

# Southern Illinois Healthcare Foundation Home Blood Pressure Monitoring Program

Aaliyah Dent, Pharm. D Candidate

J. Christopher Lynch, PharmD and Patrice Howard

## **Purpose**

Uncontrolled hypertension has shown to disproportionately affect minorities and those living in disadvantaged communities. The Southern Illinois Healthcare Foundation (SIHF) aims to serve underserved populations and provide equal access to care to patients in 11 counties throughout Central and Southwestern Illinois. Routine home blood pressure monitoring (HBPM) has shown to substantially increase the rate of blood pressure control within a 12-month period in comparison to those who participated in the usual blood pressure treatment regimen. The Health Resources & Services Administration (HRSA) provided a grant for SIHF to utilize cell enabled Self Measured Blood Pressure (SMBP) devices for patients.

## **Methods**

The program will be implemented for a total of 2 years. The cell enabled Self-Measured Blood Pressure device will be issued to patients for home blood pressure management. Patients will be educated on proper blood pressure measuring technique. Patient blood pressure results will be uploaded to an electronic health system for the patient and provider to view. Healthcare workers will follow up with patients periodically throughout the 2-year period and patients who continuously follow up will receive an incentive.

## **Results**

All members of the healthcare team will be trained and assessed on protocols and proper blood pressure monitoring technique. Providers and patients will continue to perform the following operational workflow to assure proper self-blood pressure management with patients:

1. The healthcare team will select eligible patients
2. The provider discusses program benefits with each eligible patient
3. Interested patients enroll in the program
4. Patients get trained and distributed blood pressure monitors
5. Community health workers will follow up with patients

## **Conclusion**

The SIHF Home Blood Pressure Monitoring Program aims to address hypertension among racial and ethnic minority populations. This program is expected to improve health disparities and promote healthier lifestyles for patients in this demographic. More frequent blood pressure monitoring helps patients to become more involved in their health care journey and can improve patient health overall.

