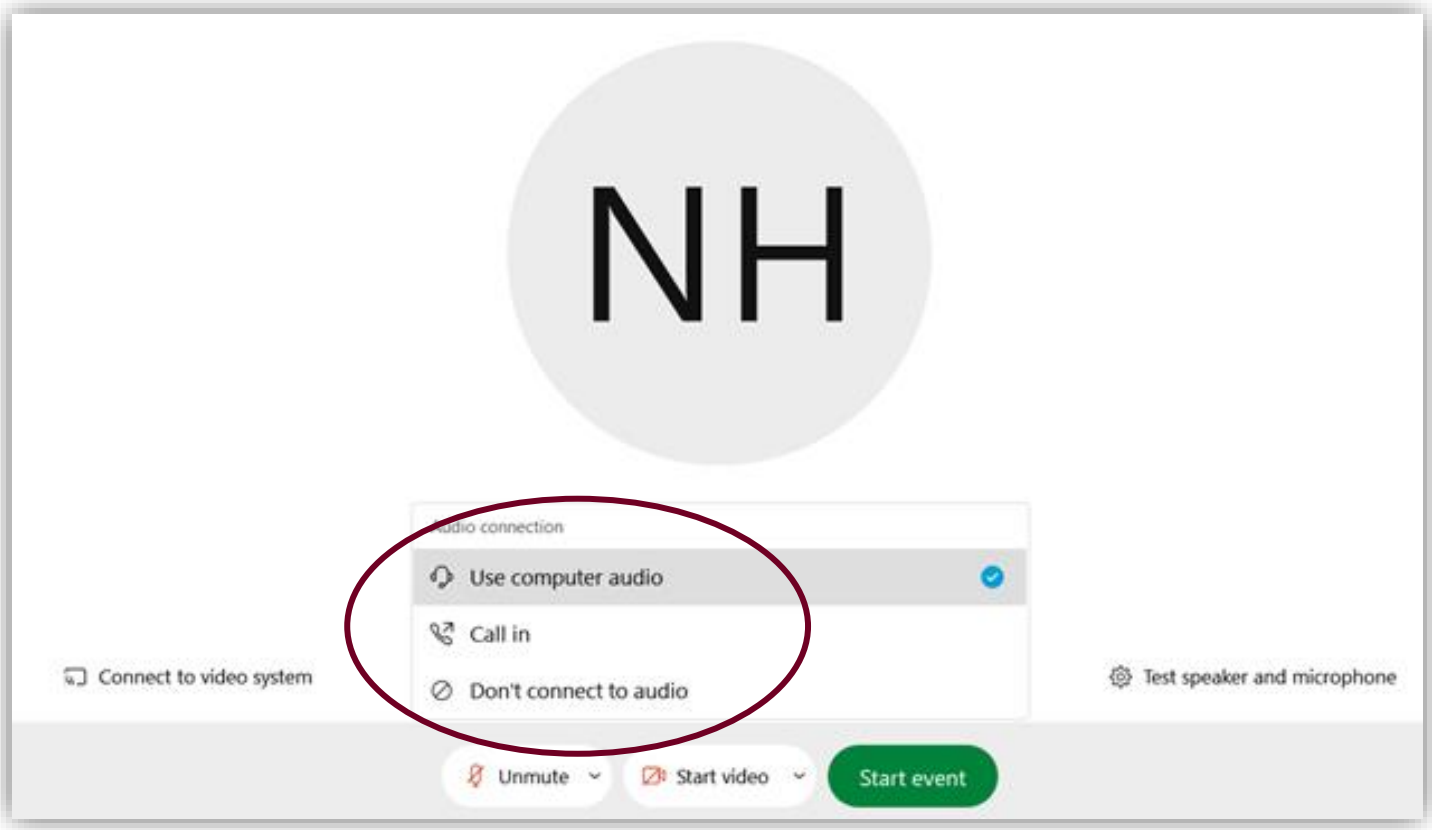
Ensure you've connected to audio!

Option 1: "Call In"
Follow the process to dial in from a phone

Option 2: "Use Computer Audio"
You must have computer speakers and microphone



After connecting, if you don't see a phone/headset icon next to your name, please attempt to connect your audio again!

Million Hearts®
Self-Measured Blood Pressure Monitoring (SMBP) Forum

September 9, 2021
1:00-2:00 PM EST

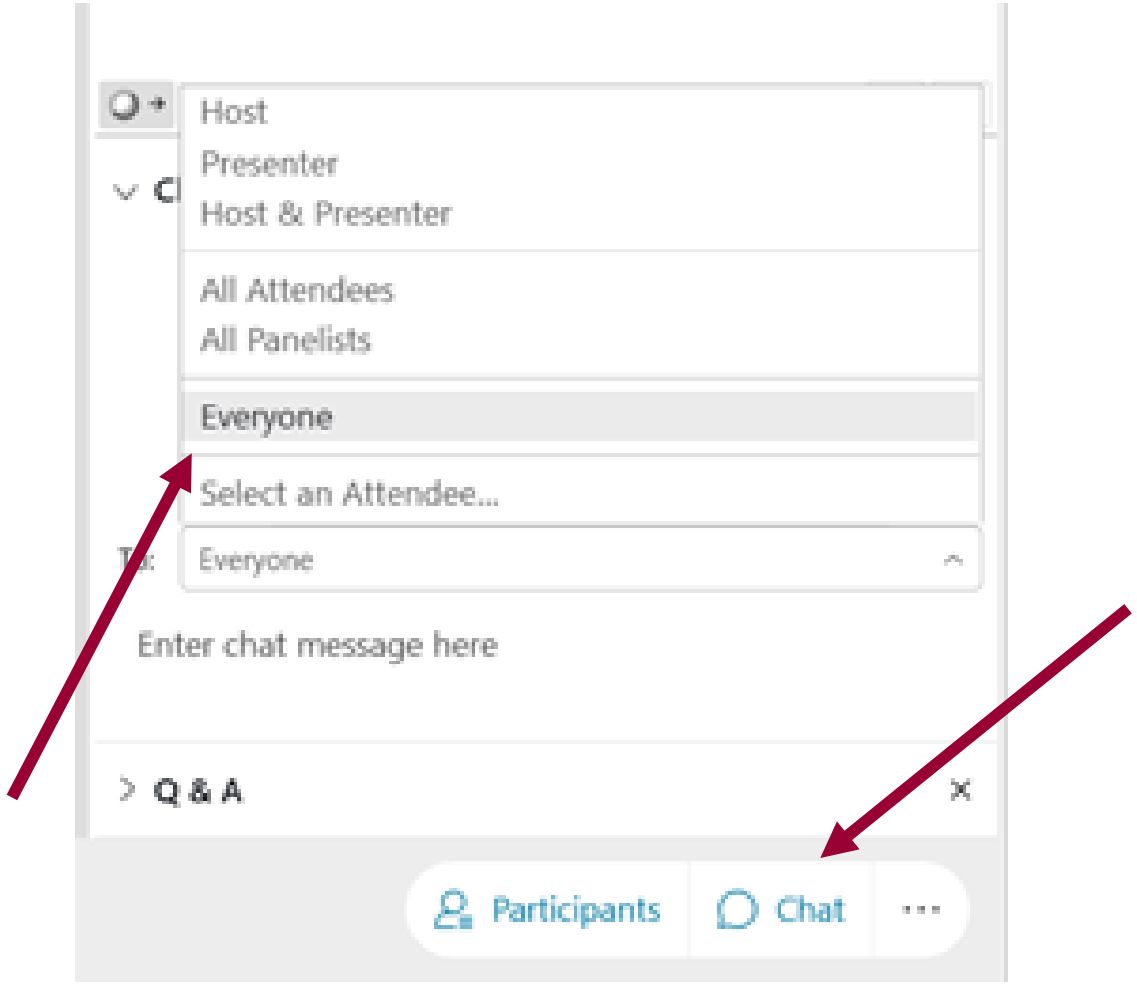
How to Chat

The chat feature is available to pose questions to the group or make comments anytime throughout today's webinar.

Submit to "**Everyone**" and click the send button.

Introduce yourself!

Where are you joining us from?



Submitting Questions

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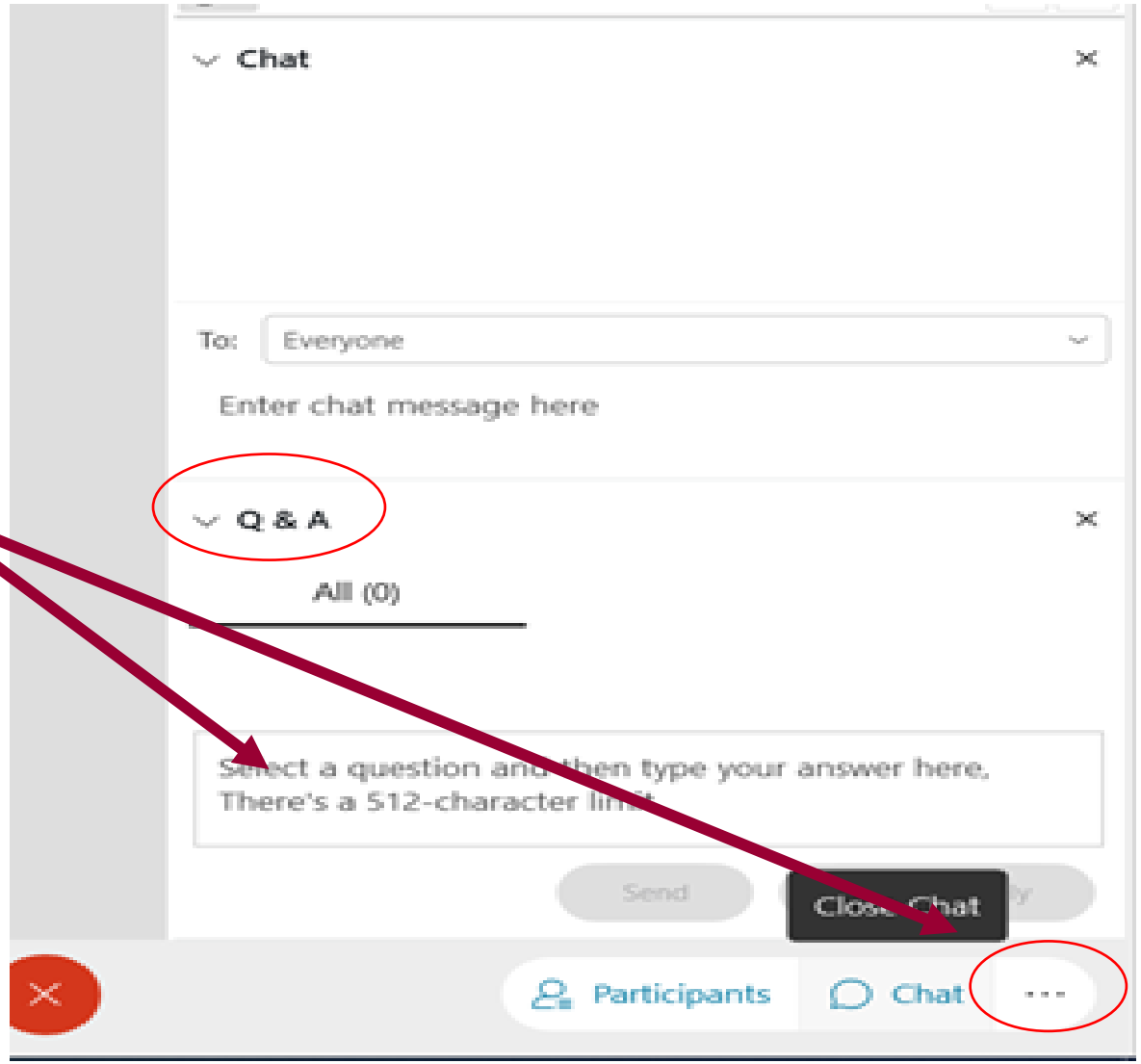

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How to Speak and Participate (Computer and Mobile)

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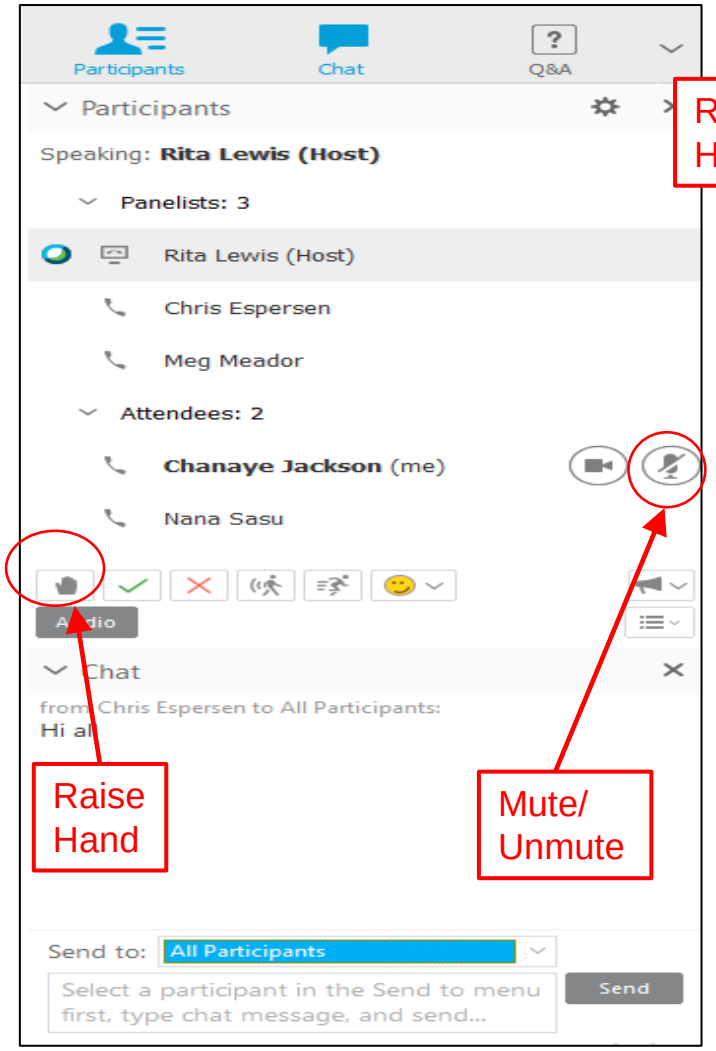

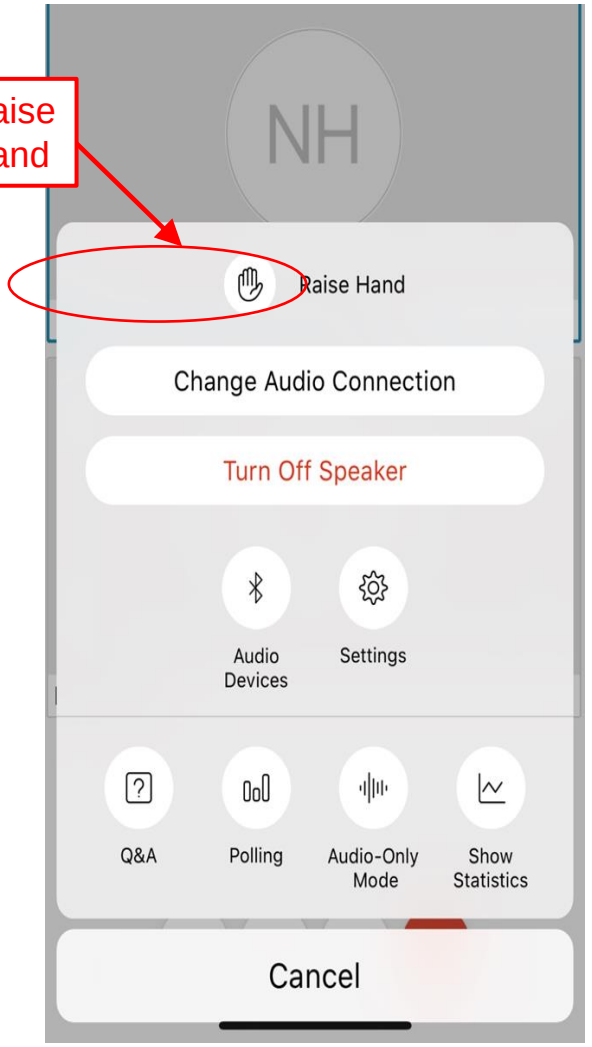

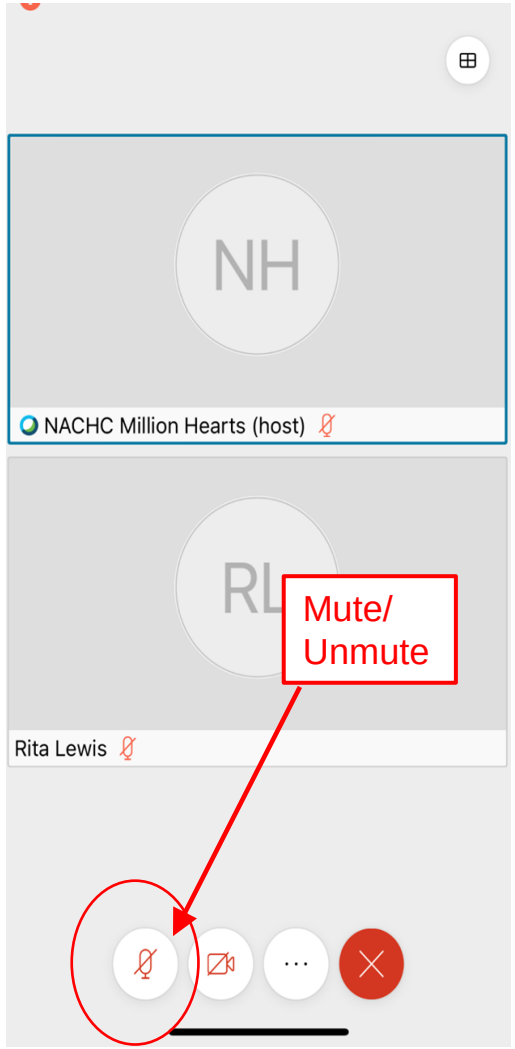

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Disclaimer

The opinions expressed by authors contributing to this project do not necessarily reflect the opinions of the US Department of Health and Human Services, the Public Health Service, the Centers for Disease Control and Prevention, or the authors' affiliated institutions. Use of trade names is for identification only and does not imply endorsement by any of the groups named below.

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Attendee Poll: SMBP Technology Challenges

- What technology challenges are you facing with SMBP implementation?
  - EMR interoperability
  - Access to devices
  - Tech literacy
  - Data transfer
  - Other – please describe

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Agenda

- **Welcome, Introductions, and Agenda Overview**
  - Rita Lewis, MPH, CPHQ, NACHC
  - Judy Hannan, RN, MPH, Million Hearts®, CDC
- **National Assessment of SMBP Health IT Landscape**
  - Lura Daussat, MPH, Director of Practice Support, Public Health Informatics Institute
- **Open Discussion of Findings with Q&A**
  - Facilitated by Hilary Wall, MPH, Million Hearts®, CDC
- **SMBP Forum Sharing: What SMBP health IT solutions have you discovered?**
- **Updates, Additional Resources, and Closing**
  - Million Hearts® SMBP Forum webpage and resources – Rita Lewis, MPH
  - Upcoming Hypertension-related Events – Rita Lewis, MPH

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Today's Objectives

- Highlight findings from the National Assessment of SMBP Health IT Landscape
- Address questions regarding the National Assessment
- Explore new or supplemental strategies to solve key SMBP health IT challenges
- Share best practices and potential solutions to overcome SMBP health IT challenges

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Self-Measured Blood Pressure Monitoring (SMBP)

National Assessment of SMBP Health IT Landscape

Million Hearts SMBP Forum

September 9, 2021

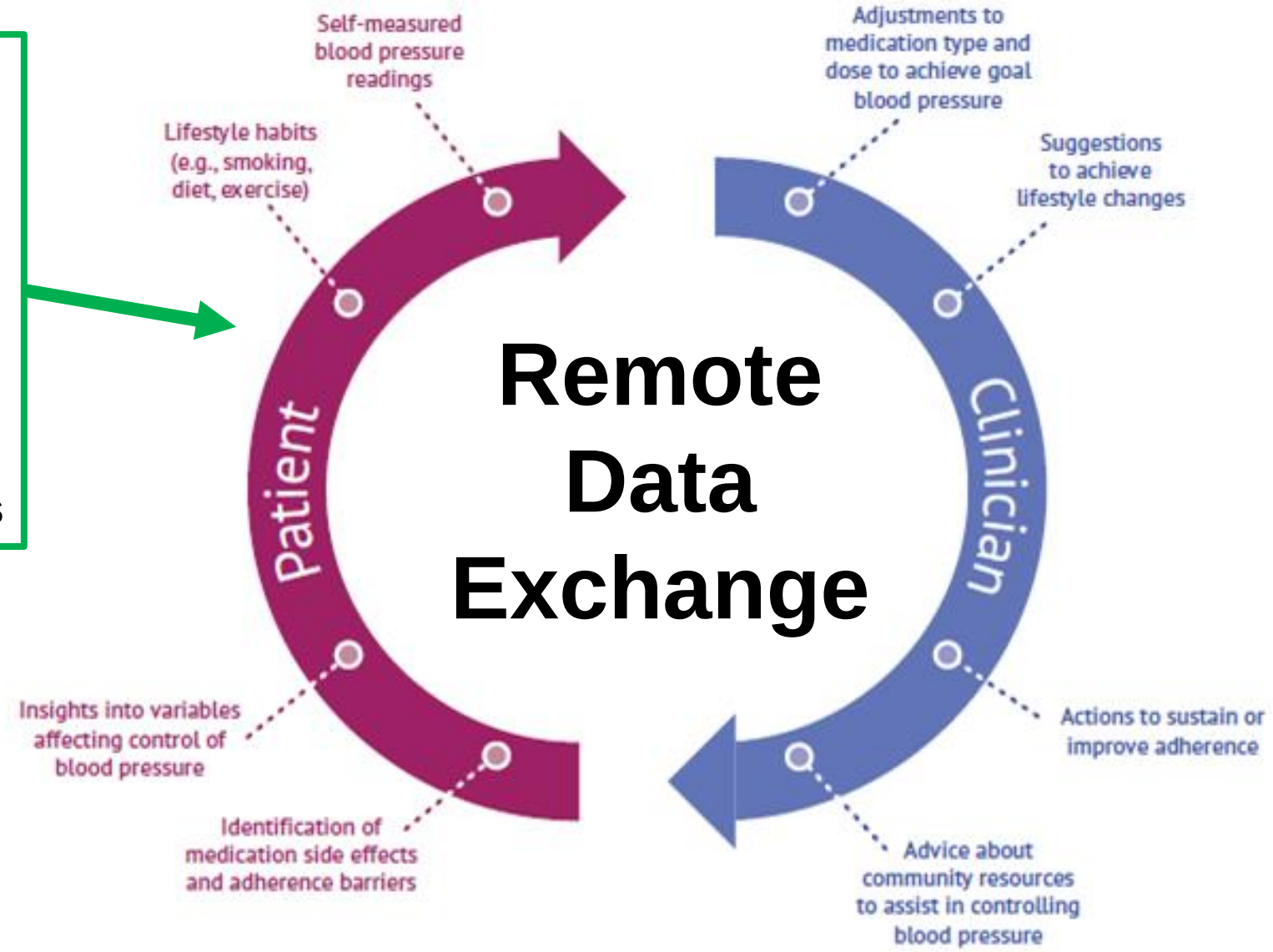
Public Health Informatics Institute

THE TASK FORCE FOR GLOBAL HEALTH

Optimal SMBP

Clinician guidance on:

- **Selecting a device**
- **Proper cuff sizing**
- **Preparation and positioning**
- **Clinical protocol with frequency and duration**
- **Method for returning patient-generated values**



Adapted from:

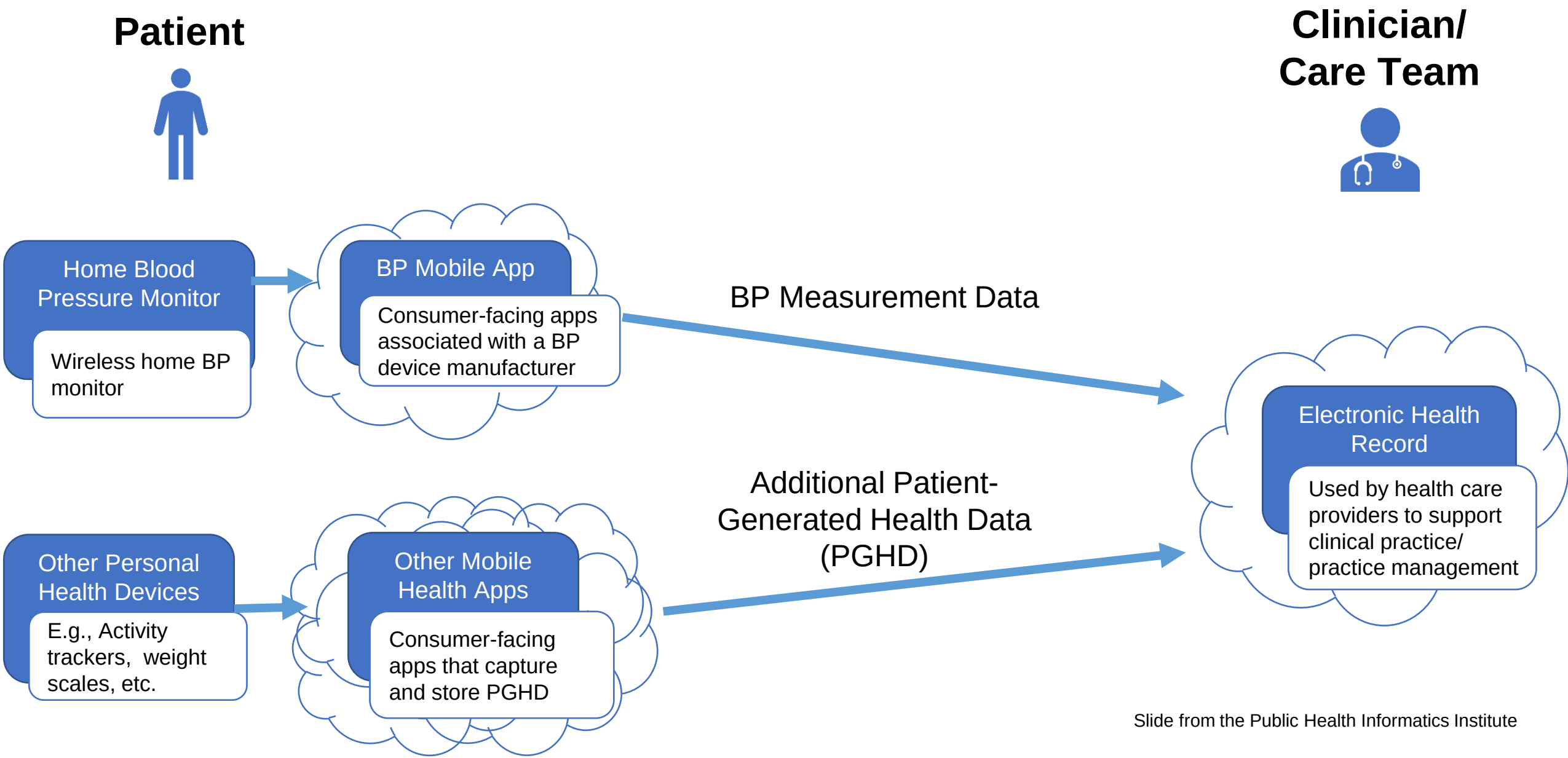
- U.S. Department of Health and Human Services. The Surgeon General's Call to Action to Control Hypertension. Washington, DC: U.S. Department of Health and Human Services, Office of the Surgeon General; 2020
- Centers for Disease Control and Prevention. Self-Measured Blood Pressure Monitoring: Actions Steps for Clinicians.

2019 BRFSS SMBP Analysis

- 20 states + DC
- 61% of those with self-reported HTN reported checking BP “outside of the office”
  - >80% shared readings with healthcare professionals
    - 7% via internet/email

Fang J, Luncheon C, Wall HK, Wozniak G, Loustalot F. Self-measured blood pressure monitoring among adults with self-reported hypertension in 20 US states and the District of Columbia, 2019. Am J Hypertens. 2021 Jun 7:hpab091. doi: 10.1093/ajh/hpab091. Epub ahead of print. PMID: 34097724.

Perceived SMBP Health IT Landscape



Slide from the Public Health Informatics Institute

Project Background

- Document the informatics landscape of SMBP HIT
- Goal:
  - Identify recommendations to achieve more widespread implementation of SMBP
    - SMBP in Practice
    - Regulatory and policy
    - Standards and interoperability

Project Team

CDC/Million Hearts (project sponsor)

- Hilary Wall, technical monitor
- Camilia Easley
- Haley Stolp
- Sharada Shantharam
- Taylor Streeter

Agency for Healthcare Research and Quality/CEPI

- Janey Hsiao

Health Resources and Services Administration

- Ayanna Williams
- Anthony Jordan

NIH/National Heart, Lung, and Blood Institute

- Vandana Sachdev

Office of the National Coordinator for Health Information Technology

- Kevin Chaney
- Allison Dennis
- Tracy Okubo

Public Health Informatics Institute

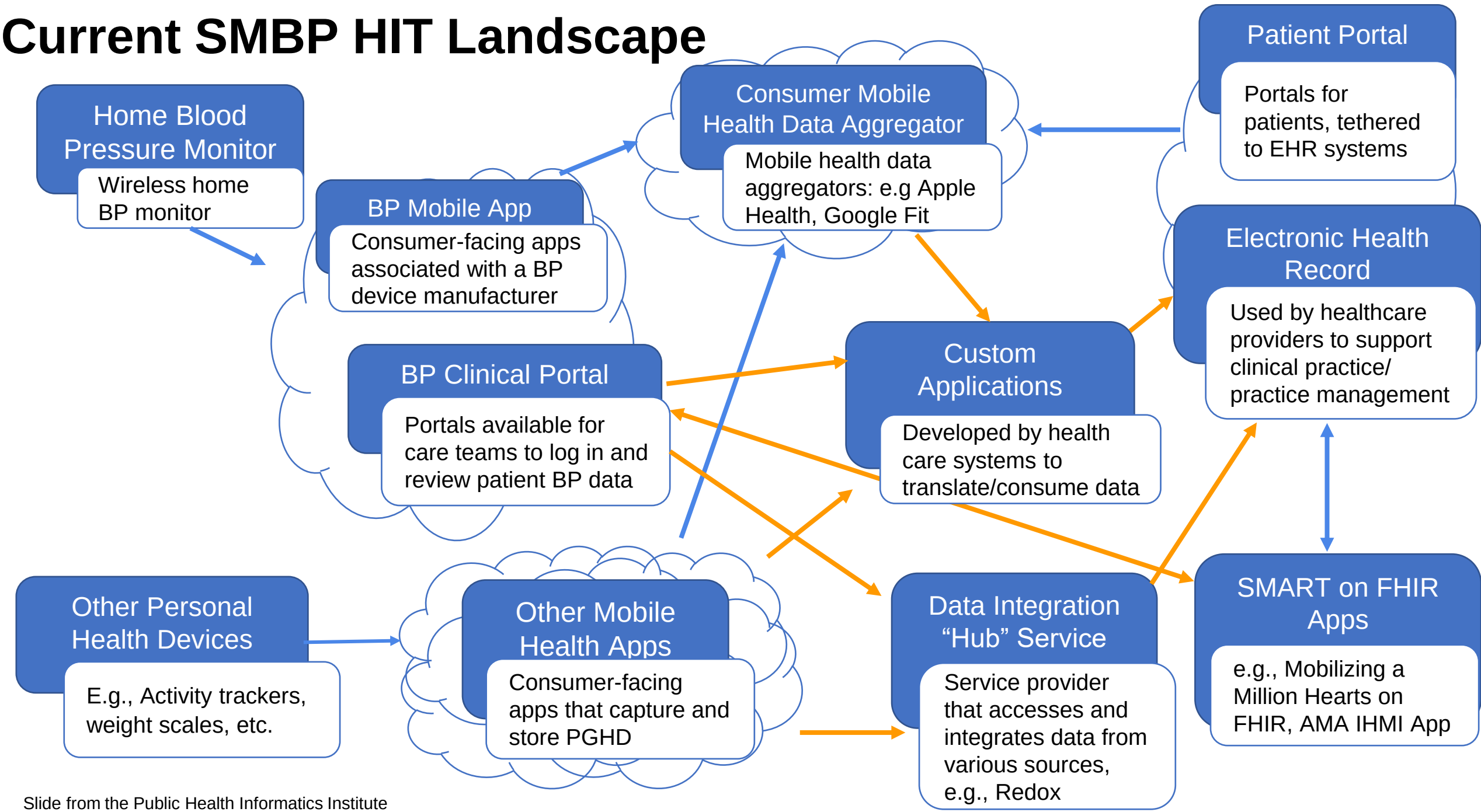
- Lura Daussat, Project Director
- Ashley Nash, Project Manager
- Carol McPhillips-Tangum

Key Informant Interview Participants

- Reliant Health, Ochsner Health, Health Federation of Philadelphia
- SMART Markers/FHIR (Kenneth Mandl, Raheel Sayeed)
- Open mHealth (Ida Sim)
- HL7 Devices Work Group
- HL7 Mobile Health Work Group
- HL7 Patient Empowerment Work Group

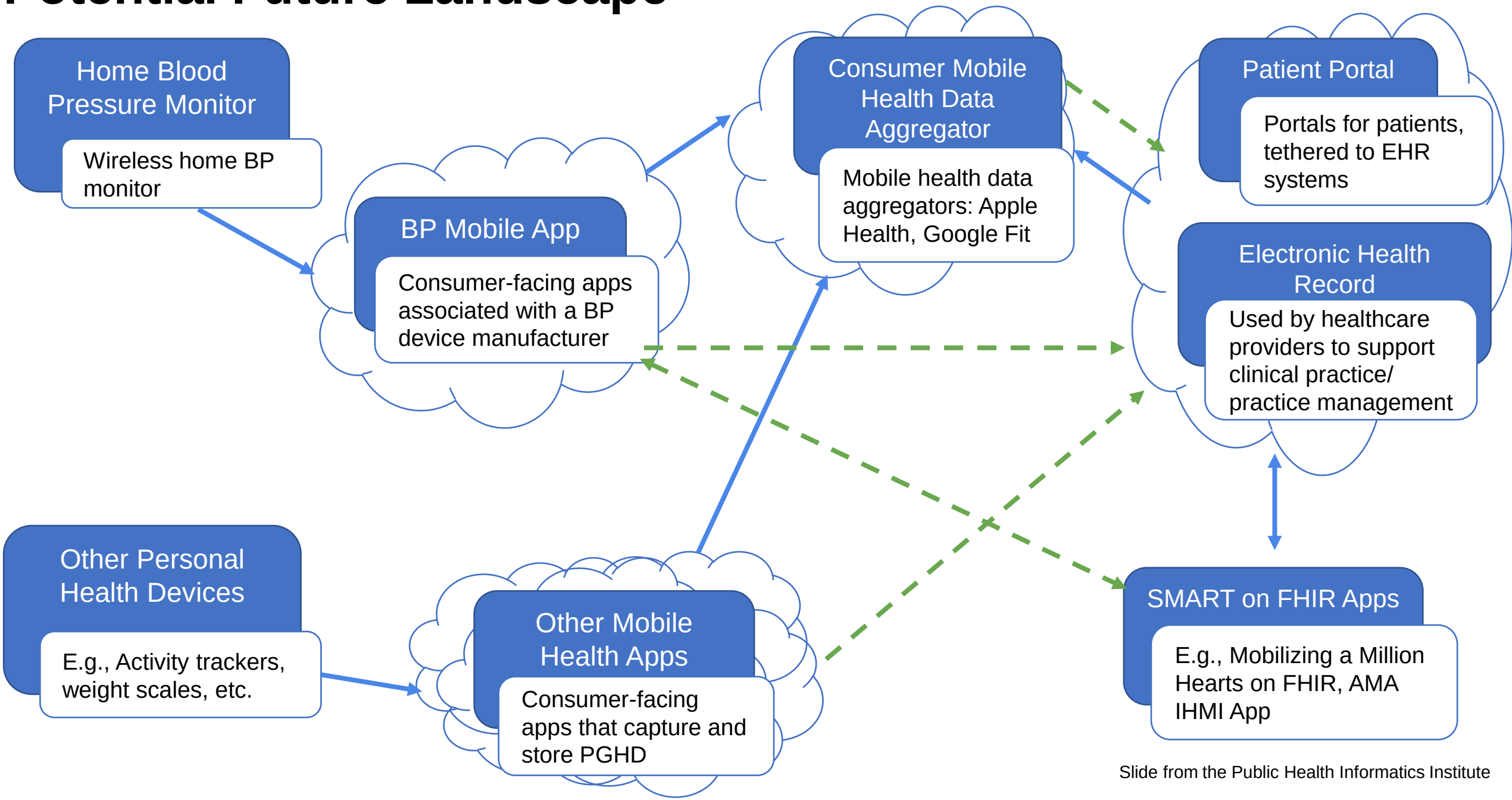
Current and Future Landscape

Current SMBP HIT Landscape



Slide from the Public Health Informatics Institute

Potential Future Landscape



Slide from the Public Health Informatics Institute

Key Findings of National Assessment of SMBP HIT

SMBP in Practice

Challenge	Potential Solution
Patients need technical assistance for technology	**Federal-level 'Geek Squad'/'Genius Bar'** resource to improve digital literacy and work toward resolving the digital divide.
Who owns the data?	**Support policies** that make **patients the owner of any patient generated data** entered by them. "Any data in a device belonging to a patient is owned by the patient"
Too many data points, hard to find in clinical workflows.	**Develop user-friendly patient application**(s) that can both obtain PGHD and SMBP measurements and seamlessly integrate that information into the EHR to **make clinical workflows more efficient**

Regulatory and Policy

Challenge	Potential Solution
PGHD might be more at risk for **security breaches and misleading use of the data** outside of the original intent due to **third party vendors not having the same security laws as HIPAA-covered entities.**	Support the **development a privacy and security framework** that would hold non-HIPAA-covered entities to the same standards as HIPAA-covered entities
Healthcare providers are concerned about the **need to adhere to HIPAA** when accessing and using data obtained and held **by third parties**.	Create a **business associate agreement** template for organizations that aim to partner with HIPAA-covered entities

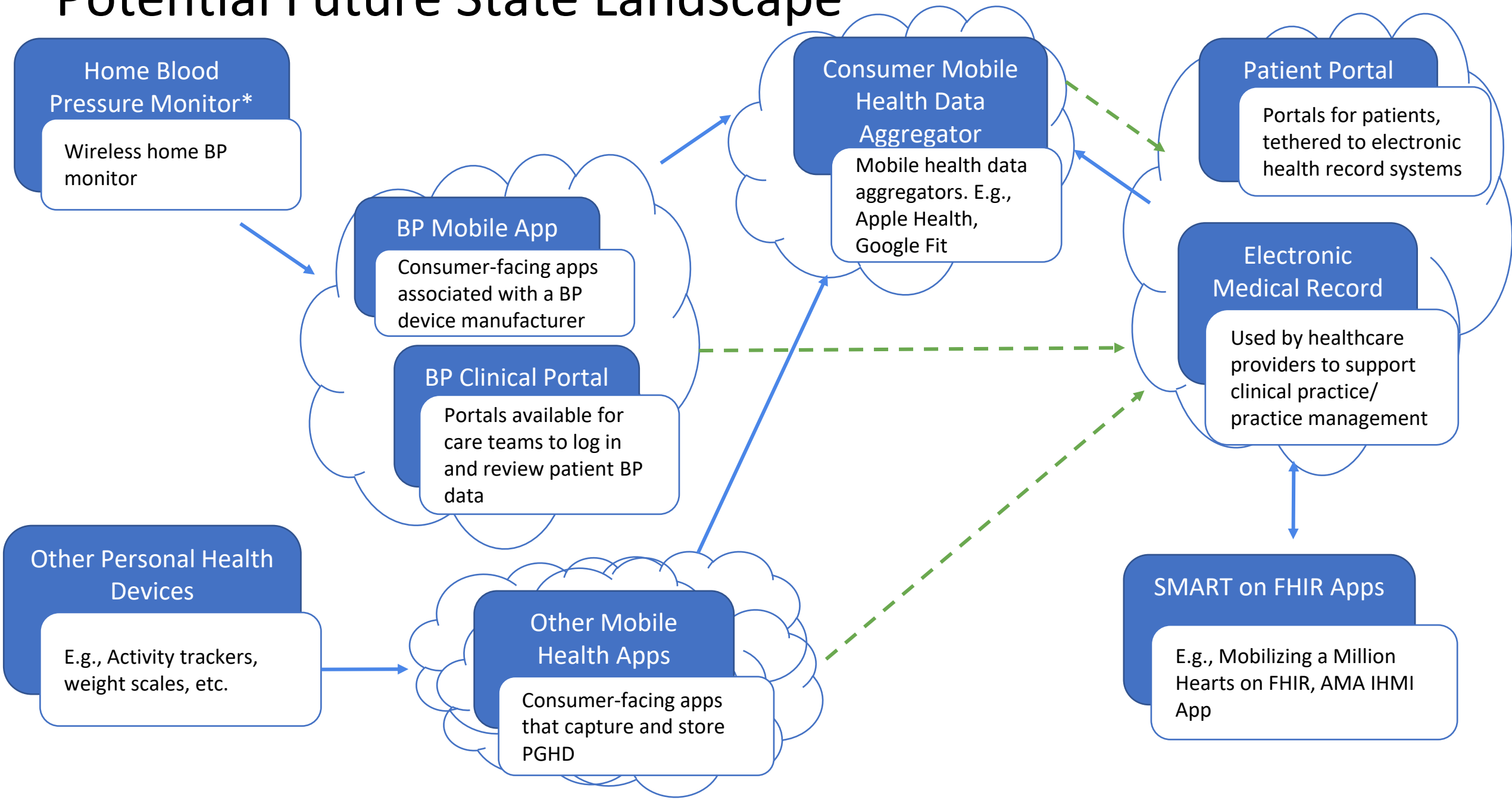
Regulatory and Policy (cont'd)

Challenge	Potential Solution
Misalignment between preferred devices and existing coverage	Ensure **sufficient coverage for validated devices** that meet nationally recommended criteria (e.g., automatic arm devices, blue-tooth-enabled). Support **policies that drive the purchase of quality devices.**
Providers are concerned about **medical liability** in having documentation for their clinical decision-making.	**Develop standards of care to assist healthcare providers in clinical decisions** based on PGHD blood pressure readings. How the data are received, parsed, and stored should be standardized and universally implementable.
Healthcare providers are also concerned about medical liability in having potentially real-time access to SMBP and PGHD. Providers are **concerned they need to respond to each abnormally high value reported**.	**Develop protocols and guidance** for patients and providers around how and when **SMBP data will be reviewed and used** and when and how follow-up will occur.

Interoperability Standards and Specifications

Challenge	Potential Solution
There is no common or **overarching implementation framework** to support the movement of data to EHRs	**Develop an implementation framework** to support the movement of SMBP data to EHRs
There is **no guidance** on how to implement standards-based use of **APIs to enter data into an EHR** (FHIR write capability)	**Develop implementation guidance** focused on use of the **FHIR write capability** to enter data into an EHR. **Expand requirements for EHR certification** to include write access.
Lack of incentives for device manufacturers, mHealth application developers, and EHR vendors to support adoption of standards and specifications for the exchange of PGHD	**Incentivize device, mHealth, and EHR vendors** to adopt PGHD-related standards and specifications
Standards are **slow to adopt**; the market is faster than standards.	Consider an **HL7 FHIR Accelerator** approach to accelerate the specifications process related to patient-generated data in clinical care.

Potential Future State Landscape



Next Steps

- Full report available on the PHII website in September 2021
- www.phii.org
- Contact: Lura Daussat ldaussat@phii.org

PHII.org

Questions about the National SMBP Health IT Assessment?

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Submitting Questions

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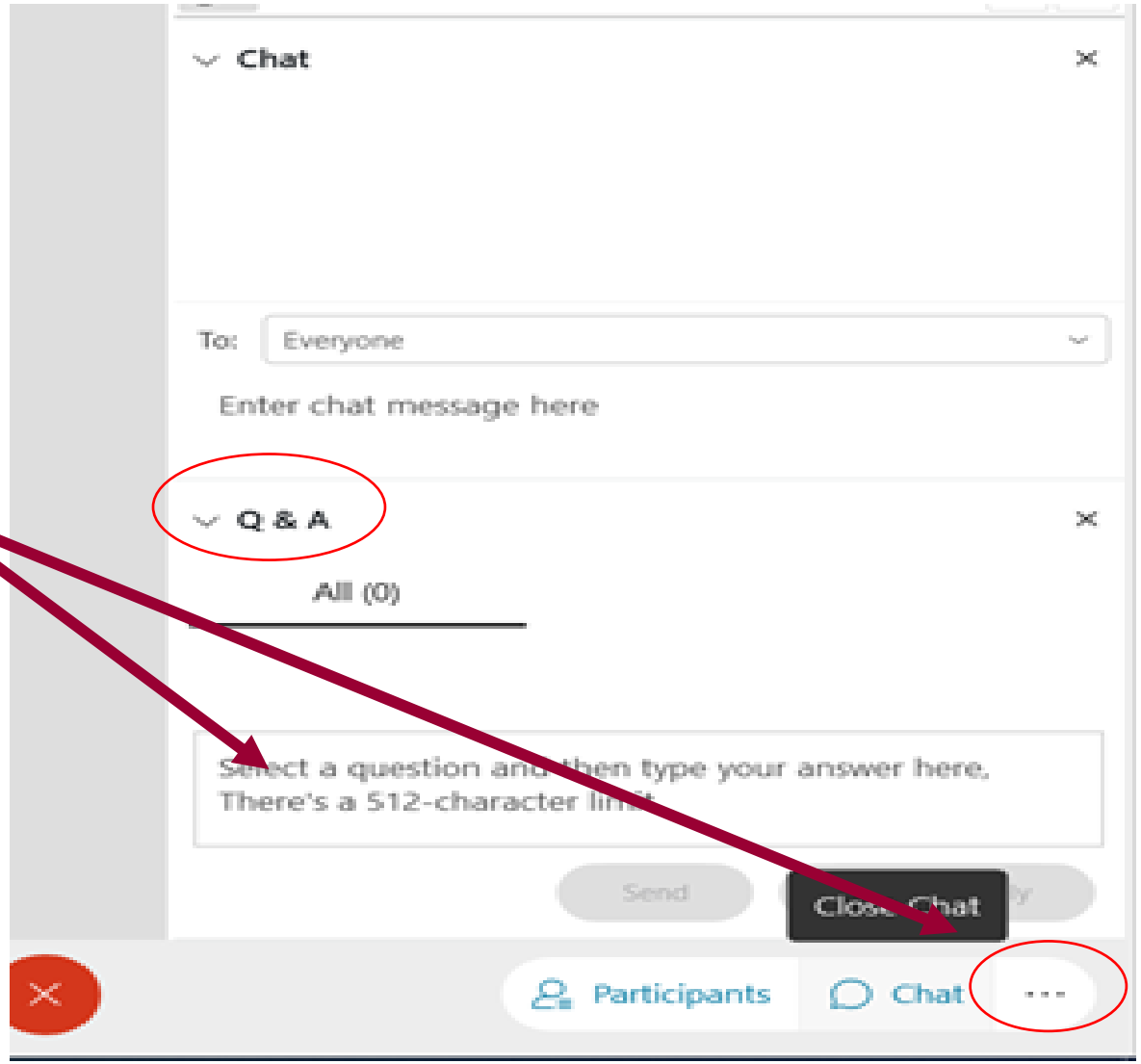

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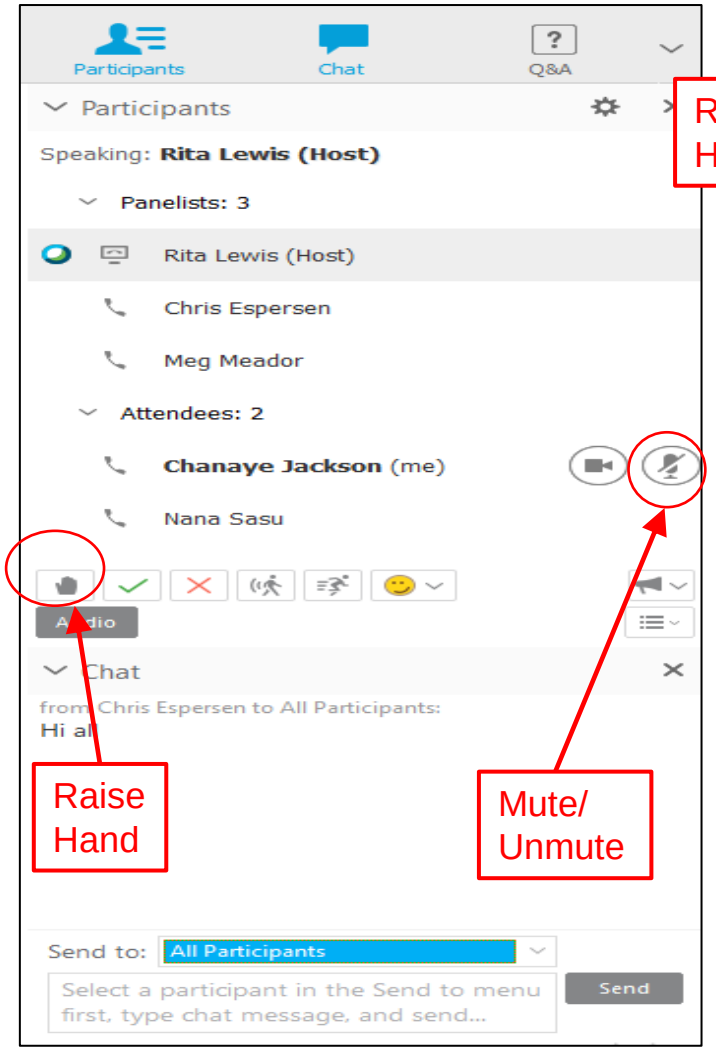

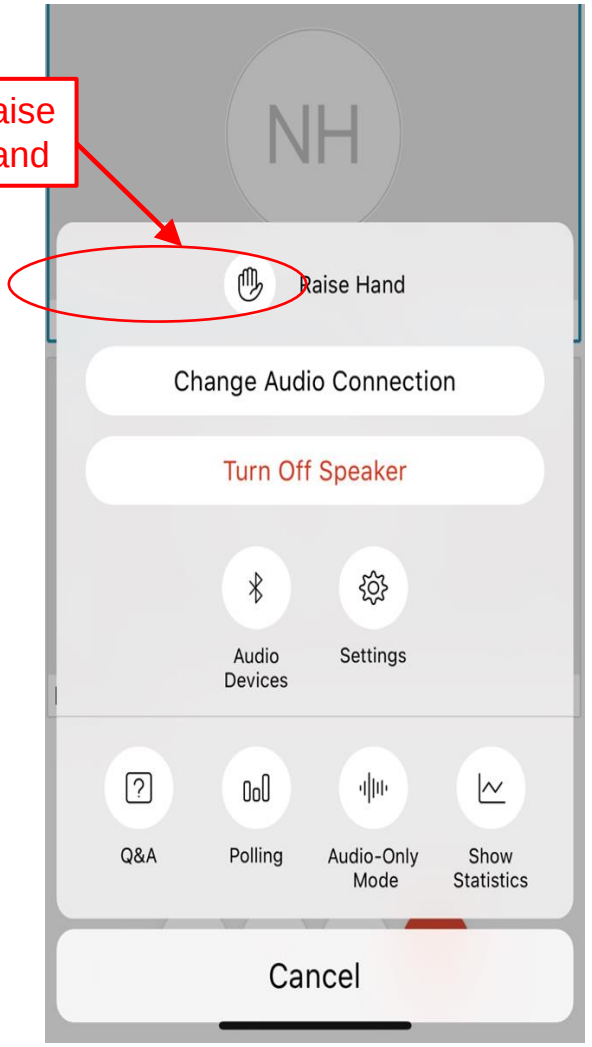

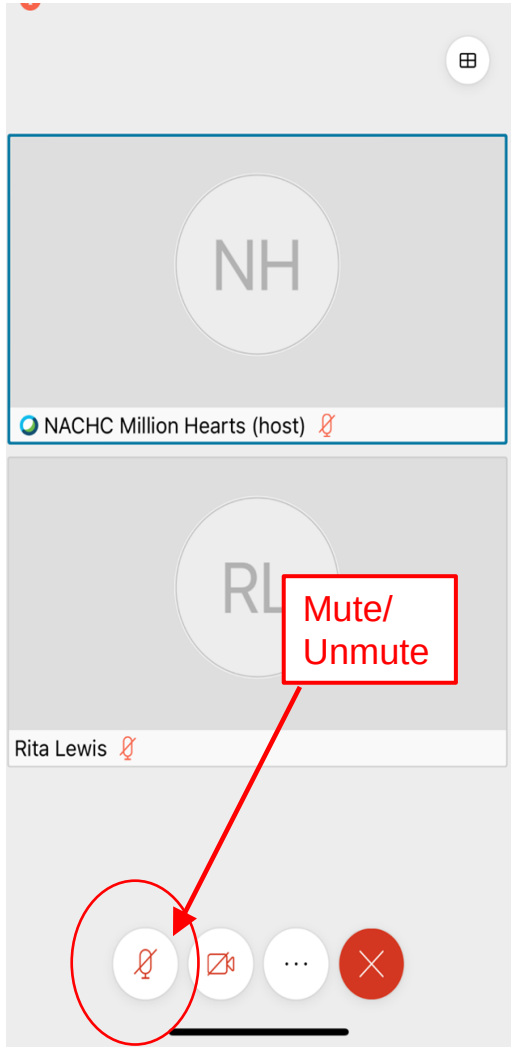

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Open Discussion

What technologies has your organization used to implement SMBP?

What SMBP health IT solutions have you discovered?

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Updates

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Upcoming Hypertension Related Events

Date/Time	Title	Host	Audience	Description	URL
September 9; 1:00-2:00pm ET	**Quarter 3 SMBP Forum**: SMBP Health Information Technology	CDC/ NACHC	All partners	This open online meeting is an opportunity for clinical, public health, and community-based partners to exchange best and promising practices, identify solutions to common obstacles, and share resources to accelerate SMBP monitoring uptake.	Registration Link
September 15; 3:00-4:00pm ET	**Million Hearts Learning Lab:** Cholesterol Management/Optimal use of Statin Therapy	NACHC/ AMA	CHCs, HCCNs, and PCAs	A bimonthly CME-accredited learning series that features evidence-based strategies to prevent CVD and best practices for implementation.	Registration Link
September 21; 1:00-2:00pm ET	**NACHC Webinar:** Texting to Support Community Health Center Outreach	Care Message/ NACHC	All partners	The CareMessage team will share recommendations for outreach to patients around a variety of health needs including care gaps in hypertension and SMBP reminders.	Registration Link
September 23; 1:00-2:00pm ET	**AHA Webinar**: Act Rapidly: Treatment Intensification	AHA	NHCI grantees Only	This is a monthly community health center webinar series hosted by the American Heart Association to support CHCs participating in the National Hypertension Control Initiative (NHCI).	Recordings to be available here

Upcoming Hypertension Related Events

Date/Time	Title	Host	Audience	Description	URL
September 27-29	**Hypertension Scientific Sessions 2021**	AHA	All partners	A virtual event to focus on recent advances in basic and clinical research to better understand the causes of hypertension; its relationship to stroke, cardiac disease and kidney dysfunction; and the most effective means for detecting, evaluating and treating high blood pressure across diverse populations.	Hypertension 2021 Scientific Sessions
October 13, 2021; 1 – 2 pm ET	**Partner with Patients:** Lifestyle Modification with Nutrition & Physical Activity	AHA	NHCI grantees Only	This is a monthly community health center webinar series hosted by the American Heart Association to support CHCs participating in the National Hypertension Control Initiative (NHCI).	Recordings to be available here
November 10, 2021; 1 – 2 pm ET	**Partner with Communities:** SHOD and Center-Community Linkages	AHA	NHCI grantees Only	This is a monthly community health center webinar series hosted by the American Heart Association to support CHCs participating in the National Hypertension Control Initiative (NHCI).	Recordings to be available here
December 9; 1:00-2:00pm ET	**Quarter 4 SMBP Forum**:	CDC/ NACHC	All partners	This open online meeting is an opportunity for clinical, public health, and community-based partners to exchange best and promising practices, identify solutions to common obstacles, and share resources to accelerate SMBP monitoring uptake.	Registration Link

Texting to Support Community Health Centers' Outreach

CAREMESSAGE

NATIONAL ASSOCIATION OF Community Health Centers®

Tuesday, September 21 | 1:00-2:00pm EDT

The CareMessage team will share recommendations for outreach to patients around COVID-19, gaps in care management, and social determinants of health.

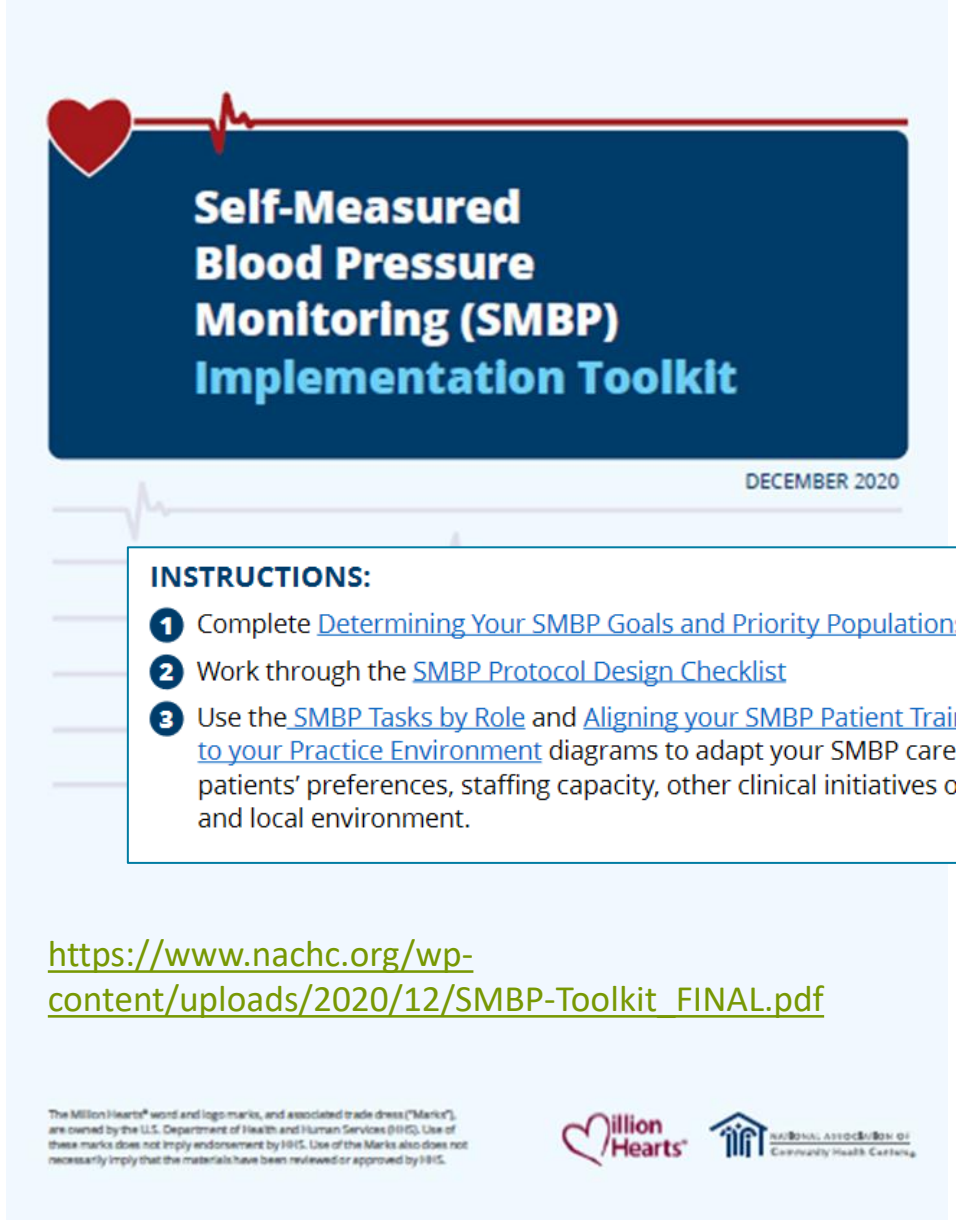
PRESENTERS:

Vineet Singal | Co-Founder and CEO, CareMessage

Julia Skapik, MD, MPH | Medical Director, Informatics
National Association of Community Health Centers

REGISTER TODAY!

NACHC Resources



Self-Measured Blood Pressure Monitoring (SMBP) Implementation Toolkit

DECEMBER 2020

INSTRUCTIONS:

1. Complete Determining Your SMBP Goals and Priority Populations
2. Work through the SMBP Protocol Design Checklist
3. Use the SMBP Tasks by Role and Aligning your SMBP Patient Training Approach to your Practice Environment diagrams to adapt your SMBP care model to your patients' preferences, staffing capacity, other clinical initiatives or priorities, and local environment.

https://www.nachc.org/wp-content/uploads/2020/12/SMBP-Toolkit_FINAL.pdf

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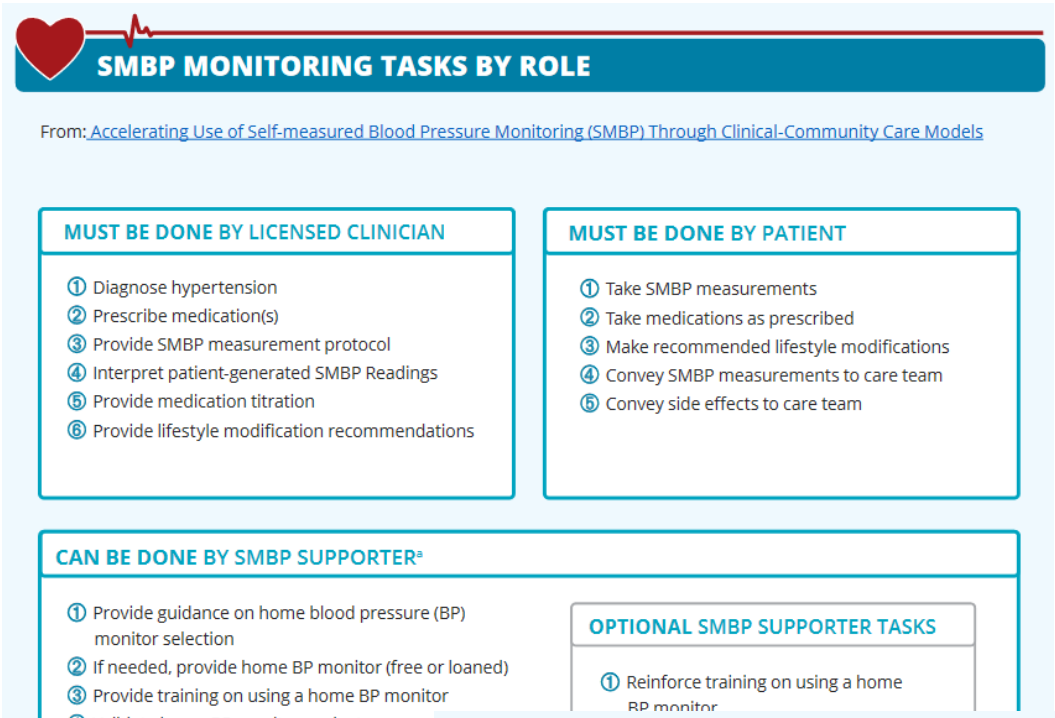


SMBP MONITORING TASKS BY ROLE

From: Accelerating Use of Self-measured Blood Pressure Monitoring (SMBP) Through Clinical-Community Care Models

MUST BE DONE BY LICENSED CLINICIAN

① Diagnose hypertension
② Prescribe medication(s)
③ Provide SMBP measurement protocol
④ Interpret patient-generated SMBP Readings
⑤ Provide medication titration
⑥ Provide lifestyle modification recommendations

MUST BE DONE BY PATIENT

① Take SMBP measurements
② Take medications as prescribed
③ Make recommended lifestyle modifications
④ Convey SMBP measurements to care team
⑤ Convey side effects to care team

CAN BE DONE BY SMBP SUPPORTER[a]

① Provide guidance on home blood pressure (BP) monitor selection
② If needed, provide home BP monitor (free or loaned)
③ Provide training on using a home BP monitor
④ Validate home BP monitor against a more robust machine
⑤ Provide training on capturing and relaying BP values to care team (e.g., via device men patient portal, app, log)
⑥ Reinforce clinician-directed SMBP measure
⑦ Provide outreach support to patients using
⑧ Share medication adherence strategies
⑨ Provide healthy lifestyle education

OPTIONAL SMBP SUPPORTER TASKS

① Reinforce training on using a home BP monitor

SMBP DATA MANAGEMENT

❑ **Determine how patients will record/share data with the care team**	Our protocol:
❑ **Determine what types of SMBP measurements clinicians want to see**	❑ 7-day SMBP averag ❑ All individual home ❑ Outlier BP reading
❑ **Determine what additional SMBP-related data elements are important to capture** (e.g., flagging patients for SMBP, date started/completed SMBP, number of measurements/days, reason for SMBP, treatment decisions, etc.)	Our protocol:
❑ **Determine where SMBP data will be documented** (may require custom HIT configuration)	❑ Direct to EHR from ❑ Manually documer ❑ Population Health ❑ Spreadsheet ❑ Vendor Portal ❑ Other
❑ **Determine when and at what frequency clinicians want to review SMBP data** (i.e., where and in what format does it fit in the workflow)	Our protocol:
❑ **Determine if SMBP is having desired effect** (i.e., how will you know it's working?)	Our protocol:

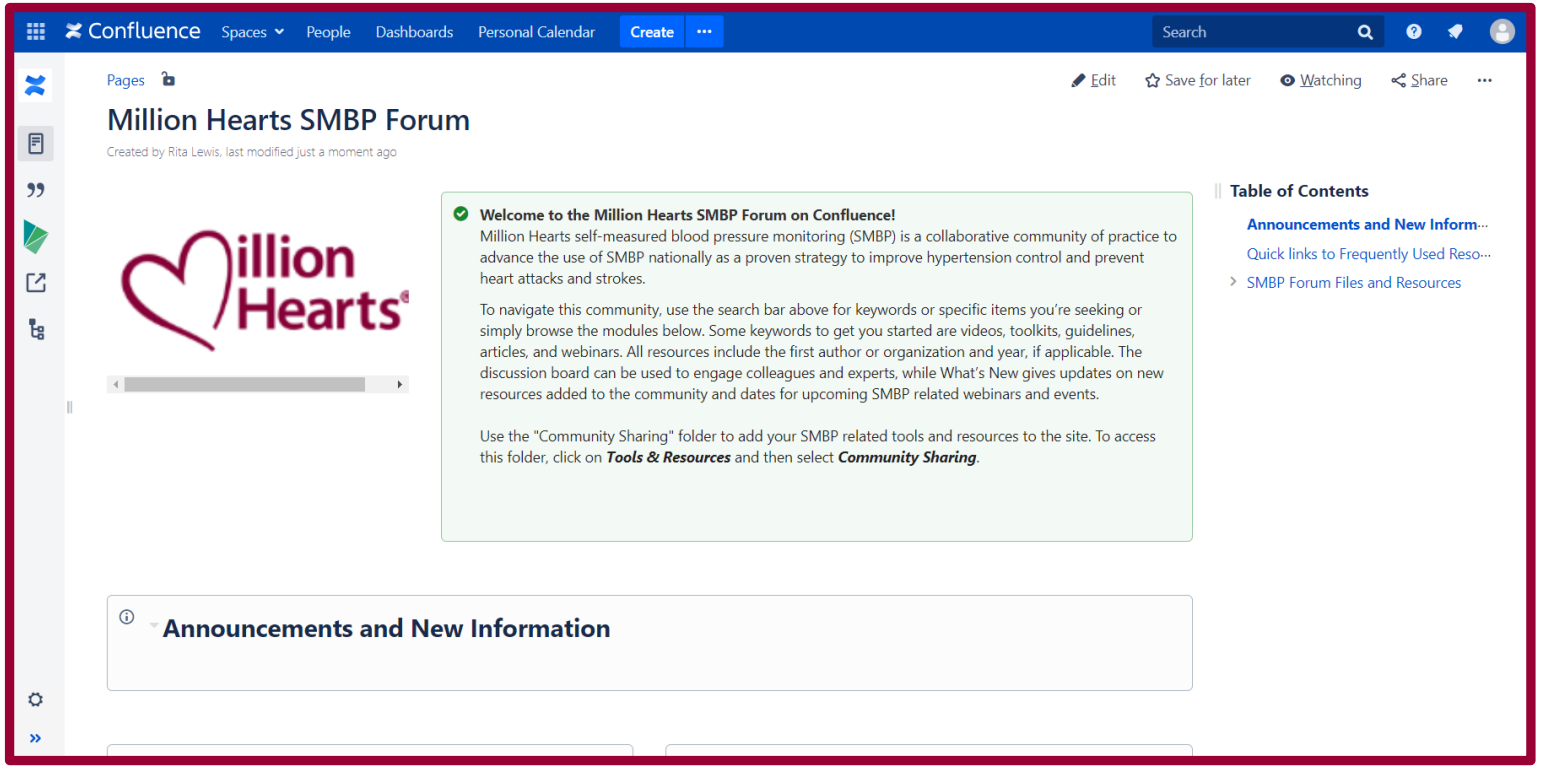
@NACHC

New SMBP Forum Online Portal!

Confluence Features

- No Login required! One click access.
- Easy access to folders
- Calendar of events
- Upload resources to share
- *More information to come!*

Confluence Portal Preview



Web link: https://confluence.nachc.org/display/SMBP/

Million Hearts® SMBP Forum

- Quarterly webinar to facilitate the exchange of SMBP best practices, tools, and resources across clinical, public health, and community-based partners

Registration instructions:

1. Go to the SMBP Forum Registration Page: http://bit.ly/SMBP_Registration
2. Select the meeting(s) you want to attend in 2021 and click 'Register'
3. Complete the registration questions
4. Look for the calendar invite(s) from WebEx (be sure to check your spam folder!!)

- Past SMBP Forum recordings/materials can be accessed at https://confluence.nachc.org/display/SMBP/Quarterly+Meeting+Materials
- Questions can be sent to MillionHeartsSMBP@nachc.org

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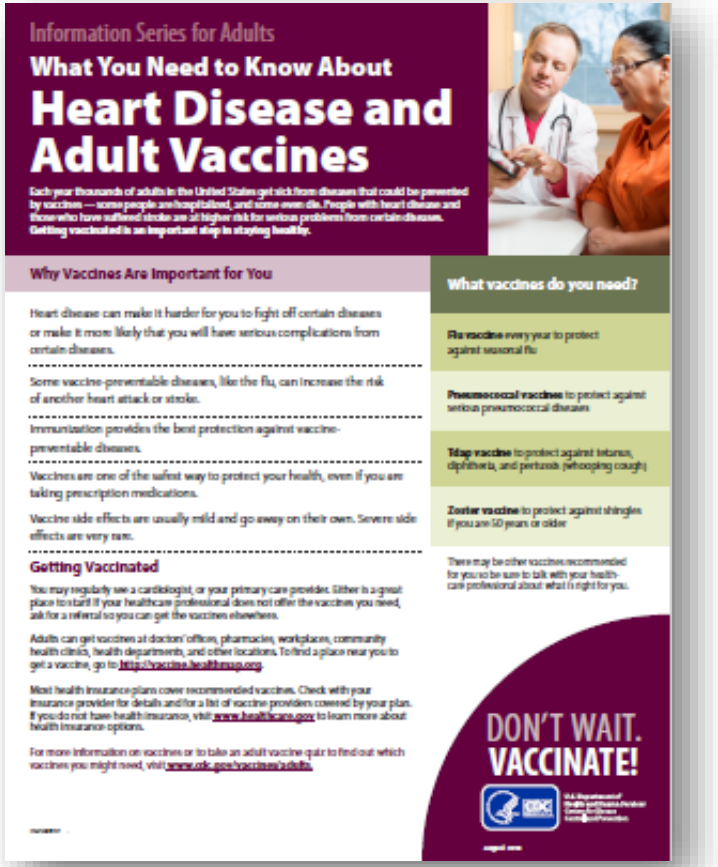
Heart Disease and Adult Flu Vaccines Communication Tools

- Flu and Heart Disease & Stroke: https://www.cdc.gov/flu/highrisk/heartdisease.htm#Types
- What You Need to Know About Heart Disease and Adult Vaccines: https://www.cdc.gov/vaccines/hcp/adults/downloads/fs-heart-disease-vaccines.pdf
- Influenza (Flu) Images to Share https://www.cdc.gov/flu/resource-center/freeresources/graphics/graphics.htm
- CDC's Influenza (Flu) Website https://www.cdc.gov/flu/index.htm
- Vaccination Guidance During a Pandemic https://www.cdc.gov/vaccines/pandemic-guidance/index.html


Information Series for Adults

What You Need to Know About

Heart Disease and Adult Vaccines

Each year thousands of adults in the United States get sick from diseases that could be prevented by vaccines — some people are hospitalized, and some even die. People with heart disease and those who have suffered stroke are at higher risk for serious problems from certain diseases. Getting vaccinated is an important step in staying healthy.

Why Vaccines Are Important for You

Heart disease can make it harder for you to fight off certain diseases or make it more likely that you will have serious complications from certain diseases.

Some vaccine-preventable diseases, like the flu, can increase the risk of another heart attack or stroke.

Immunization provides the best protection against vaccine-preventable diseases.

Vaccines are one of the safest way to protect your health, even if you are taking prescription medications.

Vaccine side effects are usually mild and go away on their own. Severe side effects are very rare.

Getting Vaccinated

You may regularly see a cardiologist, or your primary care provider. Either is a great place to start! If your healthcare professional does not offer the vaccines you need, ask for a referral so you can get the vaccines elsewhere.

Adults can get vaccines at doctors' offices, pharmacies, workplaces, community health clinics, health departments, and other locations. To find a place near you to get a vaccine, go to http://vaccine.healthmap.org.

Most health insurance plans cover recommended vaccines. Check with your insurance provider for details and for a list of vaccine providers covered by your plan. If you do not have health insurance, visit www.healthcare.gov to learn more about health insurance options.

For more information on vaccines or to take an adult vaccine quiz to find out which vaccines you might need, visit www.cdc.gov/vaccines/adults.

What vaccines do you need?

Flu vaccine every year to protect against seasonal flu

Pneumococcal vaccines to protect against serious pneumococcal diseases

Tdap vaccine to protect against tetanus, diphtheria, and pertussis (whooping cough)

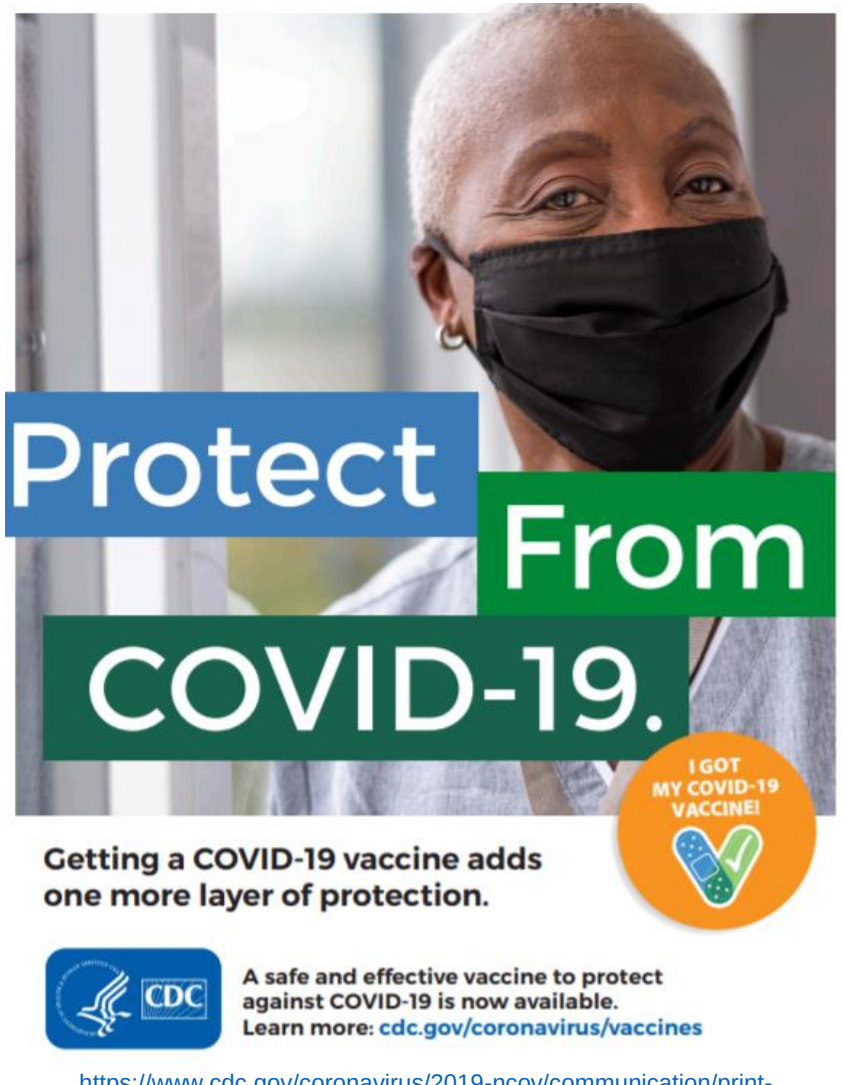
Zoster vaccine to protect against shingles if you are 60 years or older

There may be other vaccines recommended for you so be sure to talk with your health-care professional about what is right for you.

DON'T WAIT. VACCINATE!

COVID-19 Vaccination

- COVID-19 Vaccination Communications Toolkit for Healthcare Professionals
- COVID-19 Communication Resources for Health Departments
- COVID-19 VaccineFinder
- COVID-19 and Cardiovascular Disease Partner Toolkit



https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html?Sort=Date%3A%3Adesc&Search=poster&Topics=Vaccines

COCA Call

CDC Clinician Outreach and Communication Activity

2021-2022 Influenza Vaccination Recommendations and Guidance on Coadministration with COVID-19 Vaccines

- **When:** Thursday, September 9, 2021, 2:00 PM – 3:00 PM ET
- **Webinar Link**: https://www.zoomgov.com/j/1610456908external icon
- **Passcode:** 220280
- **Webinar ID**: 161 045 6908

2021 - 2021-2022 Influenza Vaccination Recommendations and Guidance on Coadministration with COVID-19 Vaccines (cdc.gov)

CE = Free continuing education

We Want to Hear From You!

Do you have updates to share with the Million Hearts® SMBP Forum?

Please send them directly to MillionHeartsSMBP@nachc.org

Million Hearts®

Thank You!

The next SMBP Forum will be held December 9, 2021.

Register at http://bit.ly/SMBP_Registration

Please complete the post call survey:
https://bit.ly/37TNoCi

Send questions or comments to MillionHeartsSMBP@nachc.org.