

## FAQ

### **Achieving Accuracy: BP Measurement**

*Powered by Target: BP™*

#### **1. What is the Achieving Accuracy: BP Measurement module?**

The American Heart Association (AHA) and the American Medical Association (AMA) developed the Achieving Accuracy: BP Measurement eLearning module to create a comprehensive and standardized training approach to ensure every health care professional (HCP) within the U.S. is competently trained to measure blood pressure (BP) consistently and accurately every time. Through the launch of this module and associated [Target: BP](#) efforts, the AHA and AMA aim to improve the screening, diagnosis and management of high blood pressure (HBP) in order to reduce the incidence of preventable cardiovascular disease (CVD).

#### **2. Why did the AHA and AMA develop this module?**

Currently, 116 million U.S. adults are living with HBP, a leading risk factor for heart attacks and strokes. Fewer than half of these individuals are controlled to their BP goal, and many are unaware of the deadly associated consequences of HBP. Furthermore, BP is not consistently being measured accurately in the clinical setting. This is a major gap that must be addressed to reduce the incidence of preventable cardiovascular disease (CVD).

Accurate BP measurement is essential to both estimating CVD risk and guiding management of HBP. Inaccurate BP readings are linked to improper screening, diagnosis and management, and ultimately higher incidences of CVD. Avoiding common errors can lead to correct diagnoses, speed up time to treatment, and improve control rates.

The module was co-developed by AMA and the nationally recognized team behind the AHA's training on CPR and First Aid, providing the highest standards in training. Together, the AHA and AMA have the prominence and reach necessary to make an impact on this important, yet under-addressed area of health care.

#### **3. Who is the module intended for?**

The module is intended for all HCPs who regularly take BP readings in clinical practice intended for the diagnosis and management of HBP and other heart-related conditions. This includes primary care physicians, nurses (RNs, NPs), medical assistants, physician assistants and pharmacists.

#### **4. What will the module mean for the state of HBP in the U.S.?**

The module aims to address the need for regular and consistent BP measurement training across all care team members regardless of discipline, as recommended by the [ACC/AHA 2017 High Blood Pressure guideline](#). By creating an industry standard for consistent, accurate BP measurement, the level of care and safety patients receive from their health care providers can be significantly improved.

#### **5. Why do the AHA and AMA believe that most HCPs need consistent BP measurement training?**

Recent [guidelines](#) recommend HCPs be periodically re-trained to properly measure BP. In a recent AHA/AMA market research survey of more than 2K HCPs, many of the HCPs acknowledged that they had not received BP measurement re-training after their initial training in school.

## 6. How often should HCPs be re-trained to ensure that BP is being measured properly?

The AHA and AMA follow [guideline recommendations](#) that state that BP measurement re-training should be considered every six to 12 months for HCPs.

## 7. How is inaccurate BP measurement linked to the number of people diagnosed with HBP?

According to national reports, HBP is underdiagnosed and improved BP measurement by HCPs is one step towards enhancing patient care. Accurate measurement can contribute to proper diagnosis and treatment of HBP. At the same time, inaccurate measurement in a clinical setting can contribute to misdiagnosis and inappropriate treatment.

## 8. Is there evidence to back the module's effectiveness?

To ensure the module would meet the needs of HCPs who regularly take BP measurements on patients while in practice, the AMA and AHA teamed up with three leading HCOs – [Advocate Aurora Health](#) (Illinois), [University of Pennsylvania](#), and [The University of Alabama at Birmingham \(UAB\)](#), as well as one of the nation's largest retail clinic and pharmacy chains, [CVS MinuteClinic](#), to test its effectiveness. The eLearning module significantly increased participants' knowledge and skills in BP measurement.

Additionally, the research on the AMA's [MAP BP Program](#) demonstrates that when HCPs are retrained in BP measurement, accuracy of measurements improves, as do BP control rates.

## 9. How does the module relate to the Target: BP initiative?

Launched in 2015, Target: BP is a national, multi-pronged initiative that leverages the AMA's evidence-based MAP BP Program, of which a core pillar is proper BP measurement. As part of this effort, HCOs that make a commitment to improve BP control rates are recognized through the [Target: BP Recognition Program](#).

The [Achieving Accuracy: BP Measurement](#) eLearning module will be offered to Target: BP participants as an option to help them further invest in BP improvement.

## 10. How does the module align with the AMA's MAP BP Program?

The AMA's [MAP BP Program](#) places a strong emphasis on accurate BP measurement to ensure proper diagnosis and management of hypertension. MAP has been shown to help HCOs reach their target BP control rates in as little as six months. With a vision of having all HCPs who measure BP obtain accurate, consistent BP readings every time, this module supplements the MAP BP Program. HCPs who are not yet engaged in MAP are also given a solid foundation around accurate BP measurement.

The [Achieving Accuracy: BP Measurement](#) eLearning module is an evidence-based solution that aims to reduce BP measurement training gaps, increase confidence in diagnosis and management of hypertension, and help to improve hypertension control rates nationwide.

## 11. What does the content cover?

[Achieving Accuracy: BP Measurement](#) is a 30-minute eLearning course co-developed by the AHA and AMA that:

- Reinforces guideline recommended BP measurement techniques
- Simulates proper BP measurement using a manual, semi-automated, or automated device
- Boosts competency and confidence in BP measurement readings across the care team
- Provides 0.5 Continuing Education (CE) credit

The content covers key aspects of the [ACC/AHA 2017 High Blood Pressure guideline](#).

## 12. How do users purchase the module?

The module can be purchased via the [AHA's ShopCPR platform](#). The suggest retail price (SRP) is \$25 for individuals. Group pricing information is available upon request.

## 13. How long does it take to complete?

The module takes approximately 30 minutes to complete and can be taken from a computer or mobile device.

## 14. What do HCPs receive upon completion?

Upon completion, HCPs receive a certificate of completion and 0.5 *AMA PRA Category 1 Credit™*.

### **AMA Credit Designation Statement – Physicians**

The American Heart Association designates this live activity for a maximum of 0.50 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### **AAPA Credit Acceptance Statement – Physician Assistants**

American Academy of Physician Assistants (AAPA) accepts certificates of participation for educational activities certified for *AMA PRA Category 1 Credit™* from organizations accredited by ACCME or a recognized state medical society. Physician assistants may receive a maximum of 0.50 hours of Category I credit for completing this program.

### **AANP Credit Acceptance Statement – Nurse Practitioners**

American Academy of Nurse Practitioners (AANP) accepts *AMA PRA Category 1 Credit™* from organizations accredited by the ACCME.

### **ANCC Credit Designation Statement – Nurses**

The maximum number of hours awarded for this CE activity by the American Nurses Credentialing Center (ANCC) is 0.50 contact hours.

### **ACPE Credit Designation Statement – Pharmacists**

Accreditation Council for Pharmacy (ACPE) Credit: 0.50 Contact Hours. Universal Program Number: JA0000134-0000-19-030-H04-P

## 15. Are there plans to develop additional modules in the future around BP measurement?

The AHA and AMA are exploring future products that support accurate BP measurement in the clinical setting and for patients at home.