



Figure 1. Type of Blood Pressure (BP) Medication Adjustments Among BP Loaner Program Participants Not at BP Target, 2018-2025

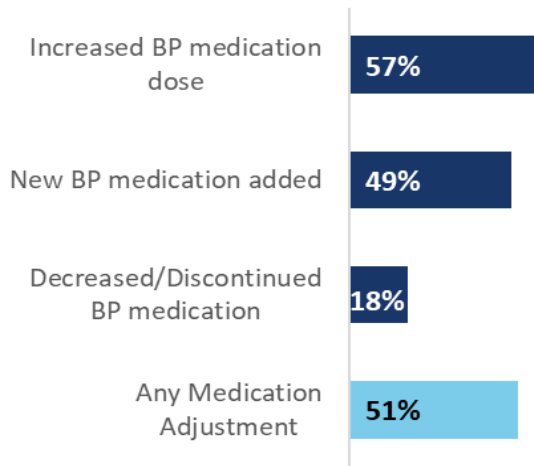
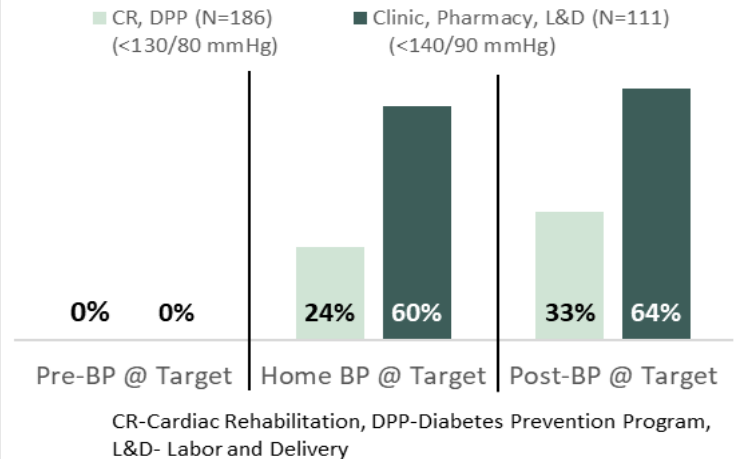


Figure 2. Percentage of Loaner Program Participants Who Obtained BP Target at Pre-, Home, and Post-Project, 2018-2025



Background:

The goal of the Blood Pressure (BP) Loaner Programs was to improve BP control through the use of self-measured BP monitoring and engagement of multi-disciplinary health-care teams. Over the past eight years, the Cardiovascular Health Program has provided sub-awards as well as home BP monitors and educational materials to various healthcare settings. Patients were able to “check-out” an automated BP monitor for home use, allowing them to take an active role in their monitoring their health. By working with their healthcare team, significant improvements in BP control were achieved over the course of the grant.

Highlights:

- Over 50% of BP Loaner Program participants who were not at BP target at baseline made at least one type of medication adjustment (Figure 1). Fifty-seven percent of these participants had their BP medication increased, 49% had a new BP medication added, and 18% had their BP medication decreased or discontinued.
- For the BP Loaner Program participants, there were two BP targets (<130/80 mmHg [cardiac rehabilitation and Diabetes Prevention Program] and <140/90 mmHg [clinic, labor and delivery, and pharmacy]) groups. Both groups improved BP control from baseline to home to post-project (Figure 2).

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Data Source:

Blood Pressure Cuff Loaner Program data collected from project participants during the 1815 (Years 1-5) and 2304 Cardiovascular (Years 1 & 2) Grants, 2018-2025.

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