



# Heart Disease and Stroke Prevention Program Self-Measured Blood Pressure Monitoring (SMBP) Initiative

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Rachel Sehr, BSN, RN  
Heart Disease and Stroke Prevention Coordinator  
updated August 2021



# Current Partners

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- Avera Nephrology Clinic – Pierre
- Coteau des Prairies
- Community Pharmacy Enhanced Services Network of South Dakota (CPESN SD)
  - Seven pharmacy locations
- Falls Community Health
- Faulkton Area Medical Center
- Huron Clinic
- Mitchell Rec Center
- Sanford Clinic Brookings

# SMBP Process

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- Participants identified through various methods:
  - Elevated blood pressure during office visit
  - Provider referral
  - EHR data mining
- Patient education and participation agreement
- Two-week minimum twice-daily screenings
- Communication with care team
- Follow up with provider



# Goals of SMBP

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- Clinic level:
  - Maintain NQF 18 at 80%
    - “Controlled” blood pressure of 140/90 mmHg
      - American Heart Association recommends <130/80 mmHg
  - Reduce the number of “white coat hypertension” patients
- Patient level:
  - Hypertension diagnosis
  - Hypertension management
    - Determine best medication therapy
    - Provide understanding of ongoing blood pressure levels
    - Set realistic goals





# Year 3 Results (July 2020 – June 2021)

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- 257 participants enrolled
- 162 completed the program
- 56 identified as having controlled blood pressure/whitecoat syndrome
- 151 medication changes/interventions implemented
- Success stories found at <https://goodandhealthysd.org/healthcare/success-stories/>

# Funding Opportunity

## Implementing and Expanding Self-Measured Blood Pressure Monitoring in South Dakota

**Grant Objective:** Facility could utilize Target: BP, Check. Change. Control, American Medical Association/Johns Hopkins Blood Pressure Control Program, or Million Hearts SMBP programs and guidance to implement a self-measured blood pressure monitoring (SMBP) program within their practice, add additional patients to current SMBP program, or expand to additional providers or sites.\*

**RFA Release:** January 1, 2021

**RFA Due Date:** Application review and award is ongoing until all funding has been awarded

**Selection:** An estimated minimum of 3 facilities will be funded

**Project Period:** Project period lasts one calendar year, beginning one month after award

**Anticipated Award Amount:** \$20,000 per facility (up to \$60,000 total)

**Primary Contact:** Rachel Sehr, Heart Disease and Stroke Prevention Coordinator

**Primary Contact Email:** [Rachel.Sehr@state.sd.us](mailto:Rachel.Sehr@state.sd.us)

**Application Procedure:** Applications are due via electronic submission to [Rachel.Sehr@state.sd.us](mailto:Rachel.Sehr@state.sd.us).

*\*All awarded initiatives would be developed and implemented with assistance from the 1815 team. 1815 team consists of experts from DSU – CAHIT and SD Department of Health who have extensive knowledge and experience related to 1. electronic health records, 2. data, workflow, process analysis, 3. strategic plan development and implementation, 4. PDSA cycles, and 5. policy and protocol development. Additional partners may be utilized as needed. All team members are available to awarded facilities/organizations as a resource for accepted grant activities at no charge to the awardee.*

[https://goodandhealthysd.org/wp-content/uploads/2021/01/1815\\_HDSPP\\_SMBP\\_GrantsApplication.pdf](https://goodandhealthysd.org/wp-content/uploads/2021/01/1815_HDSPP_SMBP_GrantsApplication.pdf)



## RACHEL SEHR, BSN, RN

Heart Disease and Stroke Prevention Coordinator

*Office of Chronic Disease Prevention and Health Promotion*

SOUTH DAKOTA DEPARTMENT OF HEALTH

605.367.5356 | 4101 W 38<sup>th</sup> Street, Suite 102 Sioux Falls, SD 57106 | [doh.sd.gov](http://doh.sd.gov)

