

## 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.

Handler J. The importance of accurate blood pressure measurement. *The Permanente Journal*/Summer 2009/Volume 13 No. 3 51