Faulkton Area Medical Center continues to grow and expand their self-measured blood pressure monitoring program throughout 1815 Year 4

Summary
Improving hypertension control remains a priority at the Faulkton Area Medical Center (FAMC) through the continuation of the self-measured blood pressure (SMBP) monitoring program implemented as part of a partnership with the South Dakota Department of Health Heart Disease and Stroke Prevention Program. Since its roll out in March 2021, the clinic has been able to expand availability of their program to their hospital patients as well as their nutrition services department. Part of Faulkton’s efforts included offering DASH (dietary approaches to stop hypertension) diet classes to patients enrolled in SMBP as well as non-participating community members, garnering a very positive response from class attendees. Participants in the SMBP program have relayed appreciation in the ability to monitor a part of their health at home and work with their medical provider to stay healthy.

Results
Fortunately, FAMC has encountered very few challenges this year. However, staff still need to be reminded of the program on a regular basis as they tend to be very busy and its easy to forget about some of the opportunities available to patients.

From July 1, 2021-June 30, 2022, Faulkton was able to enroll 31 participants with 33 individuals completing the programming (additional completions are related to participants who did not finish the program in the previous project period). Throughout the year, 18 individuals needed medication changes to reach their blood pressure goals and 15 were considered controlled, meaning their average blood pressure readings were below 140/90 mm Hg and no additional treatment plan changes were needed.

![Faulkton SMBP Chart]

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SUCCESS STORY
Next Steps

Throughout 2022-2023, Faulkton will again partner with HDSPP to continue enrolling patients in SMBP. As part of the next project period, the clinic plans to utilize their electronic medical record data to identify patients that do not come in regularly for office visits but still meet eligibility requirements. This will provide an opportunity for those individuals to learn more about the program and see if they would have interest in doing self-monitoring.

Get Involved

For additional information on this project or to learn more about HDSPP funding opportunities, contact Rachel Sehr, Heart Disease and Stroke Prevention Coordinator at Rachel.Sehr@state.sd.us or 605-367-5356.

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