



Implementation of Multifaceted Patient-Centered Treatment Strategies for Intensive Blood Pressure Control (IMPACTS)

Standardized Blood Pressure Measurement: Approach, Importance and Clinical Relevance

***Presented by Tulane University Department of Epidemiology,
Department of Medicine and Center for Continuing Education***

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Expiration Date: March 31, 2021

NOTES:

- *This session was recorded between May and October 2018.*
- *Approximate time to complete the activity: **25 minutes***
- *Reference Materials may be found selecting the buttons below the recording.*
- *Technical requirements may be found by clicking on the “Viewing Requirements” link below the recording.*
- *If you have other questions, please contact Tulane University CCE at cme@tulane.edu or 504-988-5466.*

OVERVIEW

Compared with previous hypertension guidelines, the new ACC/AHA hypertension guideline redefines and reclassifies hypertension as well as sets a new BP treatment target. The new guideline also details the optimal treatment strategies for specified subpopulation with diverse racial background and comorbidities. In addition, it emphasizes the necessity of standardization of BP measurement methods as well as out-of-office BP monitor in diagnosis and management of hypertension. The purpose of the proposed CME activities is to disseminate the new hypertension guideline and its key components of new BP management approaches; to elucidate standardized BP measurement methods; and to review evidence based treatment target and protocol based treatment strategies. The educational goal is to enhance the understanding and utilization of new hypertension guideline and intensified BP management protocols as well as standardized BP measurement methods among the health providers.

TARGET AUDIENCE

Physicians of all specialties, allied health, nurses, and public health professionals.

LEARNER OBJECTIVES

At the conclusion of this educational activity, the participants should be better able to effectively:

- Recognize the importance of standardized blood pressure measurement.
- Identify the benefits of automated versus manual blood pressure measurement.
- Apply the steps for standardized blood pressure measurement.
- Demonstrate proper use of standardized blood pressure methods.

PREDICTED OUTCOMES

Predicted *changes in practice* as a result of participating in this activity may include the improved ability to:

- Measure BP accurately (office and home).
- Counsel patients on non-pharmacological treatment for hypertension.
- Utilize pharmacologic treatment for hypertension and treatment targets.
- Accurately diagnose hypertension (white coat, sustained, masked).
- Improve blood pressure control rates (PQRS 236).
- Increase use of out-of-office BP monitoring.

ACCREDITATION

Tulane University Health Sciences Center is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

DESIGNATION

CME

Tulane University Health Sciences Center designates this enduring material for a maximum of 0.50 *AMA PRA Category 1 Credit*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CEUs (general)

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CONTENT VALIDATION STATEMENTS

Definition of CME Content — Continuing medical education consists of educational activities which serve to maintain, develop, or increase the knowledge, skills, and professional performance and relationships that a physician uses to provide services for patients, the public, or the profession. The content of CME is that body of knowledge and skills generally recognized and accepted by the profession as within the basic medical sciences, the discipline of clinical medicine, and the provision of health care to the public.

CME Clinical Content Validation #1 – All the recommendations involving clinical medicine in a CME activity must be based on evidence that is accepted within the profession of medicine as adequate justification for their indications and contraindications in the care of patients.

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In accordance with the IACET Standard for Continuing Education and Training (3.1, 6.2); the course content has been developed, reviewed, and adheres to high levels of quality, currency, effectiveness, and applicability.

COMPETENCIES

This activity may address elements of physician competencies identified by the American Board of Medical Specialties, the Institute of Medicine, and the Interprofessional Education Collaborative.

American Board of Medical Specialties

Patient Care

Medical Knowledge

Practice-based Learning and Improvement

Institute of Medicine

Provide patient-centered care

Work in interdisciplinary teams

Employ evidence-based practice

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DISCLOSURES

Listed below is information disclosed by presenters and others involved in the planning of this activity. Any real or apparent conflicts of interest have been resolved.

Last Name	First Name	Role in the Activity	Disclosure
Bouyelas	Lindsey	Committee Member	Nothing to disclose
Brooks	Kenya	Facilitator	Nothing to disclose
Chen	Jing	Co-activity Director	Nothing to disclose
Epperson	Melinda	Director, Tulane CCE; Planning Committee	Nothing to disclose
He	Jiang	Department Chair Epidemiology	Nothing to disclose
Kleinpeter	Myra	Chair, Tulane CCE Advisory Committee	Grant: Amgen, Glaxo Smith Kline, Astra Zeneca; Speakers Bureau: Gilead Sciences, Fresenius Medical Care, OPKO; Stock: BD, Abbvie, P&G; Board Member: Orleans Parish Medical Society, New Orleans East Hospital
Krane	N. Kevin	Vice Dean of Academic Affairs, Tulane University School of Medicine	Nothing to disclose
Krousel-Wood	Tonette	Activity Director, Speaker	Nothing to disclose
Lambuth	Kailin	Committee Member	Nothing to disclose
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Peacock	Erin	Committee Member	Nothing to disclose
Refvem	Sarah	Program Coordinator - Education & Evaluation, Tulane CCE	Nothing to disclose
Schmidt	Pamala	Assistant Director, Tulane CCE	Nothing to disclose
Sliwinski	Roblynn	Department Administrator, Tulane CCE	Nothing to disclose
Whelton	Paul	Speaker	Chair, Writing committee, ACC/AHA Task Force on Clinical Practice Guidelines; Chair, SPRINT, ALLHAT, TOHP, and TONE trials

OFF LABEL USE/PRESENTERS

The presenters have disclosed that their presentations will not involve comments or discussion concerning unapproved or off-label uses of a medical device or pharmaceuticals.

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Please click on the link at the conclusion each session to evaluate the content, complete the post-test, and claim credit. Each enduring material requires successful completion of a post-test prior to claiming credit with a minimum performance level of 75% (6 of 8 questions).

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Questions?

Please contact

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