



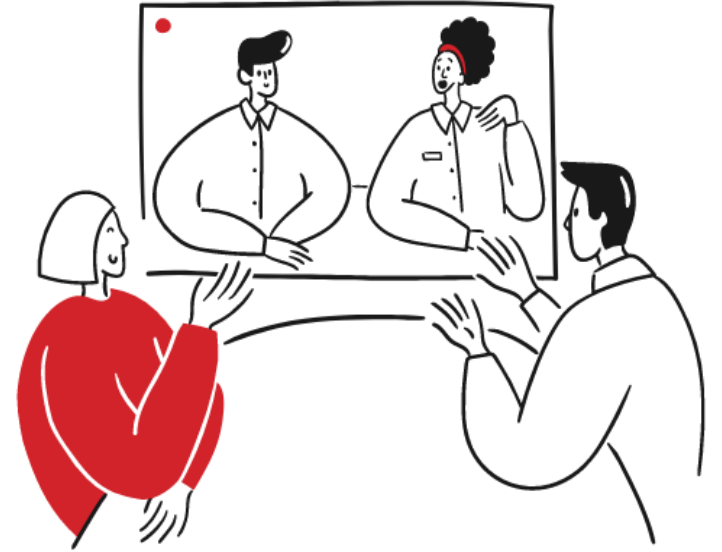
Harnessing the Power of Team-Based Care and Self-Measured Blood Pressure Monitoring to Improve Hypertension Control at Community Health Centers

December 12, 2025



Housekeeping

- Welcome!
- Let's get to know each other - Take a moment to introduce yourself in the chat!
- **Please change your name to your full First and Last Name**
- **Please add your Health Center/Organization Name next to your name!**



Speakers



Andrew Moran, MD, MPH

Associate Professor of Medicine, Columbia University

Director, Global Hypertension Control, Resolve to Save Lives



Kelsey Bryant, MD, MPH, MS

Assistant Professor of Medicine
Certified Hypertension Specialist
Mount Sinai



Ian Kronish, MD, MPH

Associate Professor of Medicine
Co-Director, Columbia Hypertension Center
Columbia University Irving Medical Center



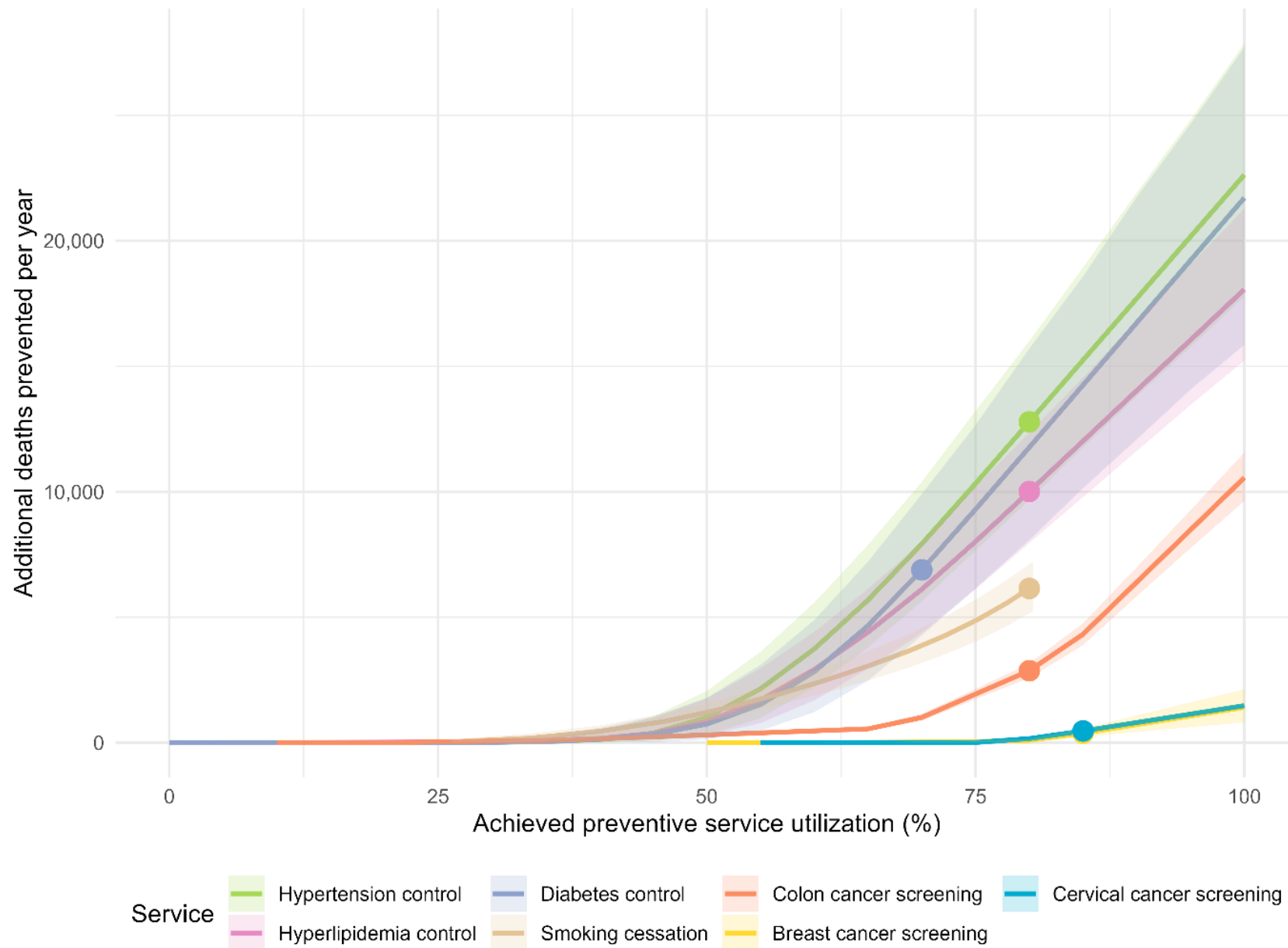
Part One: Team-based Care

Dr. Andrew Moran



Hypertension control = lives saved

Of all primary care preventive services, **hypertension control saves the most lives**



Hypertension in the NY State community health centers*

UDS Data Five-Year Summary

Age and Race/Ethnicity

Patient Characteristics

Services

Clinical Data

Cost Data

Clinical Data	2020	2021	2022	2023	2024
Controlling High Blood Pressure *	60.46%	62.56%	66.40%	67.85%	69.74%

- Overall, within NY adults with HTN treated in participating centers (1.3 million adults); **HTN control is ~70%**
- This estimate does not account for people without healthcare access or not accessing their care
- **HTN control around 65% is typical for health systems where the system and clinicians are working toward a goal BP <140/90 mmHg**
- In our prior session, we saw that health care providers and clinicians reaching >80% control (<140/90) have **average systolic BP <120 mmHg in their hypertension patients**



2025 US HTN guidelines: recap of main messages from September CHCANYS webinar

- **Spread the news, and motivate patients to take their daily medicines: HYPERTENSION TREATMENT PREVENTS DEMENTIA**
- **GO FOR IT!** Overcome inertia and **treat SBP <130 mmHg** in HTN patients as long as no side effects or polypharmacy concerns. **Target mean systolic BP of 120 mmHg** at provider and clinic levels
- **Ensure access to dual drug single pill combinations** in formularies, pharmacy shelves—for Stage 2 HTN patients
- **Implement and improvise on Team-Based HTN Care**
- **Advocate in Albany** to increase scope of practice and reimbursement for non-physician workers (PAs, NPs, clinical pharmacists, community health workers)



An Update to Guidelines: team-based care in 2025

2025 ACC/AHA Hypertension Guidelines, Section 5.4 *Plan of Care for Hypertension*

Recommendations for Plan of Care for Hypertension Referenced studies that support the recommendations are summarized in the Evidence Table .		
COR	LOE	Recommendations
Team-Based Care		
1	A	1. For adults with uncontrolled hypertension, a team-based care approach is recommended to achieve and maintain BP control. ^{1–4}



What is team-based hypertension care?

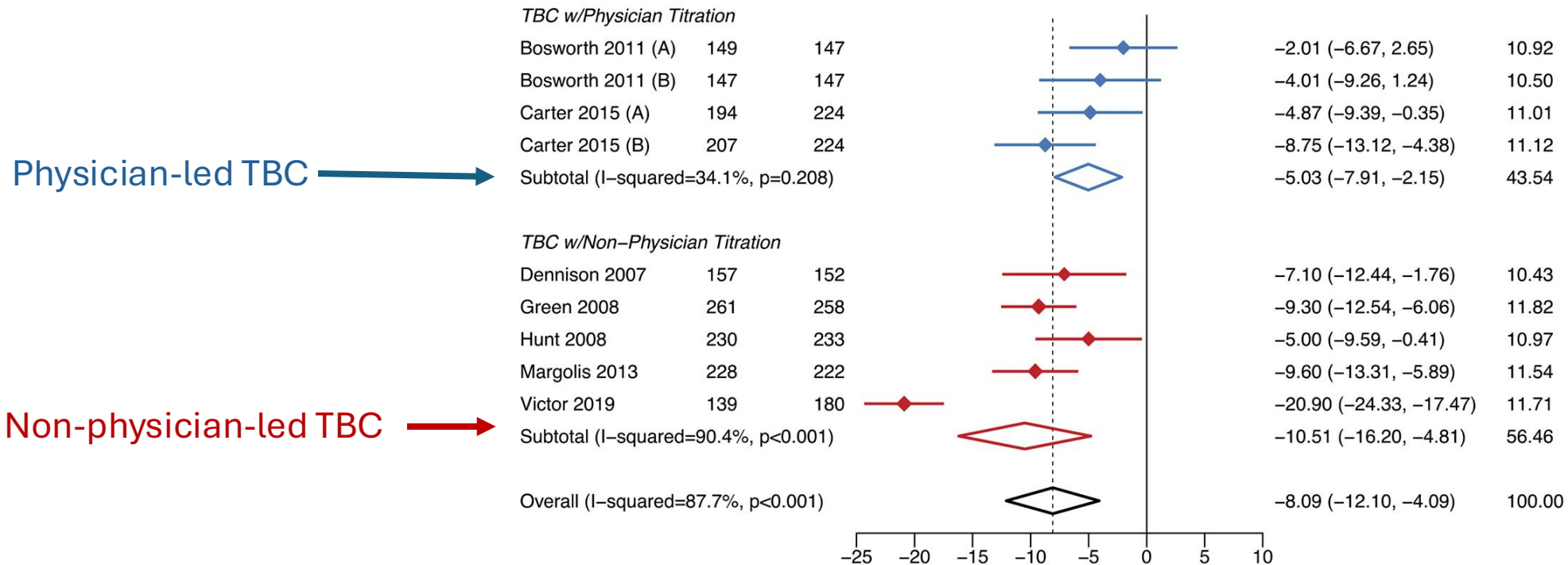


- **ACC/AHA 2025:** *“a health systems-level organizational intervention”*
- Incorporates a **trained multidisciplinary team**, including physicians, nurse practitioners, physician assistants, nurses, pharmacists, dietitians, social workers, and community health workers
- Each **team members’ roles delineated**, allowing the primary care clinician to focus on complex issues while other team members address medication management, patient education, lifestyle modification, and social determinants of health



Team-based care: the evidence

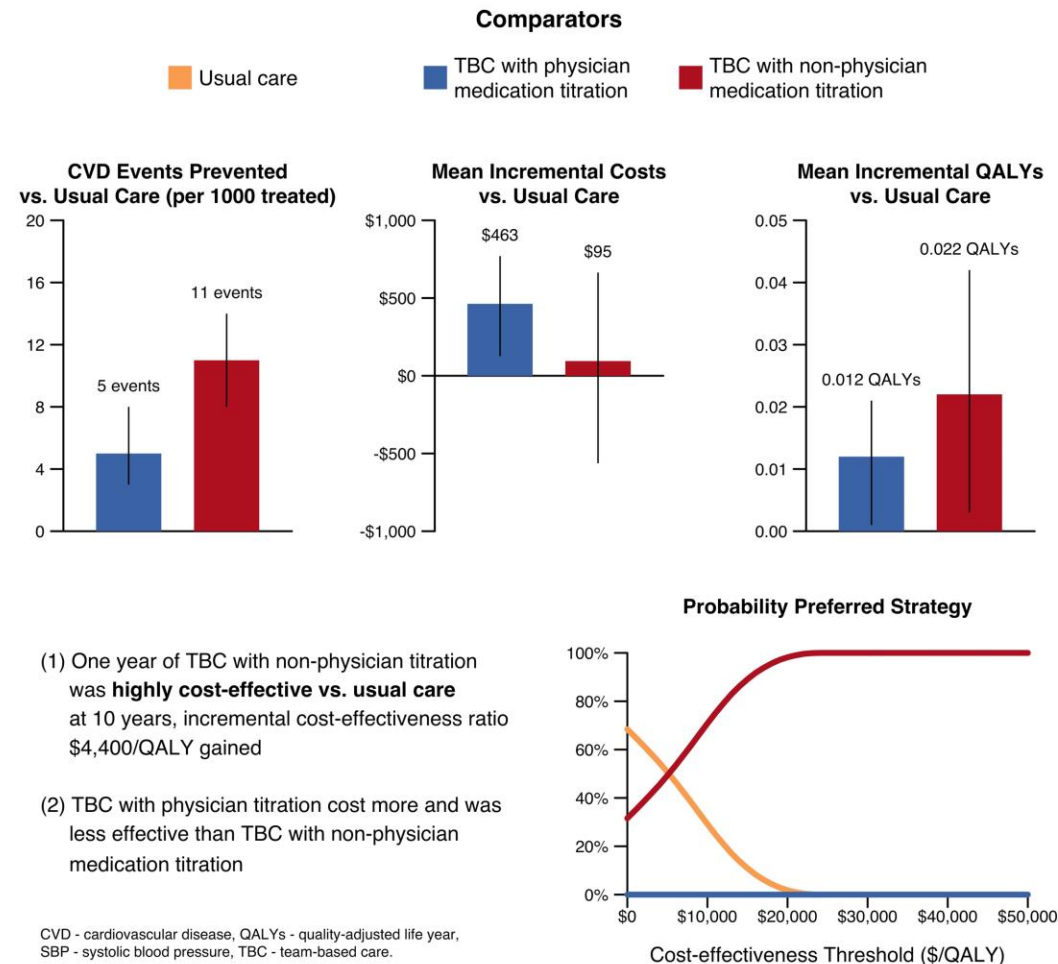
- 19 studies comprising 5993 participants
- 12-month systolic BP change versus usual care:
 - **-5.0** (-7.9 to -2.2) mm Hg for team-based care (TBC) with **physician** titration
 - **-10.5** (-16.2 to -4.8) mm Hg for TBC with **nonphysician** titration*



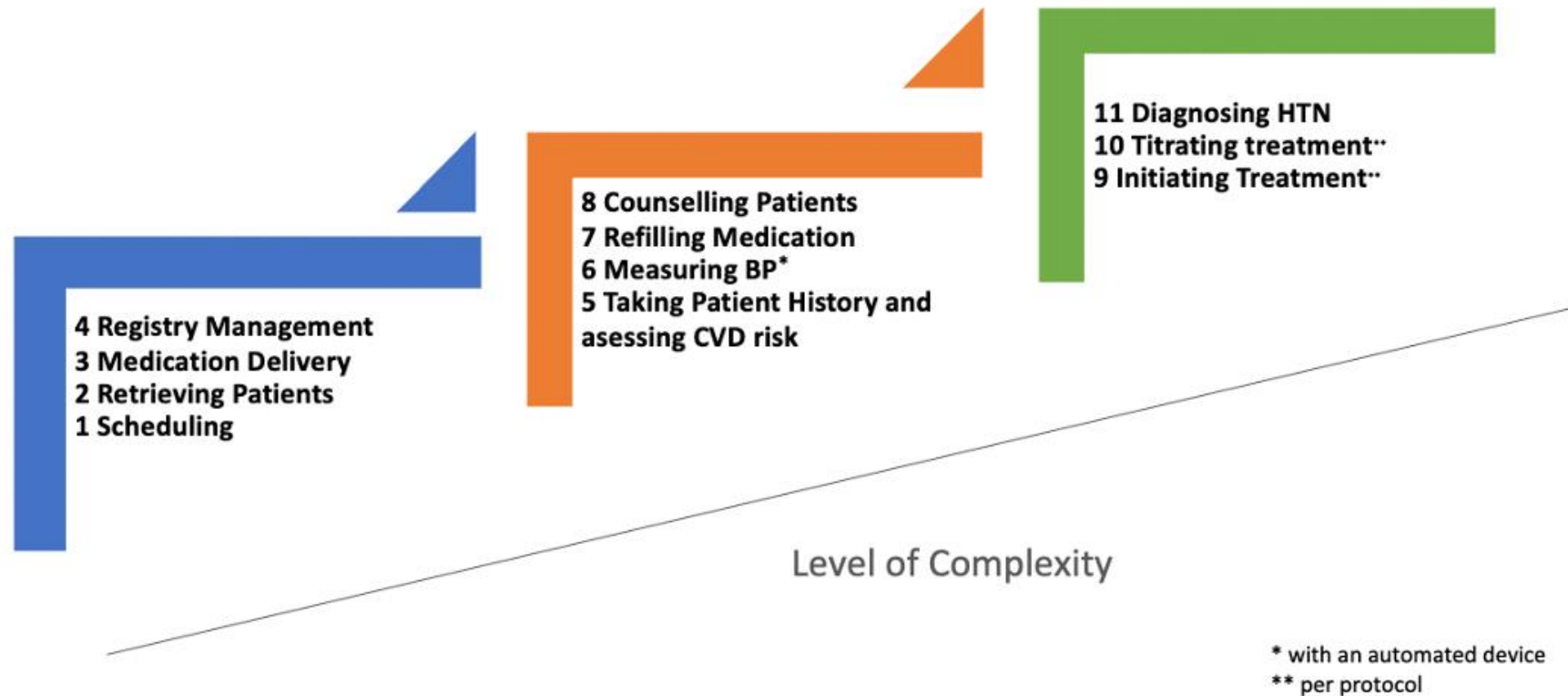
Cost-effectiveness of team-based HTN care

- Relative to usual care at 10 years, TBC with nonphysician titration was estimated to cost \$95 and cost-effective (\$4400/quality-adjusted life year gained)
- TBC with physician titration was estimated to cost more and gain fewer quality-adjusted life years than TBC with nonphysician titration

Is one year of team-based care (TBC) cost-effective in US adults with uncontrolled hypertension?








Team-based care conceptual framework for hypertension management



*Ogunbge O. et al., Determining the frequency and level of task-sharing for hypertension management in LMICs: A systematic review and meta-analysis. eClinicalMedicine, 2022.

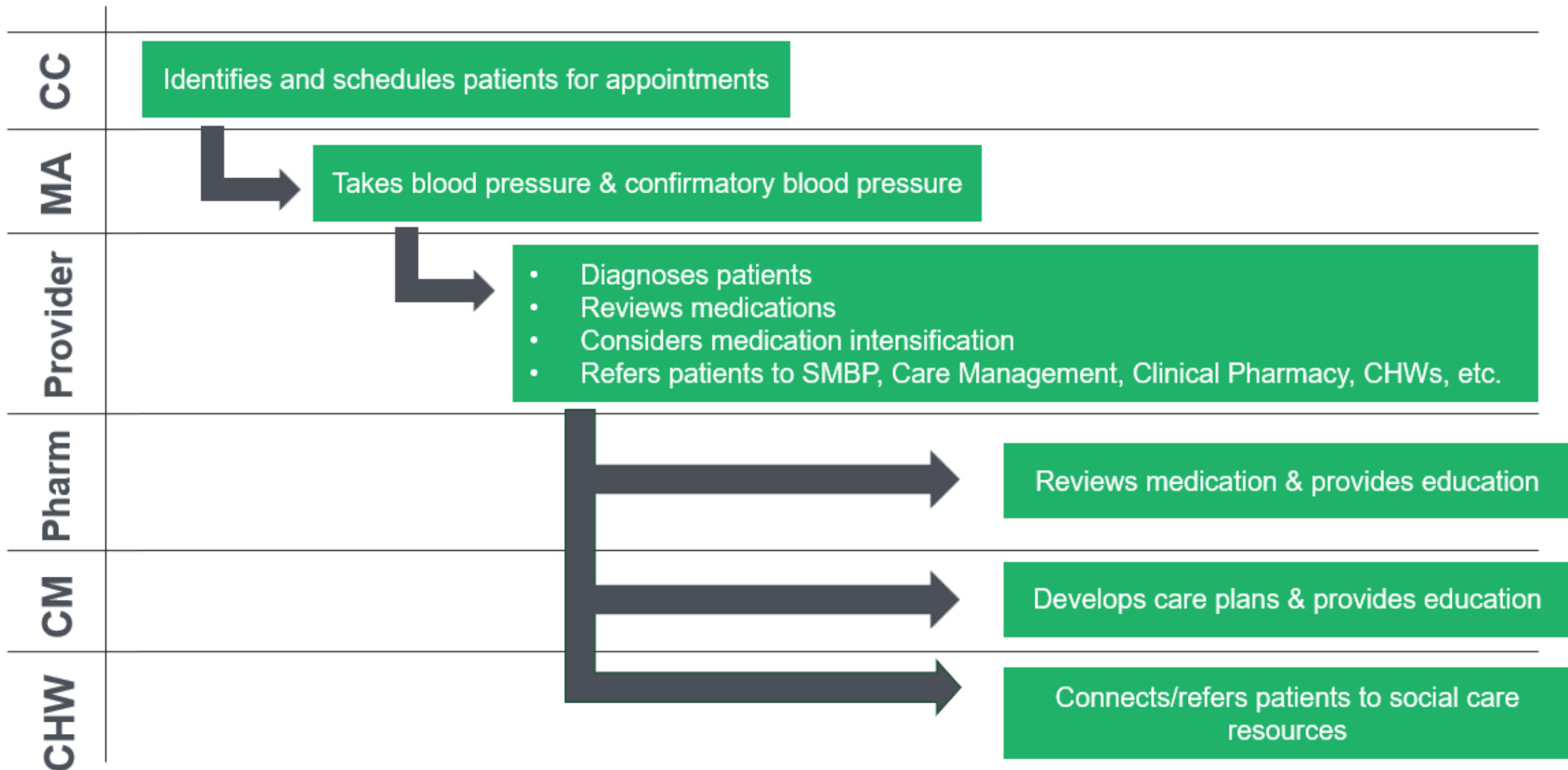


Team-base HTN care roles: primary care setting

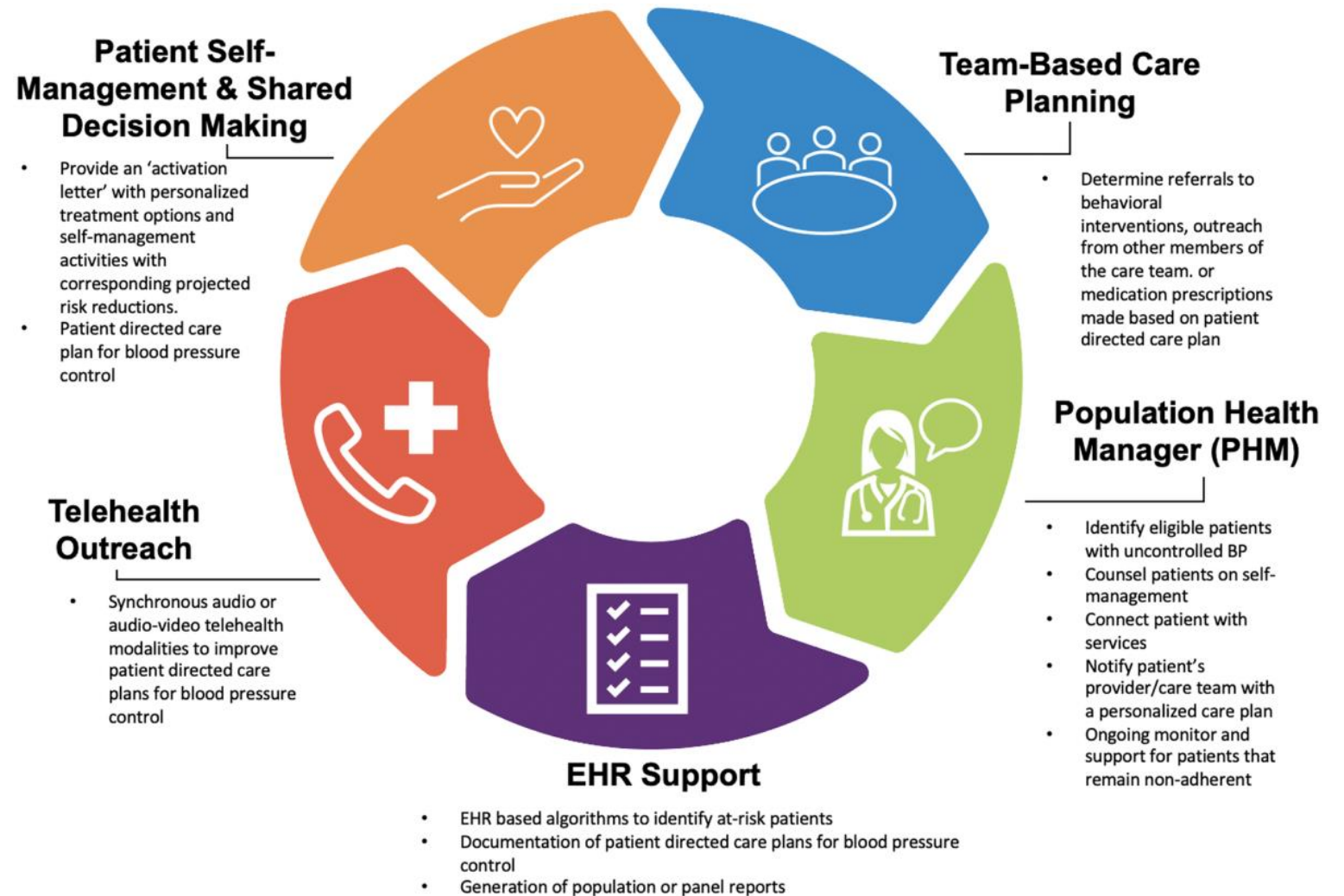
Role	Activities
 Quality Team	<ul style="list-style-type: none">• Monitor practice, team, provider performance• Create cohorts based on focus for intensification, pharmacy intervention, care manager engagement• Track & visualize impact of quality improvement efforts
 Care Team	<ul style="list-style-type: none">• Review/discuss/manage patients with treatment inertia• Identify hypertension care needs at the point of care• Participate in Care Team huddles
 Care Manager	<ul style="list-style-type: none">• Actively oversee/manage patients with changes in medication (cohort)• Provide home BP monitoring instruction/teach back• Self management goal setting / care planning• Address health-related needs• Provide education or enabling resources• Participate in Care Team huddles
 Care Coordinator	<ul style="list-style-type: none">• Identify & outreach to patients with undiagnosed hypertension, high risk ASCVD without treatment, hypertensive tobacco users, etc.
 CHW	<ul style="list-style-type: none">• Conduct health-related needs screens• Refer patients for health-related care needs• Monitor health-related needs screening rates for patients with HTN



Sample Team-Based Care Workflow



EHR design and workflows to support HTN TBC



Legal & regulatory environment affecting team-based care in New York State

Pros:

- NYS Nurse Practitioners Modernization Act removed requirements for experienced NPs to have a written practice agreement with a physician; led to more effective team-based care
- New York has been a leader in building consensus on scope of CHW practice and training standards

Cons:

- However, limited reimbursement for nonphysician team members (e.g., pharmacists, community health workers); current payment models rarely support team-based hypertension care outside of physician-delivered services
- Non-physicians are still limited in their ability to independently manage hypertension or titrate medications



Lessons Learned: Team-Based Hypertension Care

Franklin Smith

Senior Director of Quality

Neighborhood Health Center of Western NY



The Full Care Team

The Full Care Team – Anyone Who Impacts Patient Experience

Background:

Maria is a 62-year-old Spanish-speaking patient with diabetes, hypertension and depression. She recently lost her housing and has missed multiple appointments.

- Operators schedule a same-day visit and flag need for Spanish interpretation.
- PSRs check her in, update housing status, income information and other demographic data.
- Billing & Finance help apply for sliding fee scale.
- CHWs connect Maria to housing resources and arrange transportation for follow ups
- Medical Records request previous cardiology records and update the chart.
- Nursing completes vitals, A1c testing and all applicable screenings.
- Provider updates care plan, adjusts meds, discusses internal BH and Nutrition services and makes updated referrals.
- Care Coordinators assist with updated cardiology and endocrinology referrals.
- Pharmacy checks for med interactions and arranges delivery.
- Quality identifies Maria as high risk and qualifies her for advanced care management.
- Wellness team takes enrolls her in Care Management and supports her ongoing engagement in her care

Result:

Maria receives timely, coordinated care that addresses her medical, behavioral and social needs — supported by every part of the health center team. Maria has gone from being “non-compliant” to being an active participant in her care with controlled chronic conditions



Poll



Part Two: Self-Monitored BP

Dr. Ian Kronish & Dr. Kelsey Bryant

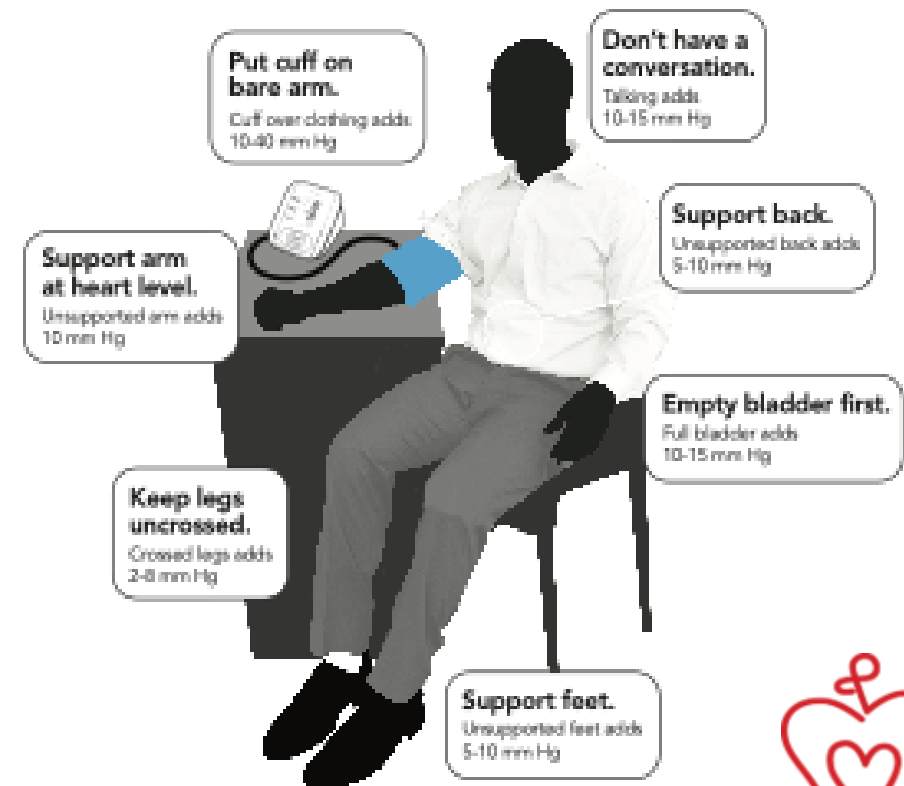


What Is Self-Measured Blood Pressure (SMBP)?

- Replicates office BP in the home
- For initial diagnosis, ideally, measure twice in morning and twice before bed for 7 days, (**even 3 days should be enough**)
- For self-monitoring while being treated for hypertension, less clear recommendations on frequency of checking home BP
- Note: kiosks may overestimate BP

7 Simple tips

to get an accurate blood pressure reading



Why measure BP at home?

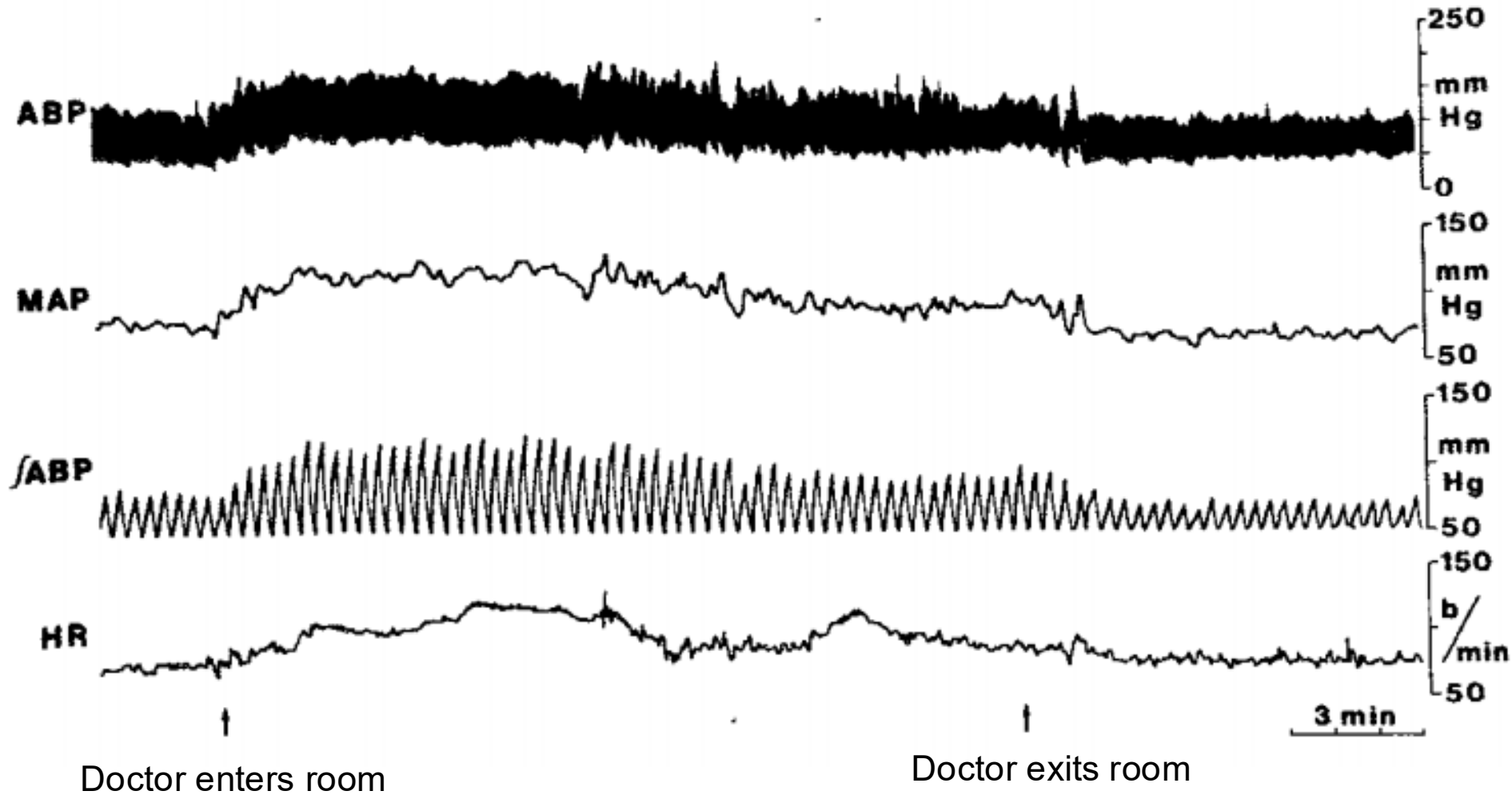
Inaccurate office methods

Limited number of office BP readings

Office BP may not reflect 'true' BP

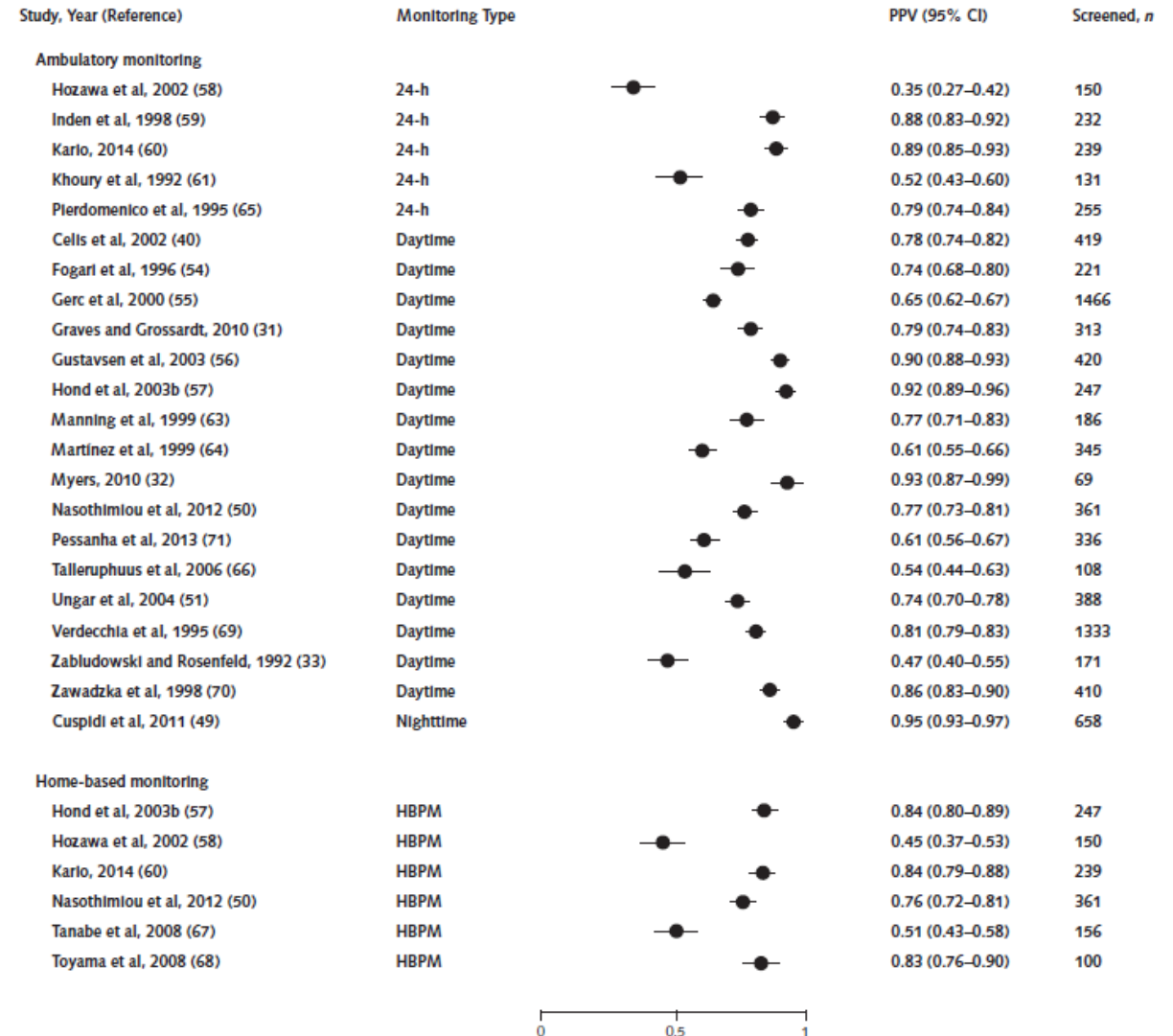


White-coat hypertension



White-coat hypertension is common

~1 in 5 patients with newly elevated office BP have white coat hypertension, higher in routine care without research grade BP measurement (range 5% - 65%)



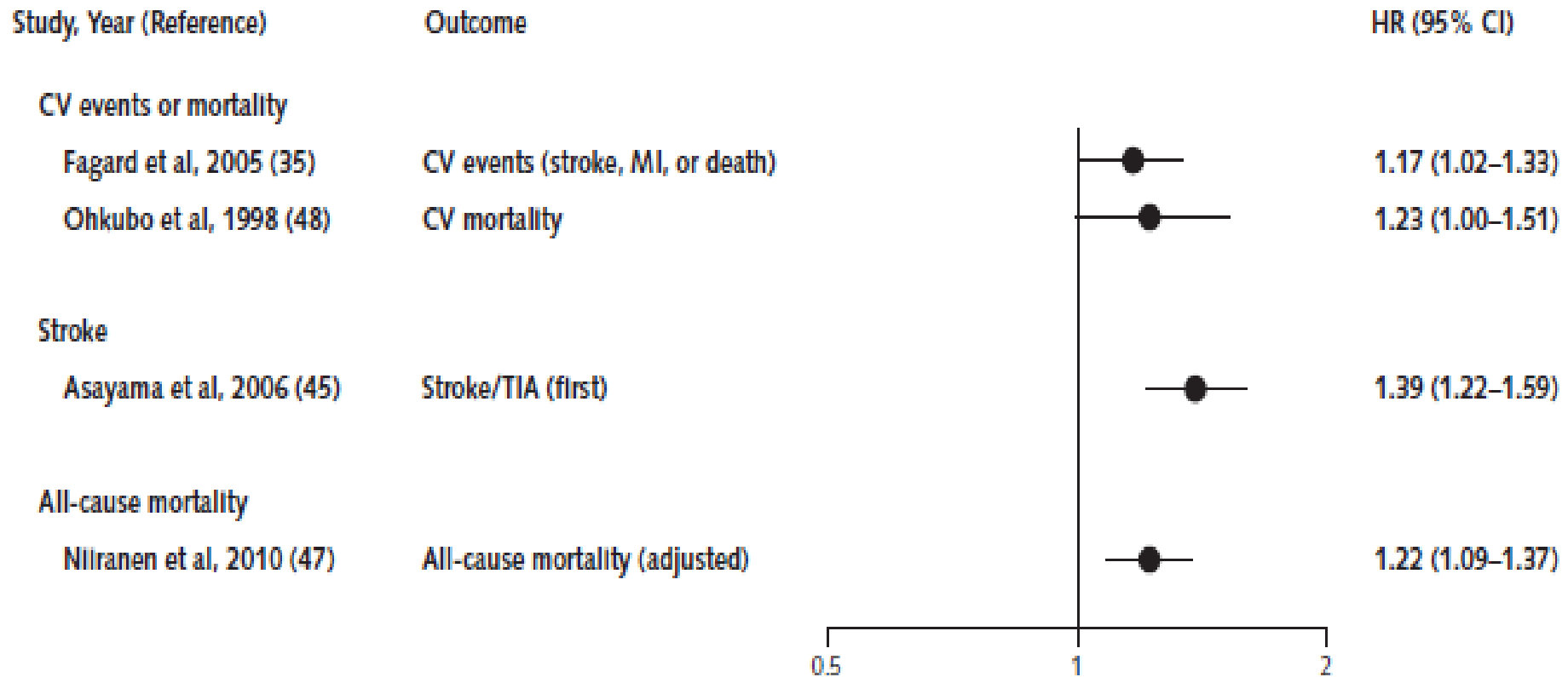
Results of included studies for key question 3b. ABPM = ambulatory blood pressure monitoring; HBPM = home blood pressure monitoring; OBPM = office blood pressure measurement; PPV = positive predictive value.

Masked hypertension is common too!

- BP lower in the doctor's office than out of the office
- Occurs in ~12% of adults with non-elevated office BP
- Double the risk of CVD events compared to normotension



Home BP predicts CVD risk better than office BP

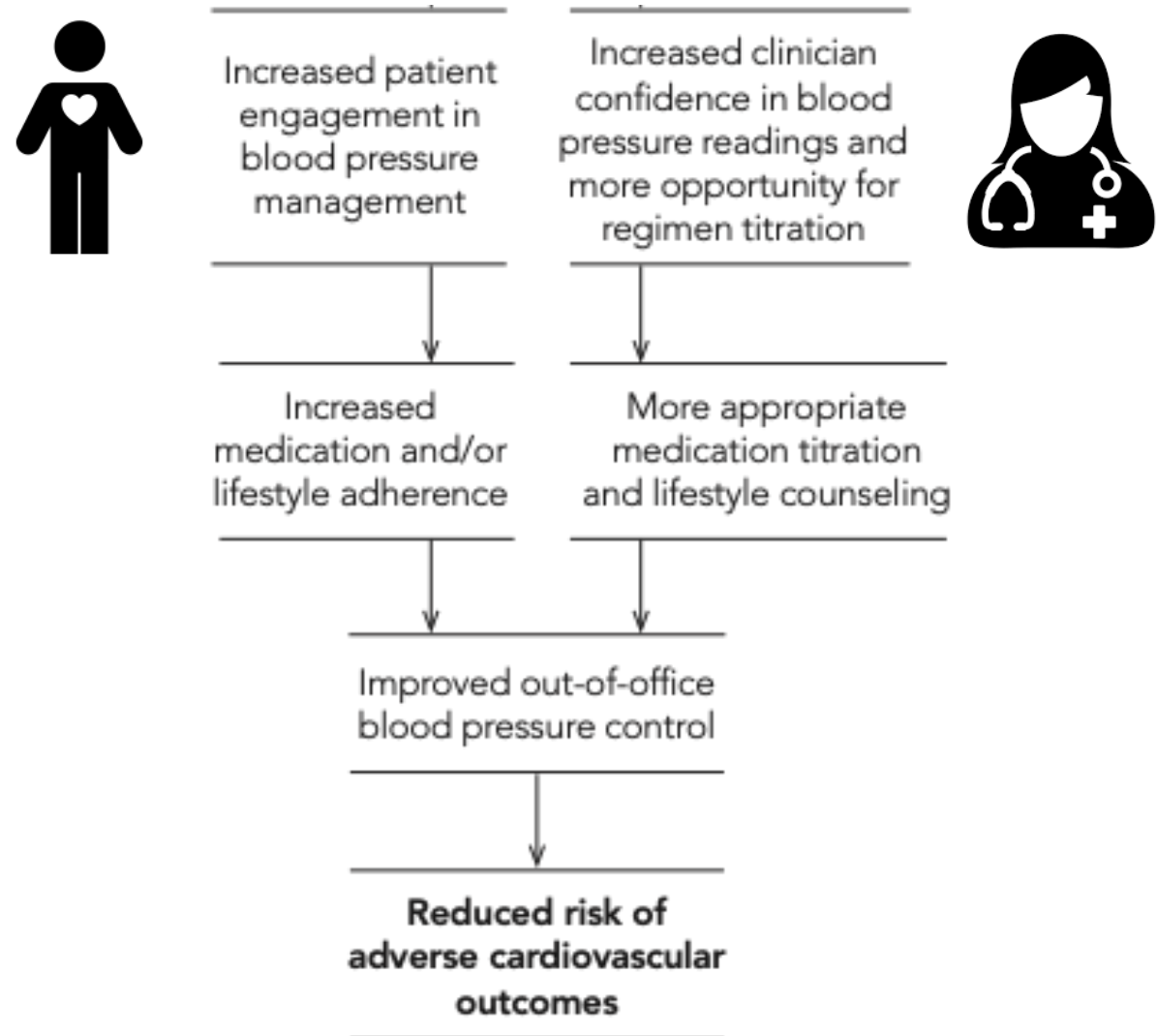


USPSTF hypertension screening recommendations 2015, 2021

Population	Recommendation	Grade (What's This?)
Adults aged 18 years or older	The USPSTF recommends screening for high blood pressure in adults aged 18 years or older. <u>The USPSTF recommends obtaining measurements outside of the clinical setting for diagnostic confirmation before starting treatment (see the Clinical Considerations section).</u>	A



How SMBP improves hypertension outcomes



What is the Evidence for SMBP?

Increasing intensity of support ↓

Self-monitoring with web/phone feedback

TeleBPMet	179	57	122		-1.88 (-5.86, 2.09)	4.67
Kerry et al.,	334	167	167		0.04 (-3.86, 3.93)	4.73
eBP - Con vs. Int 1	493	247	246		-2.88 (-5.51, -0.24)	5.61
Wakefield - Con vs. Int 1	183	102	81		-2.16 (-6.70, 2.39)	4.28
Subtotal	1189	573	616		-1.98 (-3.74, -0.21)	19.29
(I-squared = 0.0%, p = 0.687)						

Self-monitoring with web/phone feedback & education

TASMINH2	480	246	234		-5.42 (-8.40, -2.44)	5.38
TASMINH-SR	450	230	220		-9.02 (-12.18, -5.85)	5.25
CAATCH	691	366	325		-0.71 (-3.88, 2.46)	5.24
Leiva et al.,	214	103	111		-2.42 (-6.61, 1.78)	4.52
HINTS - Con vs. Int 1	264	137	127		-2.27 (-6.60, 2.05)	4.43
Wakefield - Con vs. Int 2	180	102	78		-6.36 (-10.97, -1.75)	4.23
Subtotal	2279	1184	1095		-4.42 (-7.11, -1.73)	29.05
(I-squared = 69.3%, p = 0.006)						

Self-monitoring with counselling/telecounselling

Hyperlink	388	191	197		-9.24 (-12.15, -6.33)	5.43
TCYB - Con vs. Int 2	238	122	116		-3.00 (-6.74, 0.74)	4.84
HINTS - Con vs. Int 2	269	137	132		-2.79 (-7.21, 1.64)	4.36
HINTS - Con vs. Int 3	264	137	127		-5.20 (-9.41, -1.00)	4.51
eBP - Con vs. Int 2	484	247	237		-8.75 (-11.36, -6.14)	5.63
Subtotal	1506	697	809		-6.10 (-9.02, -3.18)	24.63
(I-squared = 68.2%, p = 0.014)						

Heterogeneity between groups: $P < 0.001$

Overall	6300	2807	3493		-3.24 (-4.92, -1.57)	100.00
(I-squared = 76.2%, $P < 0.001$)						

-15 -10 -5 0 5 10
Favours intervention Favours control



Translating SMBP into Practice

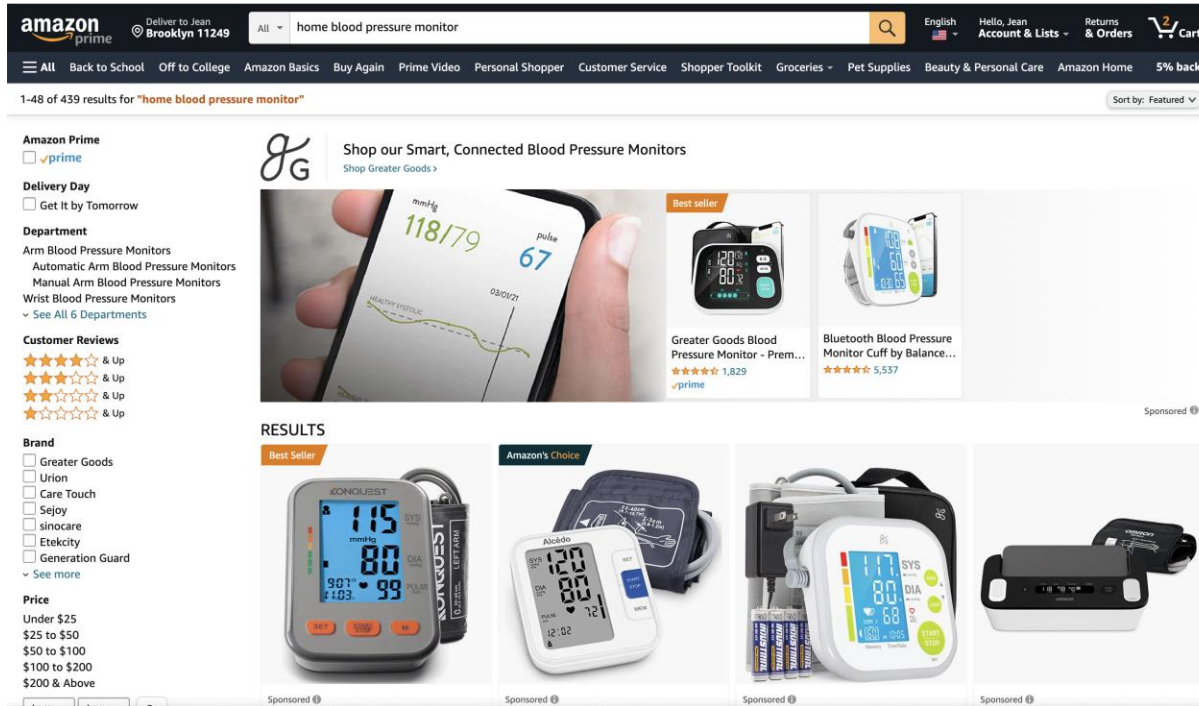


Common clinician challenges with SMBP

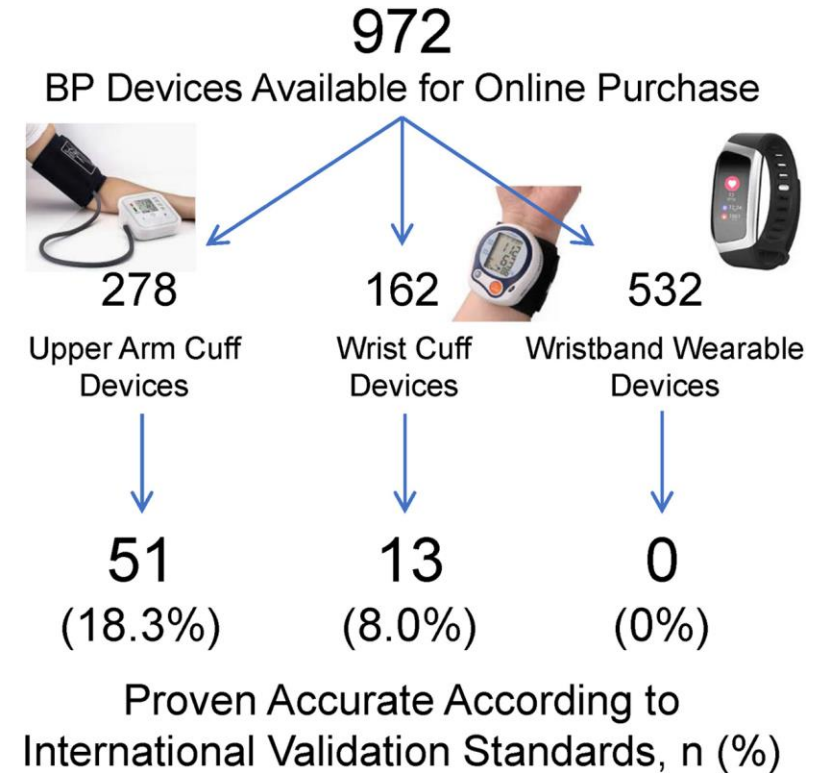
- Write a prescription but patient never gets home BP device
- Patient has a BP device but doesn't bring the BP readings
- Patient brings the readings, but the home BP readings don't match office BP readings
 - Is device accurate?
 - Does BP cuff fit correctly?
 - Is patient following correct measurement protocol?



Majority of home BP devices are not validated



Unvalidated devices are typically less expensive than validated ones



Unvalidated devices are less likely to be accurate



Size (of BP cuffs) matters!

Table 2. Mean Difference in BP When a Regular BP Cuff Was Used Regardless of Appropriate BP Cuff Size

Cuff size	Mean (SD), mm Hg ^a		BP cuff size used relative to appropriate BP cuff size	BP difference (95% CI), mm Hg	P value for difference
	BP with appropriate BP cuff	BP with regular BP cuff			
Systolic BP					
Small (n = 35)	119.6 (23.5)	116.0 (23.4)	1 Size too large	−3.6 (−5.6 to −1.7)	<.001
Regular (n = 54)	120.9 (21.4)	120.9 (21.4)	Correct cuff size	0 [Reference]	NA
Large (n = 65)	122.7 (14.7)	127.5 (14.9)	1 Size too small	4.8 (3.0 to 6.6)	<.001
Extra large (n = 40)	124.5 (21.8)	144.0 (22.4)	2 Sizes too small	19.5 (16.1 to 22.9)	<.001
Diastolic BP					
Small (n = 35)	71.5 (10.4)	70.2 (10.5)	1 Size too large	−1.3 (−2.4 to −0.2)	.02
Regular (n = 54)	72.8 (11.5)	72.8 (11.5)	Correct cuff size	0 [Reference]	NA
Large (n = 65)	75.7 (7.0)	77.6 (7.7)	1 Size too small	1.8 (1.1 to 2.6)	<.001
Extra large (n = 40)	79.3 (12.2)	86.7 (14.2)	2 Sizes too small	7.4 (5.7 to 9.1)	<.001

Abbreviations: BP, blood pressure; NA, not applicable.

^a BPs were based on the average of triplicate BP readings.

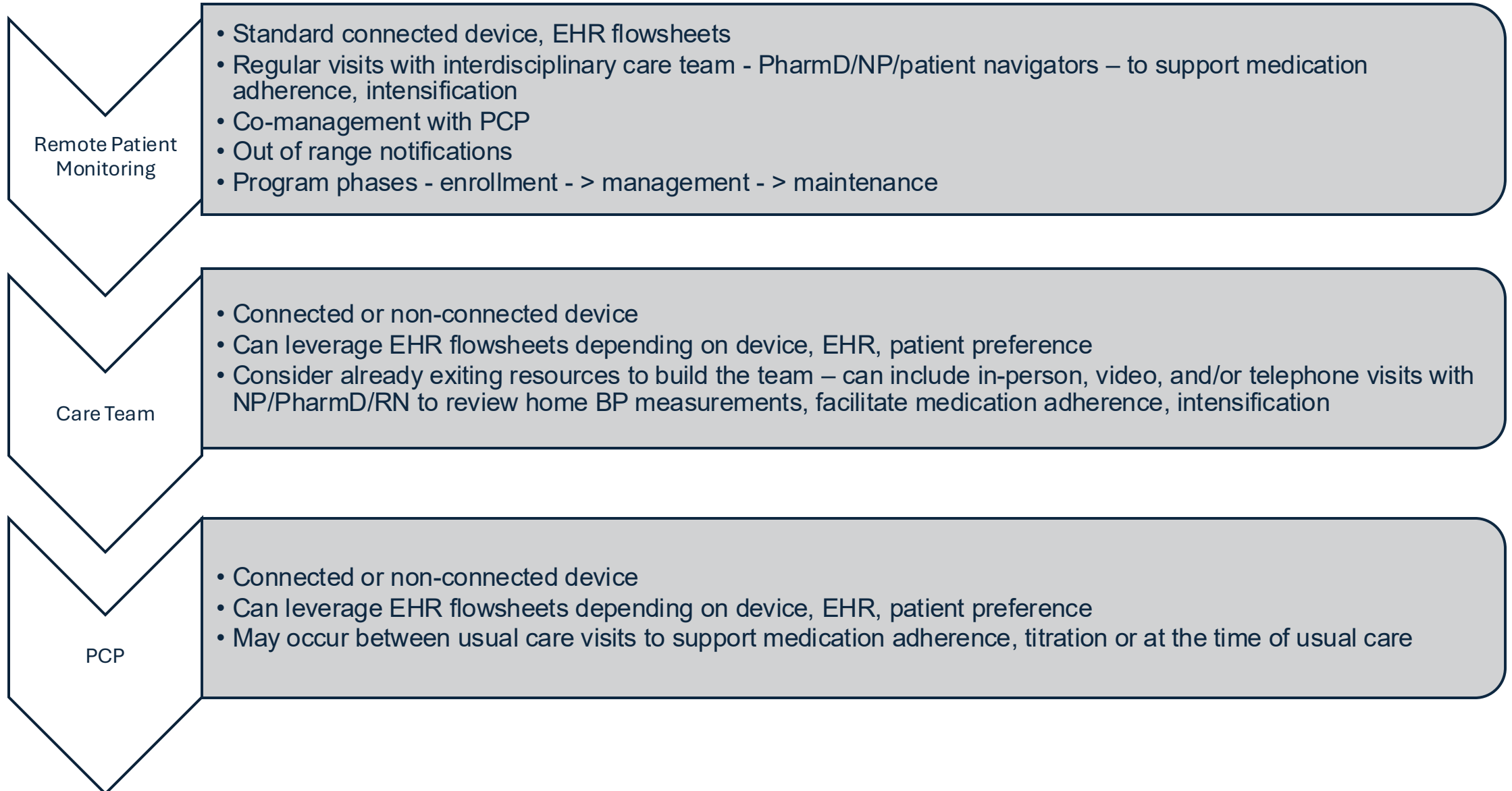


Team Member Roles within SMBP Program

Role	Responsibilities
Navigator	<ul style="list-style-type: none">• Onboarding and reminders to track home BP• Trouble shoot device questions
Nurse (RN)	<ul style="list-style-type: none">• Teach patients how to correctly measure BP at home• Lifestyle counseling and patient activation
Clinical Pharmacist	<ul style="list-style-type: none">• Medication reconciliation and adherence counseling• Triage extreme readings• Titrate BP medications according to algorithm
Population Health Manager	<ul style="list-style-type: none">• Outreach to patients with uncontrolled office BP
Community Health Worker	<ul style="list-style-type: none">• Link patients to resources that address health related social needs



What could this look like in practice?



Data Inflow Strategies

Strategy	Pro	Cons
Patient brings log	Less between visit work	Patient may forget, need to average value during limited appointment time
Patient submits to HER Or web based software	Less work between visits, EHR may calculate average	Need to clarify follow up plan (between visit, just for review at next visit)
Team outreaches patient	Possible additional patient engagement, opportunity for education and titration (if MD, PharmD, NP, PA)	Time consuming for team, need dedicated time to conduct May have to calculate average in real time if patient device does not
Connected device (Remote Patient Monitoring/RPM) “Genius Bar”	Direct transmission/average to EHR	Need response/review protocol in place Expensive and sometimes reimbursement is complication



How to ensure your patients are getting accurate home BP readings

- Be familiar 1 or 2 low-cost home BP brands
- Consider lending validated devices to patients (or, better, give them away for free)
- Understand insurance policies (only Medicaid covers devices)
- Partner with your vendor
- Provide instructional materials
- Ask patient to bring device for teaching by nurse or other team member
- Check to see if device is on **ValidateBP.org**
- Compare home BP readings with those from a validated office device



www.homeBPsupport.org

Home blood pressure monitoring is a better way to manage your patient's hypertension

Which program is right for your patient?



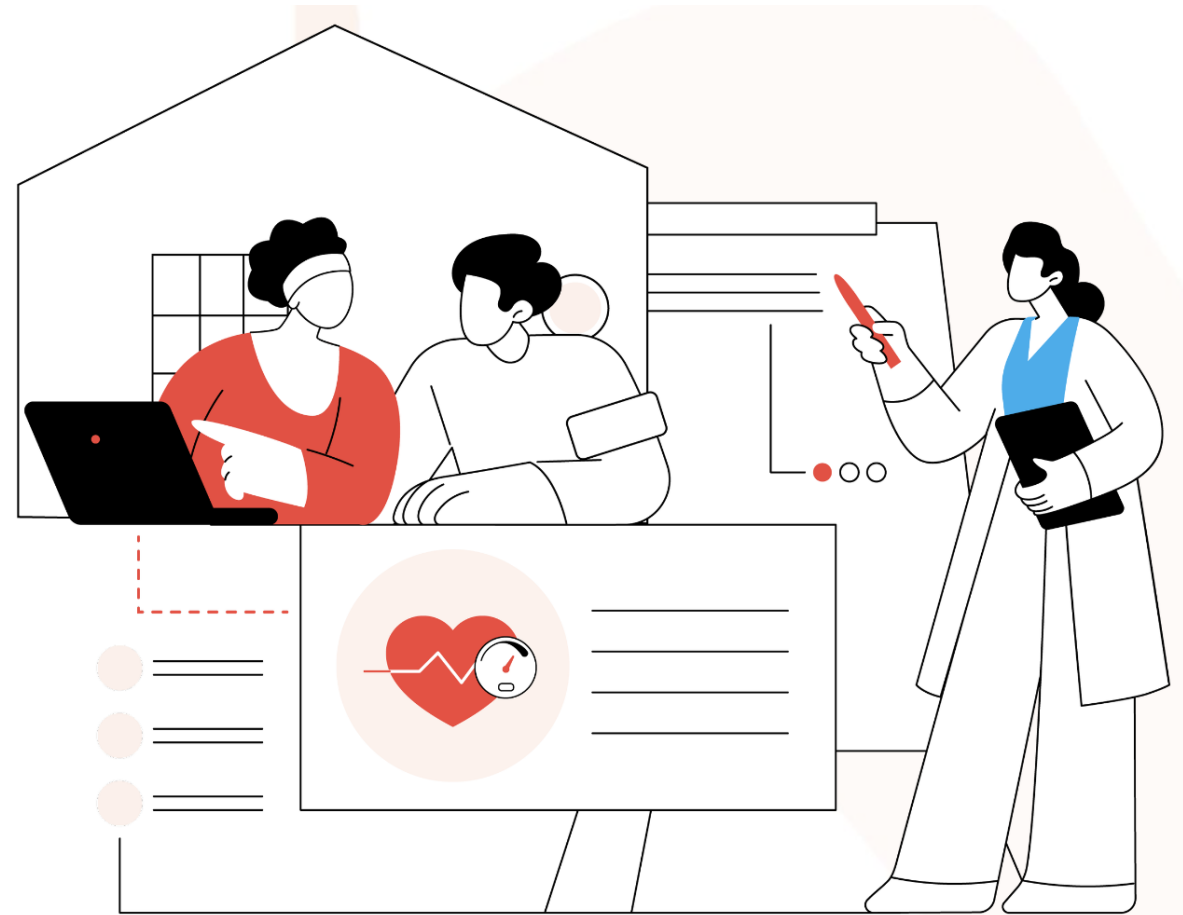
- Patients use their own home BP device
- Patients use MyChart/Connect to track home BP readings and view educational modules

Learn more



- Patients are loaned a valid home BP device and tablet for 6 months
- Navigators help patients with onboarding and support
- Billable with copays

Learn more



**Home BP readings integrated
into Epic for you!**



Weill Cornell Medicine



NewYork-Presbyterian



COLUMBIA

Columbia-Cornell-NYP SMBP Program

- Validated home BP devices are delivered to patients' homes free of charge or patients use their own device
- Patients are taught how to measure correctly
- Devices **wirelessly transmit BP data into Epic** or **patients self-enter readings through patient portal (MyChart)**
- Clinicians receive weekly in-basket message with list of prior week of readings and link to trends/average home BP for better clinical decision making
- Navigators and/or clinical pharmacists assist with patient enrollment, onboarding, reminders, and management



Weekly In Basket message with list of BP readings



Calendar

Home

Refresh

New Message

New Patient Message

My Pools

Search

Attach

Out of Contact

Preferences

Manage QuickActions

My Messages

Canceled Ord8/8

Chart Completion194/196

Letter Queue1/1

My Open Charts17/17

My Unsigned Orders4/6

Overdue Results48/48

Page7/13

Patient Clinical Update2/6

Procedure Prep0/1

Results0/2

Attached & Covering Users0/0

Follow-up

Search

Sent Messages

Completed Work

Done

Reply

Reply All

Forward

Follow-up

Chart

Msg to Pt

Telephone Call

Add Vaccinations

Discard Vaccinations

Reconcile

Pt Flowsheet

Reply to Patient

Mark Screening Complete

Follow-up Needed

New QuickAction

Patient Clinical Update2 new, 6 total

SortFilter

Status	Msg Date	Patient	Subject
Read	09/13/2023 01:23...	Test, Eric	New results from patient entered fl...
New	08/04/2023 02:01...	Hypertension, Henry	Abnormal results from patient e...
New	08/04/2023 02:01...	Hypertension, Henry	Abnormal results from patient e...
Read	08/04/2023 02:01...	Hypertension, Henry	New results from patient entered fl...
Read	06/21/2023 03:51...	Hypertension, Hypatia	New results from patient entered fl...
Read	06/13/2023 12:34...	Hypertension, Harry	New results from patient entered fl...

Message

Patient Info

Meds/Problems

Vitals/Labs

My Last Note

Help

Eric Test

Male, 40 year old, 4/26/1983

MRN: 4000062785

Phone: 608-852-4256 (M)

PCP: None

Primary Cvg: None

Patient-Entered Data

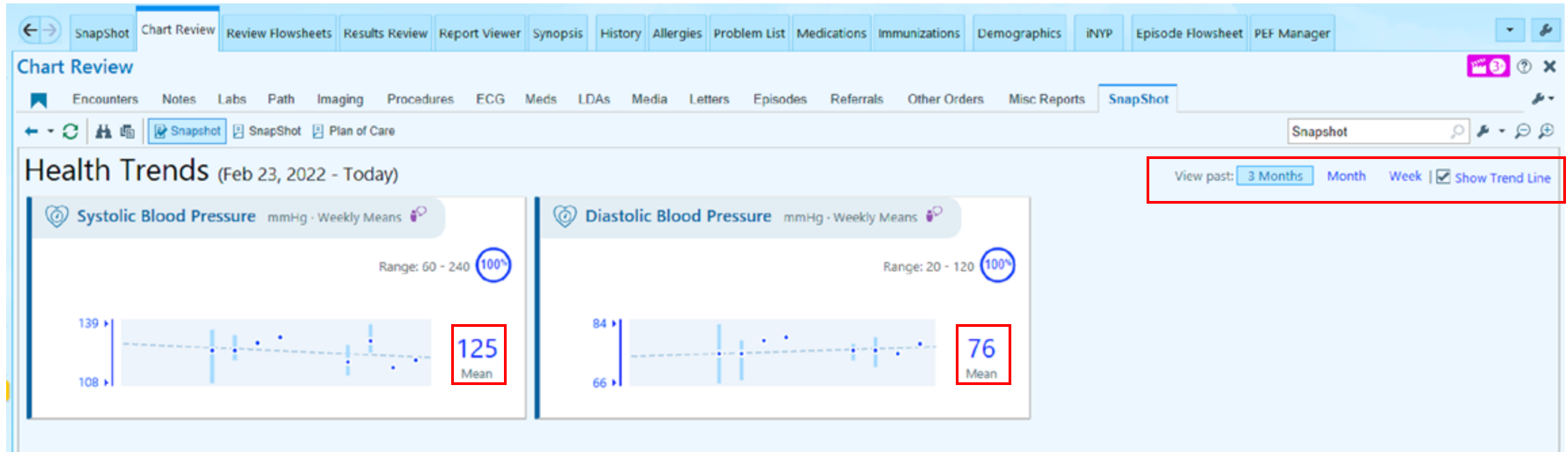
Eric's recent Hypertension Monitoring readings (past 60 days):

Time Taken	Time Submitted	Systolic Blood Pressure (mmHg)	Diastolic Blood Pressure (mmHg)	Heart Rate (bpm)	Weight (lbs)
9/13/2023 1:27 PM	9/13/2023 1:28 PM	125	85		
9/13/2023 1:23 PM	9/13/2023 1:23 PM	120	80		

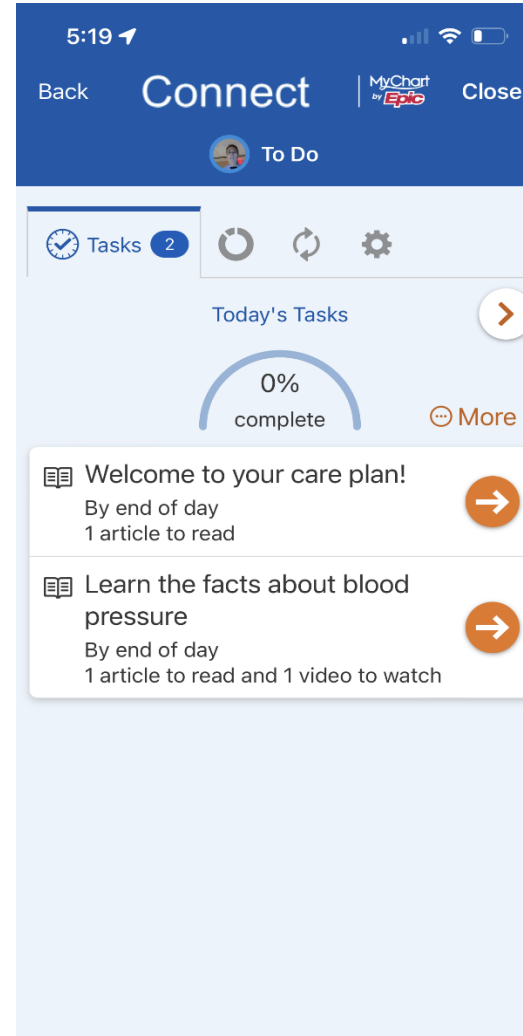
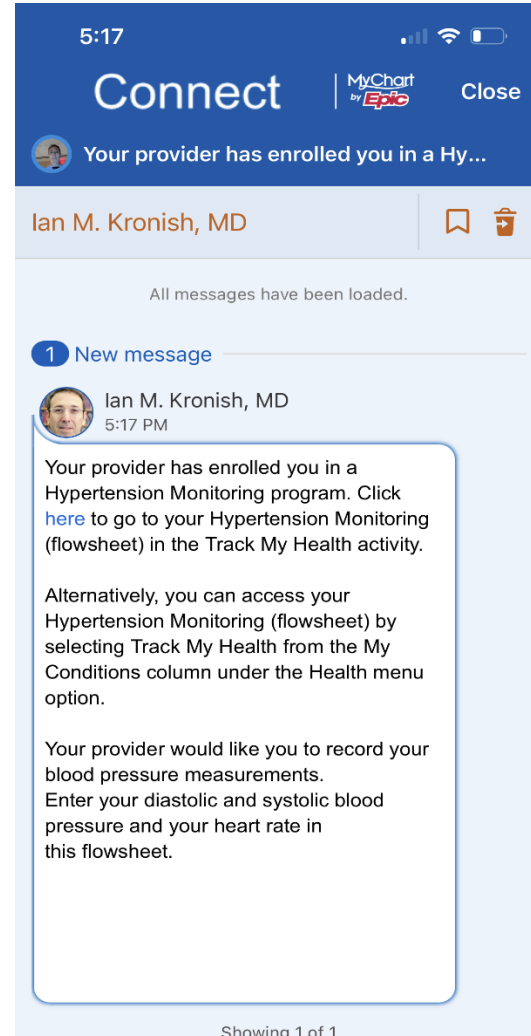
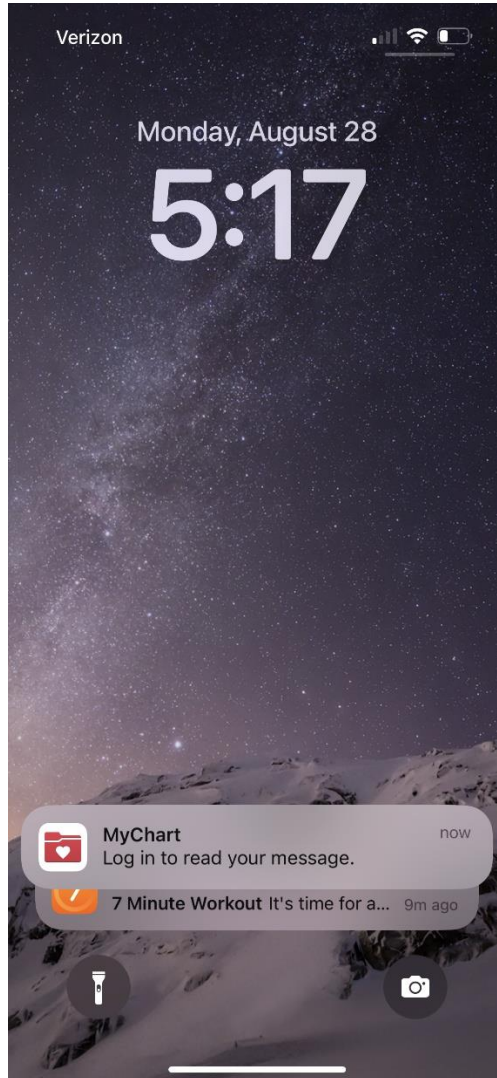
View all of Eric's readings.

Manage these messages

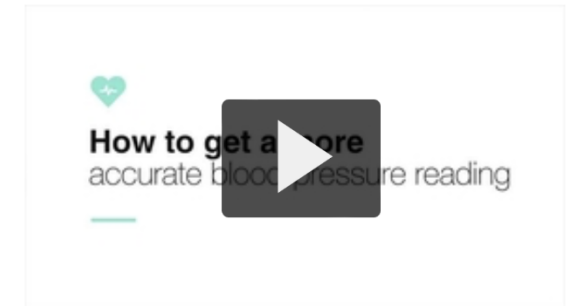
Trends and average BP for clinicians!



MyCare patient experience



How to get a more accurate blood pressure reading



Step 1: Make a pit stop. Use the toilet before (and no food or caffeine 3 hours ahead).

Step 2: Take a rest. Sit quietly for 5 minutes before your reading starts.

Step 3: Check both arms. A major



Patients track home BP readings



Menu

Search the menu

Cancel

My Record

Preventive Care

Questionnaires

Upcoming Tests and Procedures

Medical and Family History

Health Reports

Track My Health

Trends Dashboard

Growth Charts

Document Center

Request Medical Records

View Radiology Images

5:23

Connect

MyChart by Epic

Track My Health

Active

Hypertension Monitoring

Blood Pressure, Heart Rate (beats per minute), Weight

Completed

Hypertension Monitoring

Blood Pressure, Heart Rate (beats per minute), Weight

3:17

Cancel

Connect

MyChart by Epic

Save

Add Readings

Your provider would like you to record your blood pressure measurements. Enter your diastolic and systolic blood pressure and your heart rate in this flowsheet.

Date

Aug 15, 2023 at 3:17 PM

Blood Pressure

mmHg

— / —

Heart Rate (beats per minute)

bpm

—

Weight

lbs

—

5:23

Connect

MyChart by Epic

Hypertension Monitoring

Day

Week

Month

Year

August 22 - August 28

Blood Pressure

105 / 72

mmHg

120

60

20

Aug 22

Aug 25

Aug 28

Heart Rate (beats per minute)

58

bpm

125

58

Aug 22

Aug 25





Aug 28

Effectiveness of MyCare/RPM Hypertension

- Over 1,000 patients referred since Nov 2023 across 20+ practices
- Patients say “MyCare is easy to use”, feel “cared for” by their clinicians
- When navigators are available to help with on-boarding, >75%
- 30-40% of patients have controlled BP (i.e., white-coat) in 1st week*
- 75% have controlled BP after 12 weeks
- Sustained referrals by clinicians in 2nd year of program
 - ongoing outreach and education to PCPs and medical directors
 - design program to be attractive to PCPs so they refer a 2nd time
 - ongoing proactive patient recruitment when resources permit
- Long-term outcomes to come

**Home BP readings count toward HEDIS BP Control metric*

2020 RPM Medicare CPT reimbursement codes

Need 16 days of wireless BP readings in 30 days		Need 20 min/month	Need extra 20 min/mo
 Set up fee	 Technology fee	 Physician fee	 Physician fee
<ul style="list-style-type: none">• Initial set up and patient education on equipment.• Remote monitoring of biometrics (e.g., weight, BP, pulse oximetry, respiratory flow rate)	<ul style="list-style-type: none">• Daily recordings or programmed alerts, each 30 days• Remote monitoring of biometrics (e.g., weight, BP, pulse oximetry, respiratory flow rate)	<ul style="list-style-type: none">• 20 min. per month of nurse/staff/physician time requiring interactive communication with patient/caregiver• RPM treatment management services	<ul style="list-style-type: none">• 20 additional min. per month of nurse/staff/physician time requiring interactive communication with patient/caregiver
99453 \$18.77	99454 \$62.44/month	99457* \$52/month	99458* \$52/month

*Physician practice with 300 Medicare patients X \$54/month = \$16,200/month or \$194,400/year

Source: <https://www.cms.gov/files/document/covid-final-ifc.pdf>

Challenges with RPM billing

Physician fee

- Cannot bill physician fee on same day as office visit
- Compliance with time-based requirements
- Need for obtaining patient consent
- Need for synchronous communication

Technical fee

- Knowing when eligible to bill



2020 SMBP Medicare CPT reimbursement codes

Set Up

Patient education, training, and device accuracy check

Can be submitted once per device

99473
\$11 once

Monthly Fee

Requires **12 BP** readings/month

Readings can be entered by patients or manually recorded

Treatment plan must be influenced by home BP readings

99474
\$15/mo



Is RPM billing enough? Probably not

- Health system investment
 - Level of investment can vary
 - Requires buy-in from executive and clinical leadership
 - Vendors are unstable partners and often expensive
 - More likely/favorable in a value-based care environment - > incentivizes improved health outcomes, decreased utilization
- Grants and Philanthropy
 - Can be an initial strategy to demonstrate value and ROI to advocate for pilot program, or long-term plan
 - Level of investment can vary: loaner program <-> full-scale RPM program
 - Can ensure validated devices with built-in connectivity



Leverage existing partnerships

- Become familiar with health plans that work with your clinic/health system
- Map out RPM/SMBP benefits for plans with significant attribution*
(*United Healthcare just announced they were no longer covering RPM)
- Partner with your clinic/health system contracting team to find a payer willing to support a pilot
- Advocate for expanded coverage
- Ease burdensome requirements, such as faxed Rx + letter of medical necessity + prior authorization for home BP devices – payers often do not realize what their requirements mean for clinical workflows



Take home lessons implementing SMBP

- **Design to minimize unscheduled care and interruptions**
 - Set high thresholds for alerts (e.g., >210/130!)
 - Encourage PCPs to schedule visits soon (~1 mo) after ordering
 - Advertise that programs **save time, make SMBP easier!**
- Integrate into workflow (especially the EHR) as much as possible
- Include multiple stakeholders on design team
- Select roles based on skill sets
- Build in flexibility
- Understand institutional priorities and desired metrics
- Be cautious about contracting with vendors
- Design with sustainability in mind





Lessons Learned: Self-Monitored Blood Pressure

Denise Baker BSN, RN, CCM

Director of Quality Improvement

Syracuse Community Health



COMMUNITY HEALTH CARE ASSOCIATION of New York State chcanys.org



Syracuse Community Health

1. We need a consistent process for SMBP.

When the workflow isn't followed the same way by everyone, the process breaks down — and patients don't get the support they need.

2. The Loaner Program must be clearly explained.

Once we reinforced expectations around returning cuffs and bringing logs, we immediately saw improvement in return rates.

3. Nursing involvement makes a meaningful difference.

When nurses consistently teach SMBP, patients understand what to do at home and feel more confident with the process.

4. Reminder calls truly matter.

Care Coordination outreach helped patients remember to bring cuffs, readings, and paperwork — which reduced missed opportunities during the visit.

5. Restarting the workflow helped reset expectations.

Re-educating staff and relaunching the SMBP process in October–November brought everyone back into alignment and set us up for stronger results going into 2026.



Summary

- **Team-based Care and Self-Monitored Blood Pressure** are both evidence-based and strongly recommended by 2025 US Hypertension Guidelines (both “A” rated)
- **SMBP** gathers substantially more BP measurements, empowers patients, and identifies patients with white-coat and masked hypertension
- TBD and SMBP both require **team-work** among health care providers, **system and work-flow re-design** and **electronic health record system modifications to be fully operational**
- **Reimbursement and regulatory environment** around TBC and SMBP is improving, but has a ways to go to be fully self-sustaining. Advocacy at national and state levels is a key to getting there!



References for Further Reading

2025 ACC/AHA Hypertension Guidelines

• [Jones D et al., Circulation 2025](#)

Team-based Care

• Evidence:

- Effectiveness and Cost-Effectiveness of Team-Based Care for Hypertension: A Meta-Analysis and Simulation Study. *Hypertension*; 2023
- Drake, C., Lewinski, A.A., Rader, A. *et al.* Addressing Hypertension Outcomes Using Telehealth and Population Health Managers: Adaptations and Implementation Considerations. *Curr Hypertens Rep* **24**, 267–284 (2022).

Self-Monitored Blood Pressure

• Evidence

- McGrath D, Meador M, Wall HK, Padwal RS. Self-Measured Blood Pressure Telemonitoring Programs: A Pragmatic How-to Guide. *Am J Hypertens*. 2023 Jul 14;36(8):417-427.
- Liyanage-Don N, Fung D, Phillips E, Kronish IM. Implementing Home Blood Pressure Monitoring into Clinical Practice. *Curr Hypertens Rep*. 2019 Feb 12;21(2):14.

• Implementation resources

- <https://millionhearts.hhs.gov/tools-protocols/tools/smbp.html>
- Video showing how SMBP is being used at community health centers:
<https://www.youtube.com/watch?v=XGO-l59UMDg>



Please fill out our survey!

Find the survey link in the chat and at the close of the webinar.

Your feedback is very valuable and helps us to provide the CHCANYS network with relevant and engaging content.



A faint, light pink outline of a heart shape is centered in the background of the slide.

Thank you!

COMMUNITY
HEALTH CARE
ASSOCIATION
of New York State

chcanys.org