

JASPER NEWTON COUNTY PUBLIC HEALTH DISTRICT
PRIMARY HEALTH CARE PROGRAM

HOME BLOOD PRESSURE MONITORING

PURPOSE:

To improve blood pressure control among patients through home blood pressure monitoring in collaboration with the DSHS Self-Measured Blood Pressure monitoring project. After chart review, up to 100 patient who are currently enrolled and participating in the Primary Health Care (PHC) program and have been found to have elevated blood pressure readings have been selected appropriate to receive a home blood pressure monitor, to be educated on its use either by a community health worker (CHW) and/or the PHC staff.

POLICY:

The JNCPHD PHC program will participate in the home blood pressure monitoring program by identifying patients with uncontrolled blood pressure, 50 patients have been identified as candidates for home blood pressure monitoring because they were found to have blood pressure readings consistent with the blood pressure category of Stage I Hypertension with a systolic BP 140 – 159 or diastolic BP of 90-99. The selected patients will be notified, scheduled for an interview appointment and educated on the use and maintenance of the home blood pressure monitor. The patient will submit to the PHC program weekly recorded blood pressure reading which will be entered into the electronic medical record and reviewed by the nurse and reported to the medical director or nurse practitioner when out of range.

Out of range BP readings are determined based on the JNCPHD Standing Delegation Orders for Elevated Blood Pressure:

APPLICABILITY:

This policy/procedure is applicable to all JNCPHD PHC clinics.

PROCEDURE:

1. The Hypertension Grant Program Staff will:
 - a. Contact and notify each of the clients on the list of their selection in the Home Blood Pressure Monitoring program
 - b. Distribute the home blood pressure monitors to participating clients
 - c. Distribute the Texas DSHS "Understanding Blood Pressure" Guide available in English and Spanish and the "My Blood Pressure Passport" booklets
2. Staff will use the "Understanding Blood Pressure Guide" to
 - a. Check the monitor for accuracy
 - b. Educate on the use of the monitor including cleaning and maintenance
 - c. Instruct the patient on the proper technique for taking the BP using the provided home monitor
 - d. Demonstrate documentation of the BP readings as recommended

3. The Medical Records Clerk will
 - a. Receive any blood pressure readings via patient/clinic/provider/or fax and scan into the appropriate electronic record
 - b. Transmit to the nurse if the BP readings are delivered by the client directly to medical records or received by fax
4. The nurse will:
 - a. Review the documented BP readings and determine if within range or out of range using the JNCPHD BP SDO
 - b. If the readings are in range, will sign and acknowledge the BP readings as documented scanned in the EMR
 - c. If the readings are out of range, call the patient and review symptoms of chest pain, SOB, nosebleeds, severe anxiety, numbness/weakness, changes in vision and alert the attending provider of findings for further orders
5. The Medical Director/CNS will
Review the BP readings documented in the EMR at the time of the scheduled visit

REPORTING PROCEDURE:

1. Hypertension Grant Program Staff Will:
Follow-up with the participating clients not submitting blood pressure readings on a weekly basis
2. Hypertension Grant Staff Will:
 - a. Review the data monthly with the Medical Director
 - b. Report de-identified data to DSHS 3 months after the initiation of the project and at the conclusion of the project
 - 1) Biometric data (BP readings, BMI)
 - 2) Demographic data (age, gender, race/ethnicity, insurance type)
 - 3) Co-morbid conditions (cardiovascular disease, diabetes, kidney disease, smoking status)

References: TX DSHS Health Promotion and Chronic Disease Prevention Section, 2015 Texas Heart Disease and Stroke Program; Home Blood Pressure Monitoring Project, role and Responsibilities of the primary care practice.

ATTACHMENTS:

Attachment A: "Understanding Blood Pressure" A Handy Guide to Understanding what Blood Pressure is and how it affects you, and how to measure it at home. English and Spanish versions.

Attachment B: "My Blood Pressure Passport"