

***With positive results, Webster clinic continues to play an active role in the management of hypertension, and prevention of heart disease and stroke by offering the Self -Measured Blood Pressure Monitoring Program to patients and community members.***

## Summary

According to the South Dakota Department of Health, heart disease is one of the leading causes of death. Sanford Webster Clinic continues its efforts to help in the prevention of heart disease and stroke by working with patients to manage their hypertension. High blood pressure is a major risk factor for heart disease and stroke but can be a controllable risk factor with the right equipment, education and support. The funding and implementation of the Self-Measured Blood Pressured (SMBP) program has made this possible, giving patients the education and tools they need to start their journey in living a healthier life, and having the patient have a more active role in managing their chronic health conditions. Educating patients with hypertension regarding the importance of blood pressure checking/monitoring, and giving them the tools they need to succeed, can change and save lives.

## Results

From June 2022 through May 2023, 27 patients were enrolled in the self-measured blood pressure monitoring program at Sanford Webster Clinic. Of those patients, 10 required medication changes. 20 patients have now completed the program by the end of the project period. This was an increase of 48% enrollment from the previous contract period 12/1/21 - 5/31/22. Webster clinic has been fortunate to receive funding through the Department of Health to enhance and expand the SMBP program, with positive response from the providers, clinic staff and patients enrolled. The program is now well established at our clinic, with efficient communication, making the SMBP program a sustainable resource for our community and patients in the fight against heart disease and stroke.

## Solutions

The SMBP program has allowed these challenges to be addressed and reduce these barriers. Webster clinic is able to loan blood pressure monitors to patients to utilize at home until the provider determines their blood pressure is better managed and they can return the monitor and cuff. In health care, we know every patient is different, some patients may only require two to three weeks of home monitoring, and others may require two to three months. Also, with clinic staff either checking in with the patient via telephone calls or the patient updating their provider at clinic visits or with phone calls, regarding their blood pressure log, medication management, and lifestyle changes, patients are given the support they need to be successful and make the needed changes to live a healthier life.

## Challenges/Barriers

One challenge in our community that this project addresses is the lack of home monitors that patients do not have or may not be able to afford. Having access to blood pressure monitors is invaluable, and educating our community on the importance of blood pressure monitoring can change and save lives.

A second challenge, is the lack of support some patients and community members have at home. Several patients live at home alone, with no family or social support, making it more difficult to be accountable and make the needed lifestyle changes to manage hypertension.

## Future Decisions

The goal of implementing the SMBP program has been established. One long term goal will include continued efforts and education with clinic staff to continue to utilize this program. This will include education at staff meetings, work huddles and emails. A second long term goal will be to establish Blood Pressure clinic/fairs for work groups in our community to bring awareness to heart disease and stroke prevention, as well as detecting undiagnosed hypertension in our community. The first step in achieving this goal will be to contact local work groups.

## Next Steps

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## Get Involved

For additional information on this project or to learn more about HDSPP funding opportunities, contact Brianne Holbeck, Heart Disease and Stroke Prevention Coordinator at [Brianne.Holbeck@state.sd.us](mailto:Brianne.Holbeck@state.sd.us) or 605-367-7207.

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