

Quick Start Guide Overview

Target: BP™ helps health care organizations and care teams, at no cost, improve BP control rates, leveraging the AMA MAP™ framework and recognizing organizations annually for their commitment to improving BP control.

Explore an [overview](#) on the Target: BP website

What are quick start guides and why were they created?

The quick start guides were created as an outline of the core tools and resources available on the Target: BP website to support care teams in making impactful changes in BP control. These guides follow the structure of the AMA MAP™ framework for BP control which are highlighted below.

What critical areas are covered in the quick start guides?



Measure Accurately: Accurate measurement of BP is essential to estimating cardiovascular disease (CVD) risk and to guiding management of high BP. Avoiding common errors can lead to correct diagnoses and speed time to treatment, improving BP control rates. This guide includes tools and resources that enable your team to obtain actionable data to diagnose hypertension and assess control of BP.



Act Rapidly: If BP measurements are valid, action should be quick and effective as your practice confidently follows up with patients to monitor their progress and help them achieve and maintain control of high BP. This timely response reduces serious risk of CVD and associated comorbidities. This guide includes tools and resources that help to initiate and intensify evidence-based treatment.



Partner with Patients: Creating a blame-free environment in which patients are assessed for social drivers of health and modifiable lifestyle risk factors, recognized for achieving treatment goals, and encouraged to answer treatment-related questions honestly is an important step to addressing treatment nonadherence. This guide includes tools and resources to support patient activation to monitor and improve adherence to treatment.



SMBP: Self-measured blood pressure (SMBP) monitoring refers to the regular measurement of BP by a patient at their home or elsewhere outside the clinical setting. SMBP enables clinicians to better diagnose and manage hypertension — and helps patients to take an active role in the process. This guide provides the information and resources to help you successfully launch a program for SMBP monitoring at your practice.

Measure Accurately

Quick start guide

Measuring blood pressure (BP) accurately in the clinical setting is critical to improving BP control. Here are some steps you can take to help incorporate evidence-based BP measurement techniques into your practice.

1

Assess how your health care organization currently measures BP

It is important to understand how you and your health care team currently measure BP in order to identify ways to improve. Use the following tools to help establish a baseline:



Review the **Measure Accurately** section of the Target: BP website



Reflect on your practice with the **Measure Accurately Pre-assessment**



Check your team's technique with the **BP Measurement Skills Assessment**

2

Build your health care organization's knowledge in BP measurement



Watch the **Measure Accurately webinar** and receive CME or CE credit



Host a journal club discussion on the latest **guidelines and scientific statements**

3 Use BP measurement devices validated for clinical accuracy and calibrate when appropriate



**US Blood Pressure
Validated Device Listing**

4 Train your care team on evidence-based BP measurement techniques

Use the following tools to help train care team members on how to measure BP more accurately in the clinical setting:



BP positioning challenge



**Blood Pressure
Measurement Policy &
Procedure Template**



**BP measurement
infographic***

Tip: place in every
exam room

To get the latest information from Target: BP, sign up for the newsletter.

*Also available in Spanish

Act Rapidly

Quick start guide

Therapeutic inertia—failing to start or intensify treatment when blood pressure (BP) is uncontrolled—is a common problem and a leading factor contributing to suboptimal BP control rates. This can leave patients with serious unmanaged risk which can be addressed by acting rapidly. Here are some steps you can take to help decrease therapeutic inertia in your health care organization.

1 Assess how your health care organization currently acts on uncontrolled high BP

It is important to understand how care team members currently act on uncontrolled high BP in order to identify ways to improve. Use the following tool to help establish a baseline.



Review the Act Rapidly section of the Target: BP website



Use the Act Rapidly Pre-assessment

2 Build the care team's knowledge on how to help manage uncontrolled high BP



Watch the Act Rapidly Webinar and receive CME/CE credit

3 Define a systematic, evidence-based approach to treatment



Consider a Hypertension Treatment Protocol



Utilize medication adherence strategies



Use Collaborative Communication Strategies

4 Provide patients with resources to educate them on treatment for high BP



Appointment Preparation Guide



What is High Blood Pressure Medicine?



How Do I Manage My Medicines?

To get the latest information from Target: BP, [sign up for the newsletter.](#)

Partner with Patients

Quick start guide

By partnering with patients to engage in self-management of their blood pressure (BP) and helping to remove obstacles to increase treatment adherence, care teams can help save and extend lives. Here are some steps your health care organization can take.

1 Assess how your health care organization currently encourages communication, medication adherence, and lifestyle intervention through patient partnership

It is important to understand how you and your health care organization currently partners with patients in order to identify ways to improve.



Review the **Partner with Patients** section of the Target: BP website



Use the **Partner with Patients Pre-assessment** to help establish a baseline

2 Build your team's knowledge in evidence-based lifestyle interventions that can help patients manage hypertension



Watch the **Partner with Patients webinar** and receive CME or CE credit



Review **current guidelines and scientific statements** regarding lifestyle change

3 Strengthen your team's systematic approach to assessing modifiable lifestyle risk factors and intervening to support health

Consider your processes for data collection, assessment, intervention, and documentation. Inventory available support resources and train and test your team to support their performance.



Modifiable Lifestyle Risk Factor Policy & Procedure Template

4 Educate patients on the consequences of uncontrolled high BP and lifestyle changes they can make to improve their BP



Consequences of High Blood Pressure



What Can I do to Improve my Blood Pressure?*



Effects of Excessive Sodium



7 Salty Myths Busted



Life's Essential 8



Stop Stress in Its Tracks

To get the latest information from Target: BP, [sign up for the newsletter.](#)

*Available in multiple languages

Self-measured blood pressure

Quick start guide

Self-measured blood pressure (SMBP) monitoring refers to the regular measurement of blood pressure (BP) by a patient in their home or elsewhere outside the clinical setting. SMBP enables health care providers to better diagnose and manage hypertension and helps patients take an active role in the process.

Compared to routine office BPs, SMBP more accurately represents a patient's BP and can better predict future cardiovascular events. Additionally, strong evidence supports using SMBP in conjunction with clinical support and co-interventions as more effective than usual care in lowering BP and improving control among patients with hypertension.

1

Assess how your health care organization currently uses SMBP

It is important to understand how you and your health care organization currently use SMBP in order to identify ways to improve.



Review the **Patient-Measured BP** section of the Target: BP website.



Use the **SMBP Pre-assessment tool** to help establish a baseline

2

Build your health care organization's knowledge in SMBP



Use these resources to gain insights from experts:

- **Using SMBP to Diagnose & Manage HBP** (brief recording)
- **Policy Statement on SMBP** (journal publication)
- **Evolving SMBP Policy and Practice** (webinar recording)



Review **SMBP CPT coding guidance** to learn about reimbursement for SMBP

3 Consider developing an SMBP loaner device program (optional)



SMBP Loaner Device Agreement*



Device Inventory Management

4 Provide care teams with resources to select validated SMBP devices, check device accuracy for patients, train patients on proper SMBP techniques and average SMBP measurements for provider interpretation



US Blood Pressure Validated Device Listing (VDL™)



SMBP Device Accuracy Test



Patient Training Checklist



SMBP Average Calculator

5 Set your patients up for success with resources to educate them on how to properly perform SMBP monitoring and record SMBP measurement



What is SMBP?



SMBP Training Video*



SMBP Infographic*



SMBP Recording Log*

To get the latest information from Target: BP, [sign up for the newsletter.](#)

*Available in multiple languages