



The 7-step self-measured blood pressure (SMBP) quick guide

Defining self-measured blood pressure

Self-measured blood pressure (SMBP) refers to blood pressure (BP) measurements obtained by a patient outside of a physician's practice or clinical setting, usually at home. When combined with clinical support (e.g., one-on-one counseling, web-based or telephonic support tools, education), SMBP can help enhance the quality and accessibility of care for people with high blood pressure and improve blood pressure control.¹

SMBP can be used to assess BP control and aid in diagnosing of hypertension. SMBP allows patients to actively participate in the management of their BP and has been shown to improve adherence to antihypertensive medications.¹ It is recommended to be used in conjunction with telehealth counseling or clinical interventions for the titration of BP-lowering medication.²

The recent COVID-19 pandemic has led to a rapid increase in the use of telemedicine by many health care organizations, physicians and care teams. Using telemedicine modalities with self-measured blood pressure (SMBP) can help patients with hypertension achieve and maintain blood pressure goals.²

Access the 7-step SMBP quick guide

The guide highlights seven key steps physicians and care teams can take to use SMBP with patients 18 years and older with high blood pressure, and includes links to useful supporting resources.

Essential AMA resources

1. SMBP training video
2. SMBP training video (Spanish)
3. SMBP infographic (PDF)
4. SMBP infographic (Spanish) (PDF)



5. SMBP recording log (PDF)
6. SMBP CPT® coding
7. SMBP Coverage Insights: Medicaid (PDF)
8. SMBP Policy Brief: Medicaid (PDF)
9. SMBP benefits for patients with Medicaid

References

Lifestyle medicine training CME

Interactive learning from American College of Lifestyle Medicine focused on preventing and treating chronic disease.

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¹ Centers for Disease Control and Prevention. *Self-measured blood pressure monitoring: Actions steps for clinicians*. Atlanta, GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services; 2014.

² Whelton PK, Carey RM, Aronow WS, Casey DE Jr, Collins KJ, Dennison Himmelfarb C, et al. 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA guideline for the prevention, detection, evaluation and management of high blood pressure in adults: A report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *J Am Coll Cardiol*. 2018;71(19).

Disclaimer: These steps are for informational purposes only. These steps are not intended as a substitute for the medical advice of a physician; they offer no diagnoses or prescription. Furthermore, this information should not be interpreted as setting a standard of care or be deemed inclusive of all proper methods of care, nor exclusive of other methods of care reasonably directed to obtaining the same results. This protocol reflects the best available evidence at the time that it was prepared. The results of future studies may require revisions to the recommendations in this protocol to reflect new evidence, and it is the clinician's responsibility to be aware of such changes.

Release the Pressure

Release the Pressure (RTP) brings together a national coalition of likeminded health care organizations with a shared mission to reduce the incidence of heart disease in Black communities.

URL: <https://www.ama-assn.org/delivering-care/hypertension/7-step-self-measured-blood-pressure-smbp-quick-guide>

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