



## Blood Pressure Onsite Training and Support

### Does your practice have patients with uncontrolled hypertension?

#### We can help!

Approximately 37,000 patients in the MaineHealth service area have been diagnosed with hypertension, yet only 68% are in good control or have a blood pressure <140/90.\* The MaineHealth Cardiovascular Health team has compiled evidence-based training, tools and resources to help your patients achieve hypertension control to prevent cardiovascular complications.

#### The MaineHealth Cardiovascular Health team will come to your practice and provide **FREE**:

1. Staff training in best practice blood pressure measurement
2. Competency checks in accurate blood pressure measurement
3. Information on lifestyle counseling for improving blood pressure
4. Exam room re-design and office flow recommendations for best practice BP measurement
5. Patient education materials and resources
6. Clinical guidelines and treatment algorithms

Contact Marin for more information or to schedule a training,  
[mejohanson@mainehealth.org](mailto:mejohanson@mainehealth.org)

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\*Hypertension control is defined as patients ages 18-85 diagnosed with Hypertension with an office visit in the last 12 months whose most recent BP is < 140/90.

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*\*\*MA's receive CEU's registered with the AAMA (American Assoc. of MA's)*

*\*\*Physicians are eligible for 1.5 AMA PRA Category 1 credits*

*\*\*All participants receive a certificate of attendance with 1.5 AMA PRA Category 1 credits*



## Blood Pressure Training Agenda and Logistics

Ann Cannon, RN, Clinical Specialist for Cardiovascular Health from MaineHealth will present two, one-hour sessions consisting of:

### Session 1: 60 minutes

**Background:** Guidelines, definitions and impact of high blood pressure on cardiovascular health

**Tools:** Blood pressure cuff and stethoscope recommendations and patient and provider resources

**Technique of accurate blood pressure measurement:**

Patient positioning and preparation, room set up, sizing of the cuff and auscultatory-palpatory method

*Practice session if time allows*

### Session 2: 60 minutes

**Recap:** Review technique and individual competency check-off

**Short practice session**

**Test:** Individual competency test on blood pressure technique

**Upon request:** Room set-up evaluation with the practice manager



**Blood Pressure Competency Checklist**

<b>PATIENT POSITION</b>	<b>Met</b>	<b>Not Met</b>
1. Back supported	<input type="checkbox"/>	<input type="checkbox"/>
2. Feet flat	<input type="checkbox"/>	<input type="checkbox"/>
3. Brachial artery at level of left atrium	<input type="checkbox"/>	<input type="checkbox"/>
4. One other consideration (i.e. emotional state, talking, bladder, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
<b>CUFF POSITION</b>	<b>Met</b>	<b>Not Met</b>
5. Bladder centered over brachial artery	<input type="checkbox"/>	<input type="checkbox"/>
6. Cuff 1" above bend of elbow	<input type="checkbox"/>	<input type="checkbox"/>
7. Proper cuff size: bladder of cuff 80-100% arm circumference for adults, 100% arm circumference for children to age 18	<input type="checkbox"/>	<input type="checkbox"/>
8. No clothes between bladder and arm	<input type="checkbox"/>	<input type="checkbox"/>
<b>A-P TECHNIQUE</b>	<b>Met</b>	<b>Not Met</b>
9. Palpates radial pulse	<input type="checkbox"/>	<input type="checkbox"/>
10. Estimates systolic pressure	<input type="checkbox"/>	<input type="checkbox"/>
11. Pumps to 20-30 points above ESP	<input type="checkbox"/>	<input type="checkbox"/>
12. Rate of deflation 2-3mm/sec	<input type="checkbox"/>	<input type="checkbox"/>