

Competency on training patients

Self-measured blood pressure



Overview: This form can be used to assess competency for those who train patients on self-measured blood pressure (SMBP).

How to use competency form:

- This competency form is for team members to demonstrate training skills for teaching patients how to self-measure blood pressure
- Fill in the name of team member and trainer
- Follow procedures step-by-step and determine if team member is following them correctly
- Based on the trainer's observation, place a check mark in either the column "meets competency" or "needs more training"
- Use the following options to document the method of validation:
 - If the trainer showed the employee how to do the procedure and the employee demonstrates the procedure, write "RD" for return demonstration in a simulated patient setting
 - If the trainer is observing the employee perform the procedure while providing direct patient care, write "PC" for direct patient care observation
- Both the employee and trainer should sign and date the competency form
- Completed competency form may become part of employee's training file

Disclaimer: This clinical competency is not intended to be comprehensive. Additions and modifications to fit local practice needs are encouraged.

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Competency: Training patients on SMBP

Employee's name: _____

Trainer's name: _____

Procedure	Meets competency (check if "yes")	Needs more training (check if "yes")	Method of validation RD: return demonstration PC: direct patient care observation
Gathers supplies (tape measure, any patient training handouts)			
Explains purpose of SMBP to patient			
Determines cuff size and informs patient of the appropriate size			
Teaches patient proper preparation: <ul style="list-style-type: none"> • Avoid caffeine, smoking, exercise for 30 minutes before measurement • Empty bladder if full • Take BP before BP medications 			
Teaches patient proper positioning: <ul style="list-style-type: none"> • Feet flat on floor or supported on a firm surface • Legs uncrossed • Seated with back supported • Cuff positioned on bare upper arm (refer to manufacturer's user manual for correct placement of tubing) • Arm supported with middle of cuff at heart level • Arm relaxed with palm facing up 			
Teaches patient how to use the device: <ul style="list-style-type: none"> • Turn device on and press start button • Instruct if an error occurs to start over 			
Teaches patient how to use the self-measure: <ul style="list-style-type: none"> • Rest sitting in a chair for 5 minutes prior to BP measurement • Ensure there are no distractions during the measurement: No talking, using electronic devices, or watching television • Take two readings, one minute apart in the morning and evening, a total of four readings per day, for seven days. If patient misses a BP reading, instruct to continue as scheduled 			
Teaches patient how to record their BP measurements and share results: <ul style="list-style-type: none"> • When cuff is deflated and a reading is displayed, explain to the patient which numbers represent systolic and diastolic pressure and how to record results (if using paper log) • Provide patient with instruction on when and how to share measurement results with clinical care team • Provide patients with instructions (from the clinician) on what to do if readings are out of the expected range, and how and when to communicate readings back to the clinic 			
Uses teach-back or another method to ensure patient understanding			
Documents training in patient's medical record			

Comments: _____

Employee's signature: _____ Date: _____

Trainer's signature: _____ Date: _____

This resource is part of AMA MAP BP™, a quality improvement program. Using a single or subset of AMA MAP BP tools or resources does not constitute implementing this program. AMA MAP BP includes guidance from AMA hypertension experts and has been shown to improve BP control rates by 10 percentage points and sustain results.