

# Cardi-OH Update

The Ohio Cardiovascular Health Collaborative (Cardi-OH) is a statewide initiative of health care professionals who share knowledge to improve Medicaid patient outcomes and eliminate health disparities across Ohio.

## CAPSULE NEW!

Capsules provide busy clinicians brief summaries of best practices that are ready to be implemented in clinical care.

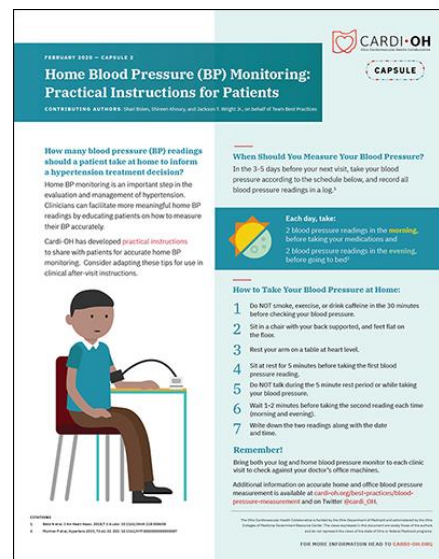
### Do you know the answer?

How many blood pressure (BP) readings should a patient take at home to inform a hypertension treatment decision?

### Check out the latest!

*Home Blood Pressure (BP) Monitoring: Practical Instructions for Patients*

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**February 2020 | CAPSULE 2**  
**Home Blood Pressure (BP) Monitoring: Practical Instructions for Patients**  
CONTRIBUTING AUTHORS: Chad Egan, MD, MPH, Robert Murray, and Jackson T. Wright, II, MD, MEd, of Team Health Practices

**How many blood pressure (BP) readings should a patient take at home to inform a hypertension treatment decision?**  
Home BP monitoring is an important step in the evaluation and management of hypertension. Clinicians can facilitate more meaningful home BP readings by educating patients on how to measure their BP accurately. Cardi-OH has developed **practical instructions** to share with patients for accurate home BP monitoring. Consider adapting these tips for use in clinical after-visit instructions.

**When Should You Measure Your Blood Pressure?**  
In the 3-5 days before your next visit, take your blood pressure according to the schedule below, and record all blood pressure readings in a log.\*

**Each day take:**  
- 1 blood pressure reading in the **morning**, before taking your medications and  
- 2 blood pressure readings in the **evening**, before going to bed.

**How to Take Your Blood Pressure at Home:**

- 1 Do NOT smoke, exercise, or drink caffeine in the 30 minutes before checking your blood pressure.
- 2 Sit in a chair with your back supported, and feet flat on the floor.
- 3 Rest your arm on a table at heart level.
- 4 Sit at rest for 5 minutes before taking the first blood pressure reading.
- 5 Do NOT talk during the 5 minute rest period or while taking your blood pressure.
- 6 Wait 1-2 minutes before taking the second reading each time (morning and evening).
- 7 Write down the two readings along with the date and time.

**Remember!**  
Bring both your log and home blood pressure monitor to each clinic visit to check against your doctor's office machines. Additional information on accurate home and office blood pressure measurement is available at [cardi-oh.org/clin-practitions/blood-pressure-measurement](http://cardi-oh.org/clin-practitions/blood-pressure-measurement) and on [Twitter @ohio\\_ohio](http://twitter.com/ohio_ohio).

\*The Ohio Cardiovascular Health Collaborative is a 501(c)(3) non-profit organization. All rights reserved. © 2020. All rights reserved. For more information, please contact us at [cardi-oh.org](http://cardi-oh.org).

**FOR MORE INFORMATION READ TO CARDI-OH.ORG**

## Spring 2020 TeleECHO Clinic

Cardi-OH has partnered with Project ECHO<sup>®</sup> to support primary care providers to safely and effectively treat cardiovascular disease.

Using simple video conferencing technology and case-based learning, Cardi-OH ECHO creates a unique partnership between community healthcare providers and a team of multidisciplinary specialists



from Ohio's leading medical centers.

**View highlights from last week's Reducing the Burden of Hypertension teleECHO clinic featuring James Werner, PhD.**

*Discussing and Promoting Lifestyle Changes: A Motivational Interviewing Approach*

**CLICK TO VIEW →**

## Learn More!

Visit [cardi-oh.org](http://cardi-oh.org) to learn more about the collaborative and read up on the latest best practices.



*Sharing best practices to improve cardiovascular health.*

In partnership with:

