

Self-Measured Blood Pressure Monitoring (SMBP) Resources

The National Hypertension Control Roundtable (NHCR) is a coalition of public, private, and nonprofit organizations dedicated to eliminating disparities in hypertension control through dialogue, partnership, evidence, and innovation. The NHCR prioritizes supporting people in controlling their blood pressure wherever they live, learn, work, play, and pray; and equitably advancing patient care to increase hypertension control. For more information, please visit our website, <http://www.hypertensioncontrol.org>.

Million Hearts[®] SMBP Forum

Million Hearts[®] SMBP Forum

<https://nachc.atlassian.net/wiki/spaces/SMBP/overview>

A website used to share information about the Million Hearts[®] SMBP Forum, access past SMBP Forum meeting recordings and materials, and facilitate the exchange of SMBP resources.

Million Hearts[®] SMBP Forum Registration

http://bit.ly/SMBP_Registration

Featured Resource

Million Hearts[®] Hypertension Control Change Package (Second Edition)

https://millionhearts.hhs.gov/files/HTN_Change_Package.pdf#page=16

A curated list of valuable SMBP-related tools and resources from numerous federal and national partners related to assigning care team roles, helping patients choose a monitor, developing a loaner program, training patients, figuring out how to handle patient-generated readings, and providing patient educational supports.

Featured Webpages

Million Hearts® Self-Measured Blood Pressure Monitoring

<http://millionhearts.hhs.gov/tools-protocols/smbp.html>

A webpage that features SMBP plus clinical support tools, references and resources, and success stories. (This web content is available for syndication at

<https://tools.cdc.gov/medialibrary/index.aspx#/media/id/280741>)

National Association of Community Health Centers (NACHC) Self-Measured Blood Pressure Monitoring (SMBP)

<https://www.nachc.org/clinical-matters/nachc-million-hearts-initiative/#selfmeasured>

NACHC's collection of articles, educational resources, and tools to accelerate the adoption of SMBP as a national standard of care.

Community Guide Task Force Recommendations (we commission the Comm Guide to conduct these evidence reviews for CVD strategies)

[Hypertension: Self-Measured Blood Pressure | The Community Guide](#)

[Hypertension: Self-Measured Blood Pressure Plus | The Community Guide](#)

[HDSP: Digital Interventions for Blood Pressure | The Community Guide](#)

Implementation Tools

Hypertension Management Program (HMP) Toolkit

<https://www.cdc.gov/dhdsp/pubs/toolkits/hmp-toolkit/index.htm>

The Hypertension Management Program (HMP) toolkit is an online interactive training for a team-based, patient-centered, integrated care model. The goal of the HMP is to improve the quality of patient care and decrease the number of patients with uncontrolled hypertension to improve each patient's overall health and wellbeing.

National Association of Community Health Centers (NACHC) SMBP Implementation Toolkit

https://www.nachc.org/wp-content/uploads/2020/12/SMBP-Toolkit_FINAL.pdf

A 10-page toolkit, updated in September of 2022 to include information about health IT solutions, to help organizations implement SMBP successfully into their care processes and workflows.

American Medical Association (AMA) 7-Step SMBP Quick Guide

<https://www.ama-assn.org/system/files/2020-06/7-step-smbp-quick-guide.pdf> (guide)

<https://www.ama-assn.org/smbp-guide> (guide webpage)

AMA's webpage featuring 7 key steps for physician and care teams can take to us SMBP with adult patients with high blood pressure. This tool includes links to supporting tools.

Target: BP™ SMBP Quick Start Guide

https://targetbp.org/tools_downloads/smbp-quick-start-guide/

A step-by-step guide care teams can use to quickly access information about SMBP and the tools and resources available to help make impactful change.

Featured Action Guides

Million Hearts® Self-Measured Blood Pressure Monitoring: Action Steps for Clinicians

http://millionhearts.hhs.gov/files/MH_SMBP_Clinicians.pdf

A guide to facilitate the implementation of SMBP plus clinical support in preparing care teams to support SMBP, selecting and incorporating clinical support systems, empowering patients, and encouraging health insurance coverage for SMBP plus additional clinical support.

Million Hearts® Self-Measured Blood Pressure Monitoring: Action Steps for Public Health Practitioners

https://millionhearts.hhs.gov/files/MH_SMBP.pdf

A guide that outlines action steps that public health practitioners can take to scale and spread SMBP plus clinical support in the jurisdictions they serve.

Best Practices for Cardiovascular Disease Prevention Programs

<https://www.cdc.gov/dhdsp/pubs/guides/best-practices/index.htm>

The Best Practices Guide for CVD Prevention describes and summarizes scientific evidence behind 8 effective strategies for lowering high blood pressure and cholesterol levels that can be implemented in health care systems and that involve community-clinical links. The guide is a resource for state and local health departments, decision makers, public health professionals, and other stakeholders interested in using proven strategies to improve cardiovascular health.

Provider Webinars

Effectiveness and Economic Evidence of Self-Measured Blood Pressure Monitoring Interventions

<https://www.cdc.gov/dhdsp/pubs/docs/CB-Sept2019-508.pdf>

Slides from a CDC webinar highlighting the results from the Community Preventive Services Task Force two systematic reviews on the health impact and cost-effectiveness of SMBP and preliminary results around the cost of implementing SMBP.

Target: BP™ A Look at Self-Measured Blood Pressure

https://targetbp.org/tools_downloads/a-look-at-self-measured-blood-pressure/

A brief webinar that provides an overview of SMBP for healthcare professionals.

National Hypertension Control Initiative (NHCI) Community Health Center Hub

<https://www.heart.org/en/national-hypertension-control-initiative/community-health-center-hub>

A website with past webinar recordings, training tools, and other resources for Health Resources and Services Administration (HRSA) funded community health centers participating in the NHCI.

Center for Care Innovations Webinar: What's New in Self-Measured Blood Pressure Monitoring

<https://www.careinnovations.org/resources/webinar-whats-new-in-self-monitored-blood-pressure-monitoring/>

A July 2020 webinar featuring presenters from AMA speaking about the steps for SMBP use, the 2020 CPT® codes to support SMBP use, and changes to blood pressure quality measures.

Million Hearts® SMBP Forum: SMBP For Pregnant and Post-Partum Women

<https://www.youtube.com/watch?v=o1v7QTERIXQ>

A recording of the June 2020 SMBP Forum featuring an introduction from the Director of CDC's Division for Reproductive Health and brief presentations by subject matter experts.

Patient Training Videos

National Association of Community Health Centers (NACHC): How to Use Your Home BP Monitor

<https://www.youtube.com/watch?v=0tGyRJxbYpQ> (English)

<https://www.youtube.com/watch?v=AQLDGAwQvzE> (Spanish)

A brief video explaining the value of SMBP to patients and the key steps they should follow to take an accurate blood pressure measurement outside of the clinical office.

Target: BP™ SMBP Training Video

<https://targetbp.org/blood-pressure-improvement-program/patient-measured-bp/implementing/smbp-training-patients/self-measured-blood-pressure-video-no-cc/> (English)

<https://targetbp.org/blood-pressure-improvement-program/patient-measured-bp/implementing/smbp-training-patients/self-measured-blood-pressure-video-spanish/> (Spanish)

A brief video that defines SMBP, explains its value in treating hypertension, and provides detailed information and guidance on how to measure blood pressure outside of the clinical setting.

Release the Pressure Campaign SMBP Training Video (English)

<https://www.youtube.com/watch?v=AloXWcOVn6A>

A “Real Talk” consumer-facing video that stresses the value of self-measured blood pressure measurement, especially for Black women, and how to take an accurate blood pressure measurement.

Resources to Find a Home Blood Pressure Monitor

US Blood Pressure Validated Device Listing (VDL™)

<https://www.validatebp.org/>

This site provides the latest, validated device listing (VDL) for blood pressure monitors based on the American Medical Association's (AMA) established criteria to validate clinical accuracy.

Choosing A Home Blood Pressure Monitor For Your Practice At-A-Glance Comparison

https://www.nachc.org/wp-content/uploads/2021/05/Choosing-a-Home-BP-Monitor_At-a-Glance-Comparison.pdf

A two-page document that provides a high-level overview of select home blood pressure monitor devices to assist organizations in selecting a home blood pressure monitor device for purchase. Information is current as of 12/01/2021.

National Association of Community Health Centers (NACHC) Buying Home Blood Pressure Monitors to Support SMBP: How to Get Started

<https://www.youtube.com/watch?v=JPGt91aYbSY>

A webinar to inform decisions about the purchase of home blood pressure monitors.

American Medical Association (AMA) SMBP cuff selection

<https://www.ama-assn.org/system/files/2020-05/smbp-cuff-selection.pdf>

One-page instructions on how to find the appropriate upper arm cuff size.

Target: BP™ Purchasing Devices

<https://targetbp.org/blood-pressure-improvement-program/patient-measured-bp/implementing/smbp-device-loaner-program/>

Lists recommended device features for ensuring the most accurate blood pressure measurement.

Health Information Technology Resources

Public Health Informatics Institute: Health IT Checklist for Blood Pressure Telemonitoring Software

https://phii.org/wp-content/uploads/2022/09/SMBP_HealthITChecklist_09.22.pdf

This checklist offers providers a way to quickly see what products meet their needs and highlights the specifications developers should integrate into their products to better align with provider needs. (See **National Association of Community Health Centers (NACHC) SMBP Implementation Toolkit** for supplementary content on health IT solutions).

Self-Measured Blood Pressure Monitoring: Key Findings from a National Hypertension Information Technology Landscape Analysis

https://phii.org/wp-content/uploads/2021/09/PHII-Report-on-SMBP_FINAL.pdf

A national assessment of the health information technology and health informatics landscape supporting SMBP with case studies and recommendations to advance the collection, transfer, and use of patient-generated health data.

Billing and Reimbursement Resources

American Medical Association (AMA) SMBP CPT® coding

<https://www.ama-assn.org/system/files/2020-06/smbp-cpt-coding.pdf>

A 4-page description of CPT® codes that may be used to bill for SMBP services.

National Association of Community Health Centers (NACHC) Reimbursement Tips: Community Health Center Requirements for Remote Physiological Monitoring (RPM) & Self-Measured Blood Pressure (SMBP) (Revised version in development)

https://www.nachc.org/wp-content/uploads/2021/09/Payment-Reimb.Tips_RPM-SMBP_FINAL-September-2021.pdf

A description of billing codes and the requirements for their use for community health centers.

Target: BP™ Evolving SMBP Programs: Technology, Operations, & Sustainability

https://targetbp.org/tools_downloads/evolving-smbp-programs-technology-operations-sustainability/

A recording and slides from a webinar that provide navigational guidance regarding the technological, operational, and sustainability components of SMBP.

Select Case Studies

National Association of Community Health Centers (NACHC): Self-measurement: How patients and care teams are bringing blood pressure to control

<https://www.youtube.com/watch?v=XGO-I59UMDg> (full video)

<https://youtu.be/VNQQ8ranUZo> (D'Angelo's Story)

<https://youtu.be/malq4KnCESY> (Natalia's Story)

This video describes the experience of three community health centers in providing SMBP and the stories of their patients who used SMBP to improve their health.

Other SMBP Resources

Science In Brief: Home and Online Management and Evaluation of Blood Pressure (HOME BP) Using a Digital Intervention in Poorly Controlled Hypertension: Randomized Controlled Trial

https://www.cdc.gov/dhdsp/pubs/docs/SIB_July2021-508.pdf

AMA Self-measured Blood Pressure: Seven-day Recording Log

<https://www.ama-assn.org/system/files/2019-01/smbp-recording-log.pdf>

An online file available to download and print for patients to manually enter their blood pressure readings if their home blood pressure monitor does not have the ability to store readings.

AMA BP Average Calculator

<https://www.ama-assn.org/node/27271>

An online tool to quickly calculate a patient's average systolic and diastolic blood pressure.

Target: BP™ How to Accurately Measure Blood Pressure [infographic]

https://targetbp.org/tools_downloads/how-to-accurately-measure-blood-pressure-2/

This one-page infographic for patients outlines steps to perform SMBP monitoring correctly. It includes information on preparation, positioning, and measurement techniques.

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