



## **Video Transcript: Self-Measured Blood Pressure Monitoring for Hypertension Prevention and Control.**

**Speaker 1 (00:00):** Self-Measured Blood Pressure Monitoring for Hypertension Prevention and Control. This video is a production of the Reproductive Health National Training Center, RHNTC.

**Description Narrator (00:11):** RHNTC logo, Reproductive Health National Training Center.

**Speaker 1 (00:14):** Self-Measured Blood Pressure Monitoring, or SMBP, refers to the regular measurement of blood pressure by a client at home. High Blood Pressure, or Hypertension, is a major preventable risk factor for heart disease, stroke, and other health conditions. It is especially important to screen for and accurately diagnose hypertension as part of quality reproductive healthcare. Hypertension can have a significant effect on reproductive and maternal health. It is also one of the leading causes of racial disparities in maternal health outcomes. And hypertension disproportionately affects Black women, who are 3 to 4 times more likely to die of pregnancy-related causes than White women. SMBP is an important part of hypertension prevention and control. SMBP enables better diagnosis and management of hypertension and helps clients take an active role in the process. SMBP allows providers to get a more accurate and complete picture of the client's blood pressure outside of the office and can be useful for confirming a diagnosis. For many people, the blood pressure readings they get in the healthcare setting differs from the one they get at home. For example, Masked Hypertension is when a person has normal blood pressure in the clinic and elevated blood pressure at home. White Coat Hypertension is when a person has elevated blood pressure in the healthcare setting but normal blood pressure at home. The at-home blood pressure reading is more strongly linked to long-term cardiovascular risk than the healthcare setting reading. That's why national guidelines advise using SMBP for the accurate diagnosis of hypertension. SMBP can also be helpful for managing clients with an existing diagnosis of hypertension. It can help in assessing blood pressure after changes in treatment and in monitoring blood pressure over time. Finally, it is important to teach clients how to accurately measure their blood pressure at home and how to record and interpret the reading and report it to their health care providers. Use the 8 Steps to Accurately Measure Blood Pressure at Home Job Aid and the Accurate Measurement of Blood Pressure in the Reproductive Health Setting Video to help clients understand how to accurately measure their blood pressure at home.

**Description Narrator (02:26):** The Accurate Measurement of Blood Pressure in a Reproductive Health Setting Video page on the RHNTC website.

**Speaker 1 (02:33):** Clients can use the RHNTC My Blood Pressure Log in English or Spanish or the My Blood Pressure Log wallet-sized card to record their readings and bring the information back to their care team. Using SMBP, individual clients play an essential role in their own care and help the whole care team come up with a plan that's right for them. Check out the RHNTC's Hypertension Prevention and Control Improvement Toolkit for more tools and resources.

**Description Narrator (03:00):** The Hypertension Prevention and Control Improvement Toolkit page on the RHNTC website.

**Speaker 1 (03:06):** This has been a production of the RHNTC.