smoke within 30 minutes of measuring blood pressure.

4. Guide the patient to correct posture for taking blood pressure measurements

- Teach the patient proper positioning:
- Seated in a chair with back supported.
- Legs should be uncrossed.
- Feet flat on the ground or supported by a footstool.
- Arm supported (suggest pillows if patient doesn't have a table high enough) with the blood pressure cuff on bare upper arm and positioned so that the cuff is at heart level.

5. Let the patient know how often to measure

- Instruct the patient to take two readings one minute apart, once in the morning and once in the evening.
- The patient should not remove the cuff between the two readings that are 1 minute apart.

6. Show the patient how to document blood pressure data

- Use the printed log (either average or 2 reading version depending on device used) to show the patient how to document their blood pressure readings.
- If the device has memory capability, show the patient how to retrieve the readings, including averages if calculated.

7. Prepare the patient for dealing with errors or problems

- If an error reading occurs on the device, show the patient how to start over.
- Provide the patient with instructions on what to do (including a number to call if possible) if readings show an abnormal blood pressure.

8. Ensure the patient understands how to correctly measure blood pressure

- Ask the patient to “teach back” what he or she has learned and correct any mistakes
- Provide a second demonstration if needed
- Offer printed reminders or tips to help the patient remember what to do at home

European Society of Hypertension Practice Guidelines for home blood pressure monitoring
Journal of Human Hypertension (2010) 24, 779–785

Pickering. et al. Recommendations for Blood Pressure Measurement in Humans and Experimental
Animals Part 1: Blood Pressure Measurement in Humans. *Circulation*. 2005;111: 697-716.

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13 No. 3 51