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## Blood Pressure Measurement Quality Improvement

### A Self-instructional CD Program Using National Standards

This training program is a 2010 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

To order a **free** CD or for general questions regarding the program please contact Kristina Dawkins, Cardiovascular Health Section, Michigan Department of Community Health (517-335-9605 or email at [dawkinsk1@michigan.gov](mailto:dawkinsk1@michigan.gov)). If you prefer to fax a request, complete this form and **fax it to 517-335-9056**. This program is **free ONLY** within Michigan.

Thank you.

Name: \_\_\_\_\_ Title: \_\_\_\_\_

Organization: \_\_\_\_\_

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

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

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