

**WELL-AHEAD**



WELLAHEADLA.COM

Welcome to the  
WALPEN Webinar Series

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Louisiana's Health Initiative

# Presenter

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Community Impact Director
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- American Heart Association (AHA)  
Capital Area, Louisiana
- Working to address social determinants of health identified in a recently completed Community Health Needs Assessment
- Recognized regionally through AHA with the Jonathan DeLuca Award



# Using Self-Measured Blood Pressure (SMBP) to Manage Uncontrolled Hypertension

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**Our MISSION STATEMENT**

**“To be a relentless force  
for a world of longer,  
healthier lives.”**



American  
Heart  
Association.

# Before You Measure Check List

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- No caffeine within 30 minutes
- If use a product containing tobacco or nicotine wait 30 minutes
- Wait at least 2 hours after exercise or a large meal
- Use the restroom
- Wash your hands



# Outpatient Services

## All Programs

- Provide clinical guidelines and protocols
- Offer free resources for both providers and patients
- Connect clinical partners to others around the country engaged in the same work
- Offer recognition opportunities for any health care provider that demonstrates a commitment to, and/or achieve, clinical excellence.

TARGET:BP™



American Heart Association.



AMERICAN MEDICAL ASSOCIATION



American Heart Association.

Check. Change. Control.  
Cholesterol™



American Heart Association.

Target: Type 2 Diabetes™

# Addressing Hypertension

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TARGET: **BP**<sup>™</sup>



# The M.A.P. Framework



## **MEASURE** blood pressure accurately, every time.

Accurate measurement and recording of BP is essential to categorize level of BP, ascertain BP-related CVD risk, and guide management of high BP.



## **ACT** rapidly to address high blood pressure readings.

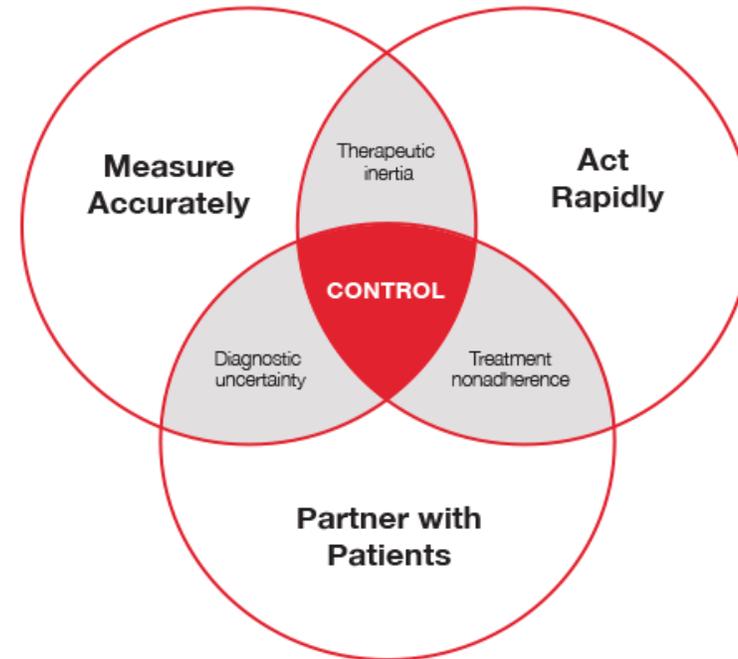
Take rapid action and follow treatment protocols to bring BP under control.



## **PARTNER** with patients, families, and communities to promote self-management and monitor progress.

Improve adherence to treatment and lifestyle changes through collaborative communication and follow-up visits.

All 3 are critical for control



# Target: BP Resources on Measuring Accurately

- Technique quick check
- Positioning materials and quiz
- Webinars and case studies
- Resources to support home-monitoring

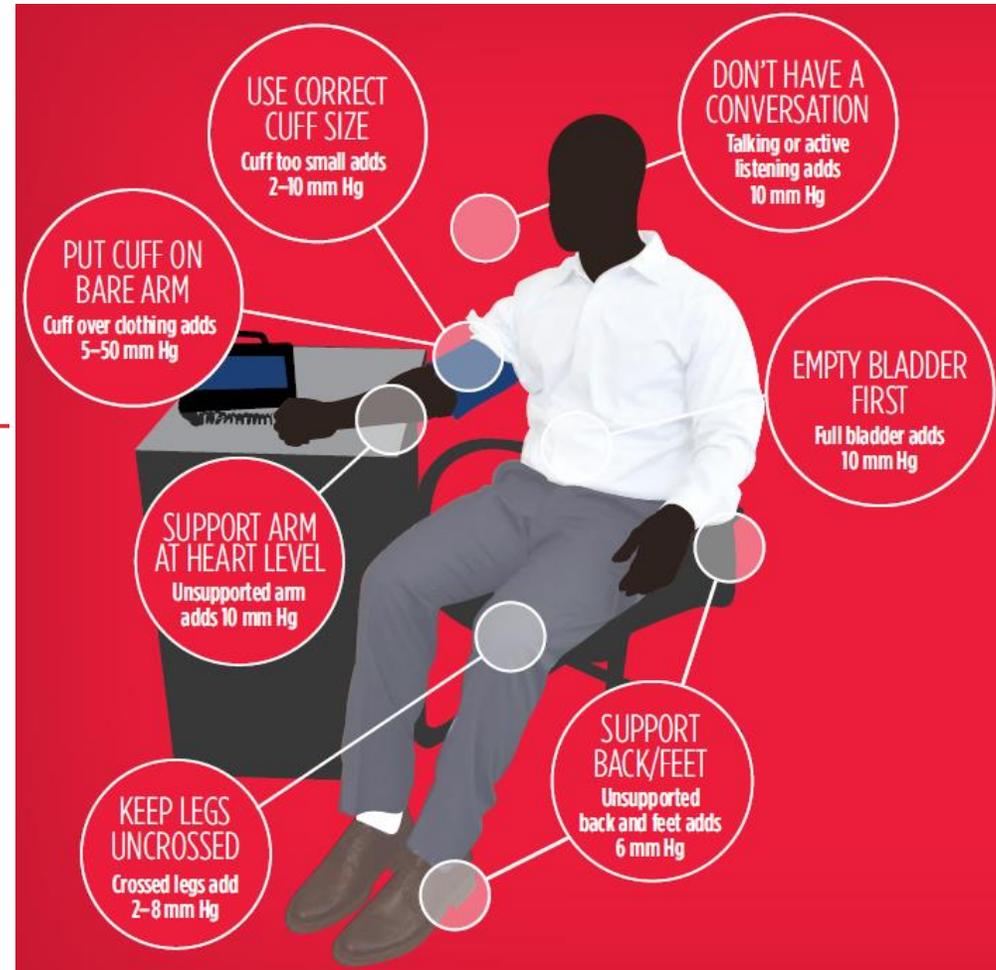


## Technique quick-check

Excellent measurement technique requires training and skill building, but a few common problems related to patient preparation and positioning often account for unreliable readings.<sup>1,2</sup>

Use this tool to **verify** everyone in your practice or health center obtains blood pressure readings the right way and the same way every time. **Complete** four observations for each team member (e.g., medical assistant, nursing staff and physicians) who regularly takes blood pressure measurements, using one sheet for each person. **Repeat** on a quarterly or monthly basis or as needed.

General information													
Site name:				Date:									
Observer name(s):				Observation location (clinic, unit, etc.):									
		Patient #1		Patient #2		Patient #3		Patient #4					
Device used	Yes	No	Comments	Yes	No	Comments	Yes	No	Comments	Yes	No	Comments	
1. Used a manual device	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		
2. Used an automated device	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		
Additional notes on availability, accessibility, quality and/or use patterns of blood pressure measurement devices in the practice (optional):													
Patient preparation and positioning		Yes	No	If no, why not?	Yes	No	If no, why not?	Yes	No	If no, why not?	Yes	No	If no, why not?
1. Patient in the correct position ...													
1.1. Seated with back supported		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	
1.2. Feet flat on the floor or footstool		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	
1.3. Legs uncrossed		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	
1.4. Arm bare		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	
1.5. Arm supported		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	
1.6. Arm at heart level		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	
2. Cuff used is correct size*		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	
If this is a confirmatory measurement (that is, a repeat measurement), then also check the following...													
3. Was the patient asked to empty his/her bladder prior to the repeat measurements?		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	
4. Did the patient rest quietly for at least five minutes (no speaking or texting) before the repeat measurement?		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	
5. Were at least three more measurements obtained?		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	
Additional notes on issues related to patient preparation, positioning and cooperation with use of technique (optional):													



TARGET: **BP**<sup>™</sup>



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**Using Self-Measured Blood Pressure  
Monitoring to Diagnose and Manage High  
Blood Pressure**

How to at-home





<https://www.ccctracker.com/aha>

A screenshot of a web browser displaying the CCC Tracker website. The browser's address bar shows the URL "https://www.ccctracker.com/aha". The website has a navigation menu with "Home", "Volunteer", and "Provider" links. The main content area features a map of the United States divided into seven color-coded regions, each labeled with a code: CODE1 (pink), CODE2 (purple), CODE3 (dark blue), CODE4 (orange), CODE5 (green), CODE6 (red), and CODE7 (light blue). On the right side of the map, there is a "Participant Sign In" form with fields for "Email" (labeled "Email Address") and "Password", a "Sign In" button, a "Forgot your password?" link, and a "First time here?" section with a "Create an account" button. The browser's window title is "CCC Tracker - Home".



# MORE RESOURCES

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# VALIDATE BP

The Validated Device Listing (VDL) is the first US list of BP measurement devices developed to assist physicians and patients in identifying BP devices that have been validated for clinical accuracy.

Until now, U.S. health care professionals have had no convenient way to determine whether a patient's device has been validated for clinical accuracy. And with the recent increase in telehealth visits, the need for accurate self-measured BP readings taken at home has never been more important. Learn more at [ValidateBP.org](https://www.validatebp.org)



# LAUNCHED MONDAY

Your learning experience includes:

- Over 40 topic areas
- Comprehensive curriculum organized to facilitate your ability to build on areas of current knowledge.
- Gain expertise at your own pace to improve treatment decisions for the hypertensive patient.
- Pre-test questions and module-based post test questions to gauge your learning progress.



## Comprehensive Guide on Hypertension



Pathophysiology • Diagnosis • Treatment • Prevention

**CME/CE and ABIM MOC available at [bit.ly/HTNGuide](http://bit.ly/HTNGuide)**





# Hypertension Scientific Sessions

- In-person and virtual
- September 10-13, 2020
- Hilton New Orleans Riverside - New Orleans, LA
- This is a three-day scientific program for clinical and basic researchers focusing on recent advances in hypertension research.
- Abstract Submission Deadline - June 1, 2020
- [More info and registration found here](#)



# SUBMIT!

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Our outpatient program deadline has been extended to September 4, 2020.

If you have not already, please register at [www.heart.org/RegisterMyOutpatientOrg](http://www.heart.org/RegisterMyOutpatientOrg).

This extended deadline applies to all three outpatient programs: Target: BP, Check. Change. Control. Cholesterol, and Target: Type II Diabetes. You are able to opt in to any one or all three programs and may receive recognition for your commitment to improving health care in Louisiana.

# Questions?

## How to connect to your Louisiana AHA Health Strategies Team?

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American  
Heart  
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Thank You for Joining Us!

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Louisiana's Health Initiative