Hypertension is a serious condition that can lead to life-changing consequences, but it can be managed. Knowing self-measured blood pressure (SMBP) monitoring is a great way to help patients manage their blood pressure, Platte Health Center Avera’s clinics in Geddes, Platte, and White Lake decided to start a program.

One of the biggest challenges with the project was getting people to understand the seriousness of a hypertension diagnosis and all the effects it can have on the body. Some patients were reluctant to take home a blood pressure machine and track their numbers. So to address this challenge, Platte Health Center Avera made sure staff took time to talk through and educate the patients to help them see the value of monitoring their blood pressure and feel comfortable getting enrolled in the SMBP program.

Unfortunately, some patients agreed to be involved in the program but did not follow up or follow their treatment plan related to their hypertension diagnosis. However, of those who did participate, multiple people were surprised their blood pressures ran high at home, as they always assumed being in the provider’s office was the reason for their high readings.

Starting in White Lake in November of 2021 and gradually expanding to Geddes and Platte over the following months, Platte Health Center Avera was able to enroll 49 participants prior to the end of the project period (June 30, 2022). Thirty-six participants completed the program by the end of June with 21 medication changes taking place to help manage participant blood pressures. An additional seven participants were considered controlled, meaning their average blood pressure was under 140/90 mm Hg and needed no further intervention.

### Summary

Platte Health Center Avera Implements Self-Measured Blood Pressure Monitoring Program Leading to Eye Opening Diagnoses for One Participant

### Results

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One particular participant had an eye-opening experience while enrolled as he learned he had multiple additional health conditions of which he was previously unaware. The patient’s vessels in his eye had a substantial amount of past damage and because of the recognition of his hypertension through the SMBP program, he was able to connect that to his eye health and is currently receiving treatment for that as well.

He remarked he will be forever grateful that his provider enrolled him in this program and got his hypertension under control, because he would probably have become blind within the next few years due to the damage that had already started.

Next Steps

Platte Health Center Avera will continue partnering with the Heart Disease and Stroke Prevention Program on SMBP throughout 2022-2023. As part of their efforts to increase participation and raise awareness about the program, Platte Health Center Avera plans to offer screening clinics and reach out to patients identified as having uncontrolled hypertension through their electronic health record.

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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