

# Blood Pressure Measurement Quality Improvement

A Self-instructional CD Program Using National Standards

This training program is an update and review of the key factors for accurate blood pressure measurement technique using the most recent national recommendations for blood pressure determination. The program was developed by Shared Care, Inc., national leaders in blood pressure measurement training, with funding from the Michigan Department of Community Health. It is an interactive, self-paced CD program for all levels of healthcare clinicians. It incorporates a pre-test, review questions at the end of each section and a post-test. It uses actual blood pressure measurements that must be interpreted by the participant. The program takes about one hour to complete.

Content includes:

- Patient preparation and set-up
- Choosing the correct cuff size
- Recording blood pressure measurement readings
- Locating pulses, determining maximum inflation level
- Comparison of types of equipment
- Recommendations for referral and follow-up
- Clinical evaluation of high blood pressure
- Common errors: equipment and observers
- Home blood pressure measurement
- Tips from experts/resources



The program is approved for up to 1.2 contact hours with the Michigan Nurses Association. Participants will have to complete an additional evaluation for the contact hour certificate.

To order a **free** CD, and evaluation form for contact hours, contact Jill Scott Gregus at 517-335-9596 or email her at [scottj1@michigan.gov](mailto:scottj1@michigan.gov). If you prefer to fax a request, complete the following information and **fax to 517-335-9056**. This program is **free ONLY** within Michigan. Any general questions regarding the program can be directed to Velma Theisen, Nurse Consultant, Cardiovascular Health Section, Michigan Department of Community Health (517-335-8754 or email at [theisenv@michigan.gov](mailto:theisenv@michigan.gov) ). Thank you.

**Send to:** Name: \_\_\_\_\_

Title and Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_



This continuing nursing education activity was approved by the Michigan Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.