



Friday Focus 4 Health

A diverse and collaborative learning experience
designed to improve patient outcomes



Blood Pressure Control

Fridays | 12:30 - 1:00 pm CT

February 3, 10, 17, 24

One topic. 4 weeks. 30 minutes. YOUR pace.

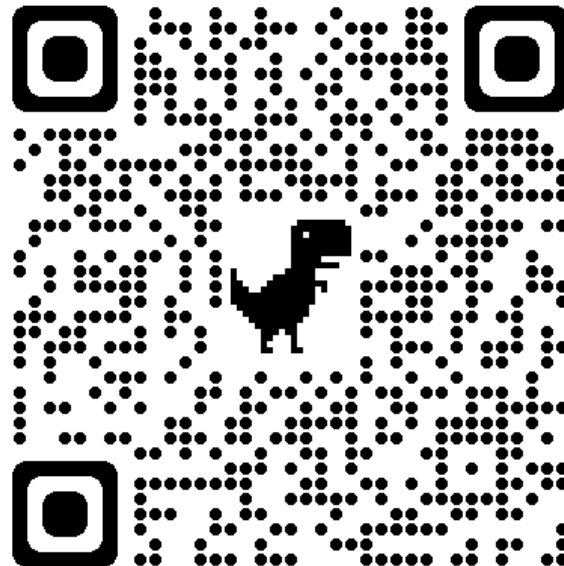


We Would Love Your Feedback



Scan the QR code to let us know how we did
OR...

Access the link (via chat) to complete the evaluation



Apply Age-Friendly Principles



Examples of Age-Friendly Considerations High Blood Pressure

What Matters

-Ask! BP goals, care preferences, current symptoms, desire for treatment, interest in lifestyle changes

Medications

-Avoid high risk medications, affordability, frequency of med to fit lifestyle,

Mentation

-Ability to understand/follow treatment recommendations, to use a home BP monitor,

Mobility

-Ability/dexterity to open pill bottles, exercise, perform ADLs

Align care to What Matters most!



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Graphic: Yes and guidance at: ihf.org/4Ms

Taking a BP accurately



[Taking a BP accurately - video](#)



Self-Measured Blood Pressure Monitoring (SMBP) Implementation



TARGET:BP™



[TARGET:BP SELF-MEASURED BLOOD PRESSURE QUICK START GUIDE](#)

CONSISTS OF 5 STEPS TO GET STARTED AND IMPLEMENT SMBP IN YOUR ORGANIZATION.

Step 1



- **Assess how your health care organization currently uses/or wants to use SMBP.**
- Use the **SMBP Pre-assessment tool** to help establish a baseline.

Step 2



Build your health care organization's knowledge in SMBP

- Review ['A Look at SMBP'](#) for an overview and an introduction to the Patient-Measured BP section of the Target: BP website.
- Review our [library of on-demand webinars](#) for additional offerings. CME/CE options are available.
- Review this [CPT code one-pager](#)

Step 3



Consider developing an SMBP loaner device program. *(optional)*



- SMBP Loaner
- Device Agreement*



- Device Inventory
- Management

Step 4



Provide care teams with resources to check SMBP device accuracy for patients, train patients on proper SMBP techniques and average SMBP measurements for provider interpretation.



[Device Accuracy Test](#)



[Patient Training Checklist](#)



[Patient Training Checklist for Loaner Devices \(optional\)](#)



[SMBP Average Calculator](#)

Step 5



Set your patients up for success with resources to educate them on how to properly perform SMBP monitoring and record SMBP measurements.



[What is SMBP?](#)



[SMBP Training Video*](#)



[SMBP Infographic*](#)



[SMBP Recording Log](#)

Resources



- [Blood Pressure Training Video](#)
- [SMBP Quick Start Guide](#)
- [Self-Measured Blood Pressure Monitoring \(SMBP\) Implementation Toolkit](#)
- [Collaborative Care Models for Improving Hypertension Control SMBP Monitoring Video](#)

Leave in Action



Great Plains QIN Quality Improvement Project Guide and Tools

- Build team
- Collect/Analyze Data
- Define Problem (after looking at your data)


Office Hours

Questions & Open Discussion



Key Take-Aways of Blood Pressure Control



- 140/90 mm HG  130/80 mm Hg
- BP screening at each outpatient encounter
- Identify what BP guideline is being used at your facility
- Hypertension and Complication Prevention
Million Hearts Change Package

Key Take-Aways of Blood Pressure Control



- Identify disparities in blood pressure diagnosis and control
- Engage, activate and empowering the individual
- Target: BP – Measure | Act Rapidly | Partner
- Target: BP – Self-Measured Blood Pressure Quick Start Guide
- Implement SMBP in your organization

Poll



In your community, besides your provider, where can you get your BP taken?



Poll



What is one thing you could focus on to improve BP control in your organization?



March Friday Focus 4 Health: Register Today



Strategies for Opioid Misuse | 12:00 – 12:30 pm CT

Clostridium Difficile Infections (CDI) | 12:30 – 1:00 p.m. CT

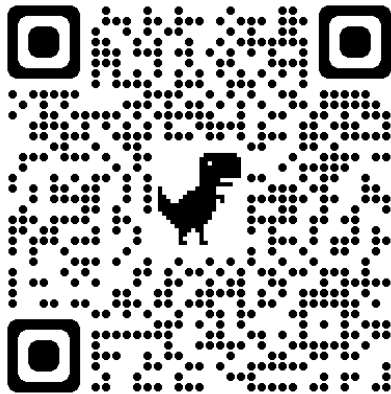
Register for the March Series:

<https://gpqin.wufoo.com/forms/friday-focus-4-health-march-2023/>

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Thank You For Joining | Share Your Feedback



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complete the evaluation

Join the conversation! Join our Community Coalition Listserv:

<https://gaggle.email/join/communitycoalition@groups.greatplainsqin.org>

