

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