



## Self-Measurement of Blood Pressure (SMBP)

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### LOCATION/AFFILIATION

University Health, Kansas City

### APP(S), DEVICE(S), OR PLATFORM(S) USED

Omron Connect, MS Excel, REDCap.

### PROGRAM DESCRIPTION

Patients who cannot afford a blood pressure cuff are given either an upper arm or wrist cuff, trained on how to take their own blood pressures, and asked to return at least a week's worth of logs.

Our 2 clinics are participating in this Missouri Department of Health and Senior Services program along with more than 20 other clinics across Missouri.

We are finding home measurements are as accurate, if not more so than office measurements.

When patients measure their blood pressures frequently, they start to connect the dots between lifestyle changes and their blood pressures.