

Lesson 2:

Check It Often, Check It Right

Participants will learn why and how to self-monitor their blood pressure.

Learning Objectives

By the end of the lesson, participants should:

1. Understand the need for self-monitoring blood pressure
2. Identify how to choose the right type of blood pressure device
3. Demonstrate the correct technique for taking blood pressure

Suggested Activities

Learning Objective 1

- Explain the need for self-monitoring blood pressure. (See coach resources: Self-Measured Blood Pressure Monitoring Protocol—Why Do I Need to Monitor My Blood Pressure?, Who Should Monitor Blood Pressure at Home?, Who Should Not Monitor Blood Pressure?, pages 1-2.)

Learning Objective 2

- Provide tips for choosing the right type of blood pressure device. (See coach resources: Self-Measured Blood Pressure Monitoring Protocol, Choosing the Right Type of Home Monitor, page 2.)
 - Choose an automated upper arm device.
 - Make sure it is validated and checked for accuracy.
 - Purchase the correct cuff size.
- Describe the correct technique for taking blood pressure. (See coach resource: Self-Measured Blood Pressure Monitoring Protocol—How to Monitor Your Blood Pressure, page 3.) Share the participant resource: Steps to Measure Blood Pressure.
- Play the video on self-monitoring blood pressure. (See coach resource: Self-Monitoring Blood Pressure video.)

Learning Objective 3

- Provide time for participants to practice the technique for taking blood pressure. Provide cuffs of different sizes.

Homework

Consider purchasing your own blood pressure device to begin monitoring your blood pressure at home, or identify places such as a local pharmacy where you could monitor your blood pressure.

Resources

Coach resources:

- Self-Measured Blood Pressure Monitoring Protocol
- Video on self-monitoring blood pressure

Additional coach resources:

- ABCD's of Blood Pressure Measurement

Participant resources:

- Steps to Measure Blood Pressure
- Video on self-monitoring blood pressure

Additional participant resources:

- ABCD's of Blood Pressure Measurement

All resources can be found online at startwithyourheart.com/knowitcontrolit/bpcoach.
Username: **coach**
Password: **knowitco@ch**

Participants can access these resources directly at startwithyourheart.com/knowitcontrolit.