

## Sprint to Silver & Gold+

### Evidence-Based BP Activities – Resources & Examples

This toolkit reviews the activities to complete to be eligible for NEW Silver or Gold+ awards for 2021 Recognition in Target: BP.

The evidence-based BP activities are sourced from the [2019 AHA Scientific Statement: Measurement of Blood Pressure in Humans](#) (BP Scientific Statement). Though not required, we highly recommend reading this statement to understand the full suite of recommendations and the science behind them. You can also watch a [1-hour webinar](#) (for CME credit) that translates the BP Scientific Statement into practice.

**\*\*Completing  $\geq 4$  of 6 of the below activities by Dec. 31, 2020, is required for Silver or Gold+ award eligibility\*\***

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## Activities to Complete

### Equipment Calibration & Validation

1. [Calibrate all BP measurement devices](#)
2. [Report % of validated BP devices](#)

### Staff Knowledge & Skills

3. [Strengthen staff knowledge every 6-12 months](#)
4. [Test staff skills every 6-12 months](#)

### System of Care

5. [Use guideline-driven BP measurement protocol](#)
6. [Post BP measurement infographic](#)

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## #1 – Calibrate all BP measurement devices

**Calibrate all BP measurement devices per manufacturer recommendation including manual aneroid or oscillometric, semi-automated, or fully automated devices**

### RESOURCES:

Recommendations for timing of device calibration:

- **For aneroid devices:**
  - **Wall-mounted devices:** Every 6 months
  - **Mobile devices:** Every 2-4 weeks
  - See [2019 AHA Scientific Statement: Measurement of BP in Humans](#) – see sub-section “Aneroid Sphygmomanometers” under “BP Measurement in the Office” on page e38.
- **For oscillometric devices:** Every 1-2 years (follow manufacturer’s guidance)
  - See [2019 AHA Scientific Statement: Measurement of BP in Humans](#) – see section “Device Calibration” on page e55.

- Consult with the site’s biomedical engineering resource or the equipment manufacturer for device-specific guidance

**EXAMPLES:**

- ✓ My clinic has 30 regularly used BP devices: 20 home BP devices (Omron 3 series, model BP710N) used for a self-measured blood pressure loaner program, and 10 wall-mounted clock aneroid sphygmomanometers. Every year, we ship the 20 home BP devices to Omron for recalibration. We do regular in-house checks of our wall-mounted devices, and every 6 months, we ship the wall-mounted devices to their manufacturer, Welch Allyn, for re-calibration. **This counts as completing 1 activity, because ALL devices are calibrated per the recommended timelines.**
- ✗ My clinic has 12 regularly used BP devices: 12 mobile aneroid sphygmomanometers. Once a year, we pass off to our parent hospital’s biomedical engineering department for calibration. **This does not count as completing 1 activity – mobile aneroid devices should be calibrated every 2-4 weeks.**

**#2 – Report % of validated BP devices**

If using semi/fully automated devices, check the [US Blood Pressure Validated Device Listing \(VDL™\)](#) or other reliable source to see if they are validated for clinical accuracy. Report the percent of devices that are currently validated.

**RESOURCES:**

Ensure that model #'s match, especially if using international resource when products may have different names:

- [US Blood Pressure Validated Device Listing \(VDL™\)](#) – this new list has a limited, but growing # of devices, so you might need to check additional lists below
- [Hypertension Canada](#)
- [Stride BP](#)
- [British and Irish Hypertension Society](#)

**EXAMPLES:**

- ✓ My clinic has 15 home BP devices (Omron 3 series, model BP710N) and 10 wrist BP monitors (Omron 3 series, model BP6100) for a total of 25 automated devices. Looking at ValidateBP.org, I see that my 15 home devices are on the list (BP7100 is the newer model of BP710), but the 10 wrist cuffs are not. 60% of my devices (15/25) are validated. I’ll enter “60” as the percentage in the data platform. **This counts as completing 1 activity.**
- ✓ My clinic has 10 wireless upper arm BP monitors (Omron Evolv®, model BP7000). These devices are not listed on ValidateBP.org or similar resources. 0% of my devices are currently validated. I’ll enter “0” as the percentage in the data platform. **This counts as completing 1 activity.**
- ✗ My clinic has no semi/fully automated devices. **I cannot use this activity for Silver/Gold+ eligibility.**

**#3 – Strengthen staff knowledge every 6-12 months**

**Strengthen BP measurement knowledge of all staff who measure BP and who train staff to measure BP in your clinic every 6-12 months**

**RESOURCES:**

- [Achieving Accuracy: BP Measurement e-learning module](#) (small fee), OR
- [CME / CE Course: Measuring Blood Pressure Accurately - Step One](#) in Hypertension Control (to be posted online soon - 2020 free webinar including award category discussion), OR
- [CME/CE Course: The Importance of Measuring Blood Pressure Accurately](#) (2018 free webinar), OR Another structured curriculum (must be 30 minutes at a minimum)

Similar trainings could include (but are not limited to):

- [Translating AHA's New Scientific Statement on the Measurement of Blood Pressure into Practice](#) (2019 free webinar)
- Internal or external educational event lasting a minimum of 30 min addressing the content included in Table 1-5 of the [BP Scientific Statement](#)

#### EXAMPLES:

- ✓ My clinic has hosted a series of watch parties of the "2018 M" webinar during our monthly lunch-n-learns this quarter. Staff were also given the option to watch on their own and submit their CE certificate so we could track completion. All of our staff either attended in person or completed the on-demand webinar. **This counts as completing 1 activity.**
- ✗ My clinic only has new employees attend a 1-time orientation session on blood pressure measurement. **This does not count as completing 1 activity.**

## #4 – Test staff skills every 6-12 months

### Test staff BP measurement skills every 6-12 months

#### RESOURCES:

- [Technique Quick Check Tool](#)

Similar objective skill demonstration assessments could include (but are not limited to):

- [New Employee Blood Pressure Measurement Initial Competency Checklist \(HealthPartners\) from Million Hearts](#)
- [Quarterly Blood Pressure Auditing Tool \(HealthPartners\) from Million Hearts](#)
- [Table 8. Checklist for Accurate Measurement of BP. 2017 ACC/AHA Guideline for High Blood Pressure](#)
- Another internally or externally developed skills checklist for an observer to assess a staff member demonstrating BP measurement skills that are addressed in Tables 1-5 of the [BP Scientific Statement](#)
- Common formats for skills assessments include competency or skills fair, individual skills competencies checklist with a mentor or peer sign-off, initial staff orientation, annual skills assessment, or simulation/practice lab stations

#### EXAMPLES:

- ✓ My clinic has an annual competency evaluation that includes BP measurement, blood glucose monitoring, and other skills. All staff have to demonstrate each skill to a peer for sign off and then give the completed checklist to their manager. **This counts as completing 1 activity.**
- ✗ My clinic only completes a one-time competency test for newly licensed or graduated healthcare professional. **This does not count as completing 1 activity.**

## #5 – Use guideline-driven BP measurement protocol

Use a blood pressure measurement protocol to consistently obtain accurate BP measurements including confirmatory measurements through repeat in-office BP measurements – OR – ambulatory blood pressure monitoring – OR – home blood pressure monitoring with self-measured blood pressure (SMBP) when indicated

### RESOURCES:

Examples of BP measurement protocols include (but are not limited to):

- [Standard Workflow for BP Check, ThedaCare from Million Hearts](#)
- [Walk-in Medical Assistant Blood Pressure Check Protocol, Kaiser Permanente from Million Hearts](#)

### EXAMPLES:

- ✓ My clinic follows a written, standardized protocol for in-office measurement including rest periods and repeat measurements for elevated BPs. We don't have 24-hour Ambulatory Blood Pressure monitoring, but we use Self-Measured Blood Pressure when confirming a diagnosis. **This counts as completing 1 activity.**
- ✗ My clinic allows each staff member to take blood pressures based upon their preferred technique and if they have time for a repeat measurement. **This does not count as completing 1 activity.**

## #6 – Post BP measurement infographic

Post the [In-Office BP Measurement Infographic](#) next to every place where blood pressures are taken

### RESOURCES:

- [In-Office BP Measurement Infographic](#)
- [In-Office BP Measurement Infographic - Spanish](#)

Similar BP Measurement Infographics include (but are not limited to):

- [AHA's Blood Pressure Measurement Instructions](#)
- [AHA's Blood Pressure Measurement Instructions \(Chinese\)](#)
- [Cardi-OH 5Rs of Accurate Blood Pressure Measurement](#)

### EXAMPLES:

- ✓ My clinic posts the English and Spanish poster in every exam room next to the wall-mounted blood pressure devices. **This counts as completing 1 activity.**
- ✓ My clinic hangs a laminated poster on every wheel-mounted AOBP device that are used to take routine blood pressures. **This counts as completing 1 activity.**
- ✗ My clinic posts the positioning graphic in the waiting room and staff break room. **This does not count as completing 1 activity.**