SMBP Training Checklist

- Assist the patient in selecting a validated device and cuff
- Train the patient in proper preparation and positioning for the BP measurement
- Train the patient to measure SMBP on the device that they will be using
- Review the measurement/documentation protocol and equip patient with a log
- Ask patients to restate information and instructions you provided to ensure they understand how to perform SMBP properly
- Agree upon a communication method and time period when the patient should plan to submit their SMBP log