The Value of SMBP IN MISSOURI

High blood pressure is a risk factor for cardiovascular disease and stroke, and self-measured blood pressure monitoring (SMBP) is a cost-effective way to improve blood pressure control.

SMBP is the regular measurement of blood pressure by the patient outside the clinical setting, either at home or elsewhere. SMBP requires the use of a home blood pressure measurement device by the patient to measure blood pressure at different points in time. In Missouri, community health centers and local partners are providing education and loaning out blood pressure cuffs to patients with hypertension. These patients would benefit from their own devices to take control of their health with their provider’s support.

TESTIMONIAL

This is the story of one of the women who participated in the Affinia Healthcare Hypertension Education Group.

The woman came to the healthcare center with a blood pressure of 200’s/100’s. She had been to the emergency department (ED) at least five times in 2017 for high blood pressure. In December, she went to the ED for high blood pressure, and then to the team at Affinia Healthcare. The patient was apprehensive at first, but with much encouragement from the team members, she agreed to join the education group. During the first session, the patient was given a blood pressure cuff, taught how to use the cuff, and was educated on the basics of blood pressure. Over the course of the next four sessions, the patient learned about health eating, the effects of blood pressure on the body, physical activity and blood pressure, health maintenance, and becoming an advocate for her own care. During the fifth session, the patient came into class, and took her blood pressure. To her surprise, her blood pressure was 130/92! She was so appreciative of the education and the team for dedicating time to her that she asked about continuing education and referring others to the class.

Typically, it costs only $60 for a patient to participate in a one-year SMBP program, but SMBP programs alone have shown medication and outpatient cost savings to be about $143 per person within the next year.1

This was a partnership with the Affinia Health Center, St. Louis Metropolitan YMCA, American Heart Association, and City of St. Louis Department of Health to increase knowledge and decrease blood pressure.

Similar projects and partnerships are happening in more sites across Missouri:

- American Heart Association
- FQHC
- Missouri Primary Care Associates
- Public Health Department
- Physician Provider Champion
- YMCA