

MaineHealth's Accurate Blood Pressure Measurement Program - NEW MATERIALS IN HONOR OF HIGH BLOOD PRESSURE AWARENESS MONTH!

The MaineHealth Cardiovascular Health Program is pleased to announce it has new materials to provide practices in conjunction with its Accurate Blood Pressure Measurement Review and Update Program.

- **Clinical Tip Card:** Gives helpful hints for clinicians taking blood pressure, including arm support, seating of patient, lifestyle issues, and taking bp on a bare arm. The tip card is a sticky vinyl that can be applied next to bp equipment in the office. It adheres to painted walls, cloth etc. without causing damage.
- **Blood Pressure Patient Bookmark:** Can be given to the patient at a routine office visit to prepare them to come back for an accurate bp check. It also includes information on "what does your blood pressure mean" and lifestyle modification techniques.
- **Blood Pressure Log:** Serves as a wallet-sized card with spaces to record medications and blood pressure readings.
- **Waiting and Exam Room Blood Pressure Posters:** Large-scale posters for your waiting or exam rooms that give patients tips on how to come prepared to get an accurate reading. Helps patients understand their role in accurate care.

All materials can be ordered through the JS McCarthy website or by contacting Ann Watters, Administrative Assistant to the CVH Program at wattea@mainehealth.org. Preference will be given to those programs which have participated in an in-service blood pressure program.

Interested in hosting the Accurate Blood Pressure Measurement Program in your office? The program has been well-received at over 25 clinical practices. Please contact Cassandra Cote Grantham, Program Manager for CVH at cotec1@mainehealth.org. The program is also available online at www.quantiamd.com/mhlc.