

# MaineHealth Learning Community

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A Partnership of MaineHealth and the Maine Physician Hospital Organization

## **Blood Pressure Review and Update Program: What Practices are Saying**

The MaineHealth Cardiovascular Health Program created the Blood Pressure Review and Update in-service and upcoming e-learn in response to requests from MMC PHO practices for a practical update around accurate blood pressure measurement and guidelines. So far, nearly 10 practices have taken advantage of the program with great satisfaction.

- Over 95% of participants agreed that they feel more prepared and confident in taking an accurate blood pressure measurement after the in-service
- 97% of participants agreed that the in-service information will help in their day-to-day work
- Nearly 98% said the session met their needs and expectations
- **100% of participants would recommend this session to other practices!**

Also, check out some of the comments from practice staff below:

*“I think the information presented was excellent. The material was relevant, and everyone walked away with a better understanding of what should be done. I think the challenge now will be to make time to take BP accurately [each visit].” ~ Kelly Lemery, Clinical Manager, MMC Family Medicine*

*“Staff enjoyed the class very much...I know that everyone learned something that they may not have realized prior to the class. We really appreciated that the course was offered and that we were able to take advantage of it.” ~ Wendy Williams, Practice Manager, Full Circle Family Medicine*

*“The program helped our practice make sure the patient is sitting in the correct position, that we use the correct blood pressure cuff related to their size, and that the patient is sitting and relaxed five minutes before taking the BP. We would recommend this program to any office or hospital.” ~ Melissa Gully, MA, Jett Family Practice*

**If you are looking for a practical and worthwhile in-service for your mid-level or clinical support staff, then look no further! Over 90% of those participating in this in-service have been RNs, LPNs, MAs or NP/PAs!**

### **The Program Details:**

Created in partnership with the Maine Heart Center and MMC PHO, this free in-service focuses on:

- Updating providers on how to take accurate blood pressure measurements
- Discussing current blood pressure guidelines
- Briefly reviewing important blood pressure basics, including Maine’s blood pressure statistics and hypertension’s effects

Also included in the program at no charge:

- CME credits for physicians (DOs and MDs) and medical assistants. Nurses may submit non-physician certificates from the American Medical Association for credit.
- Blood Pressure Measurement Quick Guide for Screeners (cheat sheet on accurate technique)
- Copies of the latest blood pressure guidelines
- Access to free blood pressure and hypertension patient education tools
- A chance for a different clinician each month to win a free high-grade stethoscope!

### **Contact Information:**

To sign-up for the in-service RIM or for more information, **please contact Cassandra Cote Grantham**, Program Manager for CVH at [cotec1@mainehealth.org](mailto:cotec1@mainehealth.org) or 541-7578 **OR Paul Begin**, Program Coordinator for the MaineHealth Learning Community at [beginp@mainehealth.org](mailto:beginp@mainehealth.org) or 541-7569.

**This RIM is available immediately! The e-learn will be online in September on MaineHealth’s QuantiaMD website, an online clinician education portal. You will be receiving more information about how to sign up for this service and other MaineHealth programs’ e-learns in an upcoming newsletter.**