

OCTOBER 2019

Implementing Home Blood Pressure Monitoring: Pearls for Clinicians



CARDI•OH
Ohio Cardiovascular Health Collaborative



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We recommend ordering validated home blood pressure monitors to be able to more accurately rely on home blood pressure readings.



There are 4 links below with validated blood pressure machines and models:

- » [British Hypertension Society](#) (devices costing less than \$65)
- » [Canadian Hypertension Society](#)
- » [dabl Educational Trust](#)
- » [US Blood Pressure Validated Device Listing](#)

To make ordering simpler, choose a brand that validates multiple models so you do not have to prescribe a specific model number. Learning common validated brands near where you practice will be useful for making sure patients are able to pick up a validated blood pressure machine.

An example of one approach to writing the prescription might be as follows below:

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

- » If the patient is covered by any of the Ohio Medicaid plans, then you must send the prescription 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.
- » Your practice manager may need to assist in finding the best way to get the prescriptions to the appropriate DME supplier.

Implementing Home Blood Pressure Monitoring (HBPM) Example

- » Order an appropriately validated home BP monitor with memory at visit – provide initial instructions for use and ask patient to return with monitor.
- » At staff-led visit, have staff ask patient to show them how they take their BP using their home monitor and reinforce patient education.
- » Staff conducts rest of hypertension (HTN) visit using template and sends to provider (including comparing BP from the monitor with office BP machines.)
- » Follow-up at least monthly with home monitor until BP controlled.

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The Ohio Cardiovascular Health Collaborative is funded by the Ohio Department of Medicaid and administered by the Ohio Colleges of Medicine Government Resource Center. The views expressed in this document are solely those of the authors and do not represent the views of the state of Ohio or federal Medicaid programs.