**Self-measured blood pressure**

**Pre-assessment**

Instructions: Check all of boxes that apply to your practice.

**What is included in your office workflow for self-measured blood pressure (SMBP)?**

- Identify patients who would benefit from performing SMBP to:
  - Diagnose hypertension
  - Rule out white coat or masked hypertension
  - Improve patient adherence to treatment
  - Increase patient self-management

- Train staff on correct use of SMBP techniques (competency)

- Train patients how to correctly self-measure their blood pressure
  - Correct positioning
  - Correct cuff size selection for arm size
  - Use of clinically validated devices for upper arm
  - How to record SMBP measurements

- Recommend automated upper-arm SMBP devices
  - Recommended SMBP devices validated for clinical accuracy

- Receive SMBP data from patients

- Average and interpret SMBP results

- Act upon SMBP results when indicated

- Loan clinically validated SMBP devices to patients who need them

- Test accuracy of (calibrate) patient’s SMBP device

- Ensure patient’s SMBP device fits properly