

Title: Home blood pressure monitoring guidelines

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Clinical Guideline # CGC-CG-24

Purpose: To establish a standard for a home blood pressure monitoring to encourage a consistent level of care PPS-wide.

Clinical Guideline:

Home Blood Pressure Monitoring

Note: The following document is a clinical guideline based on evidence based medicine and recommended best practices for DSRIP purposes (American Heart Association & Center for Disease Control and Prevention). At no time should this document supersede existing hospital, practice, or state policies.

1. Sit quietly with feet on the floor and non-dominant arm resting on table.
2. Place automatic blood pressure cuff around the bicep of your non-dominant arm, making sure the ARTERY marker is over the brachial artery, which is located approximately 1” to the inside of the crease of your arm. Be sure the cuff is on your skin and it is not over a shirt. This can cause a false reading.
3. Continue to sit quietly for another 30 seconds.
4. With your dominant hand, turn on the blood pressure machine.
5. Press start.
6. Be sure to keep still while the machine is inflating; movement will cause the machine to malfunction & continue inflating beyond the required pressure, subsequently giving a false reading.
7. Note the systolic (top) and diastolic (bottom) numbers. If over 140/90, rest two minutes and repeat steps 4-7.
8. Record the reading on your provided blood pressure log, or enter online in the heart360.org online blood pressure tracker.
9. Repeat process as directed by your primary care provider
10. Be sure to report your blood pressures to your primary care provider as directed.

****NOTE:** Once we have secured a vendor, we will include step by step diagrams of the process in addition to the written document**

When PPS clinical protocols and pathways are developed through the Clinical Governance Committee(s) of the PPS and approved by the CCN Board of Directors and are applicable to Partner Organization's delivery of health care services and project participation, such protocols and pathways shall not (1) override the professional judgment of Partner Organization and its licensed health care professionals in treating patients in individual cases or (2) interfere with the governing body/established operator of any licensed health care facility or its medical staff in overseeing the provision of clinical services to patients and the quality of care.

Clinical Guideline Board Approval History:

Clinical Guideline Revisions:

Date	Revision Log	Updated By
5/20/2016	Initial Draft	R. Boland
6/14/2016	Board of Directors approval	D. Sculley

This Clinical Guideline shall be reviewed periodically and updated consistent with the requirements established by the Board of Directors, Care Compass Network's senior management, Federal and State law(s) and regulations, and applicable accrediting and review organizations.