



Implementing Home Blood Pressure Monitoring: Pearls for Clinicians

Contributing authors on behalf of Team Best Practices:

Jackson T. Wright Jr, MD, PhD, Case Western Reserve University

Shari Bolen, MD, MPH, Case Western Reserve University

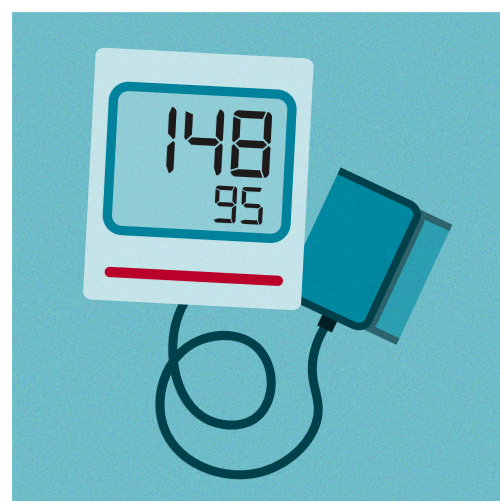
Home blood pressure monitoring (HBPM) is recommended by most current national and international hypertension guidelines. HBPM in patients trained in their use is more accurate than office readings and has the potential to identify white coat and masked hypertension. This deliverable will provide key “pearls” to implement HBPM in your practice.

To accurately rely on home blood pressure (BP) readings, only order validated home BP monitors.

Below are links to validated BP machines and models:

- [British and Irish Hypertension Society](#) (devices costing less than \$65)
- [Hypertension Canada](#)
- [Medaval](#)
- [StrideBP](#)
- [US Blood Pressure Validated Device Listing](#)

To simplify ordering, choose a brand that validates multiple models so that a specific model number does not have to be prescribed. Learning common validated brands near the medical practice will help ensure patients can pick up a validated BP machine.



- If the patient is covered by any of the Ohio Medicaid plans, then the prescription must be sent to a covered Durable Medical Equipment (DME) supplier for that plan. The Medicaid plans have links on their website to their DME suppliers, which vary by region of the state.
- The practice manager may need to assist in finding the best way to get the prescriptions to the appropriate DME supplier.
- Once the HBPM is received, patient education is critical to obtain accurate and usable BPs. Educational materials for both staff and patient training are available on Cardi-OH.org.
- Procedures and training for timely recording of HBPM measurements into the electronic health record for provider access and that meet criteria for reimbursement need to be communicated to staff.

An example of one approach to writing the prescription:

Validated [Enter Manufacturer name] home blood pressure monitor with arm cuff and memory. Code: A4670

Implementing HBPM Example

- Order an appropriately validated home BP monitor with memory that has been verified as validated by one of the sites shown above.
- A sample prescription for ordering the HBPM is also shown above.
- Provide initial instructions for use and schedule the patient to return to the clinic with the monitor for instruction with trained staff.
- At the staff-led visit, have staff ask the patient to show them how they take their BP using their home monitor and reinforce patient education.
- Have the staff conduct the rest of the hypertension visit using the template and send it to the provider (include BP readings from the home BP monitor compared with readings from office BP monitors).
- Follow-up at least monthly with home monitor until BP is controlled.

References:

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2. Muntner P, Shimbo D, Carey RM, et al. Measurement of blood pressure in humans: A scientific statement From the American Heart Association. *Hypertension*. 2019;73(5):e35-e66. doi:10.1161/HYP.0000000000000087.
3. Bello NA, Schwartz JE, Kronish IM, et al. Number of measurements needed to obtain a reliable estimate of home blood pressure: Results from the improving the detection of hypertension study. *J Am Heart Assoc*. 2018;7(20):e008658. doi:10.1161/JAHA.118.008658.

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