

CLINICAL COMPETENCY: SELF-MEASURED BLOOD PRESSURE AT HOME

In addition to being trained and tested on measuring blood pressure accurately, clinical staff should, if appropriate to their clinical role, demonstrate the ability to train a patient on how to follow SMBP protocols. This will help demonstrate that staff can effectively teach patients to perform accurate blood pressure measurement independently at home.

This clinical competency is not intended to be comprehensive. Additions and modifications to fit the local practice or health center are encouraged.

Procedure	Meets competency (Check if “Yes”)	More training needed (Check if “Yes”)	Method of validation RD: Return demonstration (simulation) PC: Direct patient care observation
Explain the purpose of SMBP to the patient			
Tell the patient to use the bathroom if they need to prior to measuring their blood pressure (BP)			
Tell the patient to rest sitting in a chair for several minutes prior to measuring their blood pressure			
Ensure the patient’s device has the correct cuff size (You may need to guide the patient to purchase a different size cuff from the manufacturer.)			
Show the patient how to position the cuff correctly on the arm against bare skin <i>(NOTE: Refer to the manufacturer’s user manual for instruction on placement of the tubing.)</i>			
Teach the patient proper positioning: <ul style="list-style-type: none"> • Seated in a chair with back supported • Legs should be uncrossed • Feet flat on the ground or supported by a foot stool • Arm supported at heart level, with the BP cuff in place and positioned at mid-arm just above the elbow, so that the BP cuff is at the level of the patient’s heart 			
Direct the patient not to talk, use the phone, text, email or watch television during the procedure (Also explain that no one else should be talking during blood pressure measurement, and the room should be quiet.)			
Instruct the patient to take two readings one minute apart, once in the morning and once in the evening			
Show the patient how to turn on the device and press the start button			

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Procedure	Meets competency (Check if "Yes")	More training needed (Check if "Yes")	Method of validation RD: Return demonstration (simulation) PC: Direct patient care observation
If an error reading occurs, direct the patient to start over			
When the cuff completes the deflating process and a reading is displayed, explain to the patient which numbers represent the systolic and diastolic blood pressure			
Show the patient how to document their blood pressure on the flow sheet or wallet card If the device has memory capability, show the patient how to retrieve the readings			
Provide the patient with instructions on what to do if readings show an abnormal blood pressure measurement			

Comments: _____

Employee signature: _____ Date: _____

Trainer's signature: _____ Date: _____