

### SMART Goal

**Increase patient enrollment** in Self-Measured Blood Pressure (SMBP) monitoring and expanding use of the patient portal for tracking and communication.

**Expand telehealth** access and utilization to improve care delivery and eliminate barriers for patients.

**Improve** blood pressure control rates among adults diagnosed with hypertension. (Million Hearts 2027 target 80%).

### Drivers

- ✓ **Hypertension Patients**  
Diagnosed, elevated BP, or under evaluation (e.g., white-coat HTN)
- ✓ **Patients with Transportation Barriers**  
Limited access to in-person care due to travel challenges
- ✓ **Kūpuna with Digital Illiteracy**  
Seniors needing support with technology for virtual care

### Community Impact

The SMBP and telehealth expansion at Waianae Coast Comprehensive Health Center (WCCHC) has strengthened patient engagement and community connection. By combining home-based blood pressure monitoring with digital literacy support, the program helps kūpuna (elders) and rural residents build confidence using technology for telehealth and patient portals. Through partnerships like **Tech Savvy Teens**—a youth-led program teaching kūpuna to use digital devices—participants receive **one-on-one support** during Kūpuna Tech Workshops. This intergenerational approach fosters trust, bridges generations, and empowers kūpuna to stay connected to their health and community, reflecting WCCHC’s mission to ensure accessible, high-quality care for all on the Waianae Coast.



### Methods

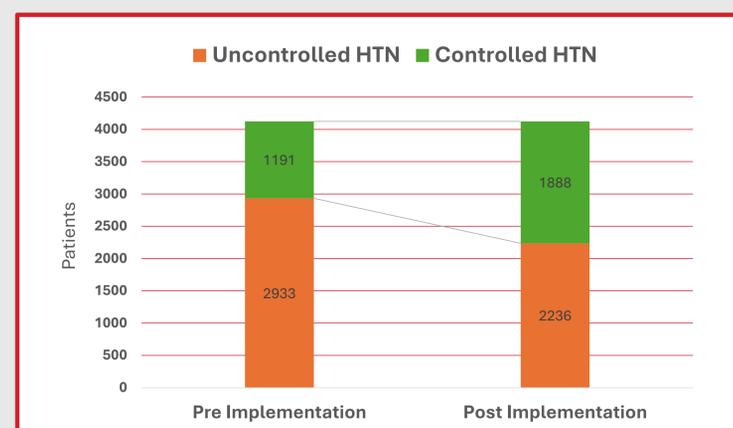
Patients receive training on SMBP using instructional videos and infographics. This training emphasizes: **Preparation, Positioning, & Timing.**

Patients follow a **monitoring protocol** of at least 3 days (ideally 7) with 12 readings logged and shared via phone or patient portal. This is followed by **telehealth visits** for medication management and ongoing blood pressure assessment.

**Digital literacy group training** provides patients, especially kūpuna with hands-on support to build confidence and skills in using digital tools for telehealth, patient portals, and remote monitoring.

### Results

- ✓ **Program Launch:** WCCHC implemented AHA/AMA’s SMBP in 2022
- ✓ **Expansion:** Integrated into telehealth initiatives
- ✓ **Patient Enrollment:** **2000** patients enrolled in SMBP program since 2022
- ✓ **SMBP Program Enrollment:** **471** patients still enrolled in **2025**
- ✓ **58%** of patients with hypertension in 2025 currently under control, a **2.3%** increase from 2023.



**2,933** patients identified with uncontrolled hypertension (2022).

**23.8%** achieved BP control by year 1.

### Conclusions

- ✓ **SMBP + Support = Better Control**  
Pairing SMBP with telehealth or clinical follow-up leads to stronger, sustained blood pressure control.
- ✓ **SMBP Inspires Healthy Habits**  
Patients who track their BP often make other positive lifestyle changes.
- ✓ **Start Early, See Results**  
Early SMBP adoption shows measurable BP improvement within one year.
- ✓ **Tech Confidence = More Engagement**  
Simple tech training helps patients stay connected and engaged in their care.

### Challenges & Lessons Learned

- 1) Digital & health literacy gaps, especially among kūpuna, incorporate 1:1 teachings.
- 2) Culturally tailored and translated materials are essential to improve understanding and engagement.
- 3) Without structured follow-up or reminders, patients often forget or deprioritize regular BP monitoring.
- 4) Trust-building essential for engagement.

### Future Directions

Integrate **Remote Patient Monitoring (RPM)** tools into the SMBP program to enable automatic transmission of blood pressure readings directly into the EMR.

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