



Healthy Behavior Support Service (HBSS): YMCA Blood Pressure Self-Monitoring (BPSM) Program

Describe participant flow through HBSS (referral, participation, follow-up and program time frame).

Hypertension (HTN) is the single largest risk factor for cardiovascular disease. Based on previous Iowa WISEWOMAN data (FY 2014-2018), it is estimated that out of the 430 women to be screened, approximately 109 (25%) will have HTN. Research suggests home self-monitoring of blood pressure may help lead to better control of blood pressure in patients.^{1,2,3}

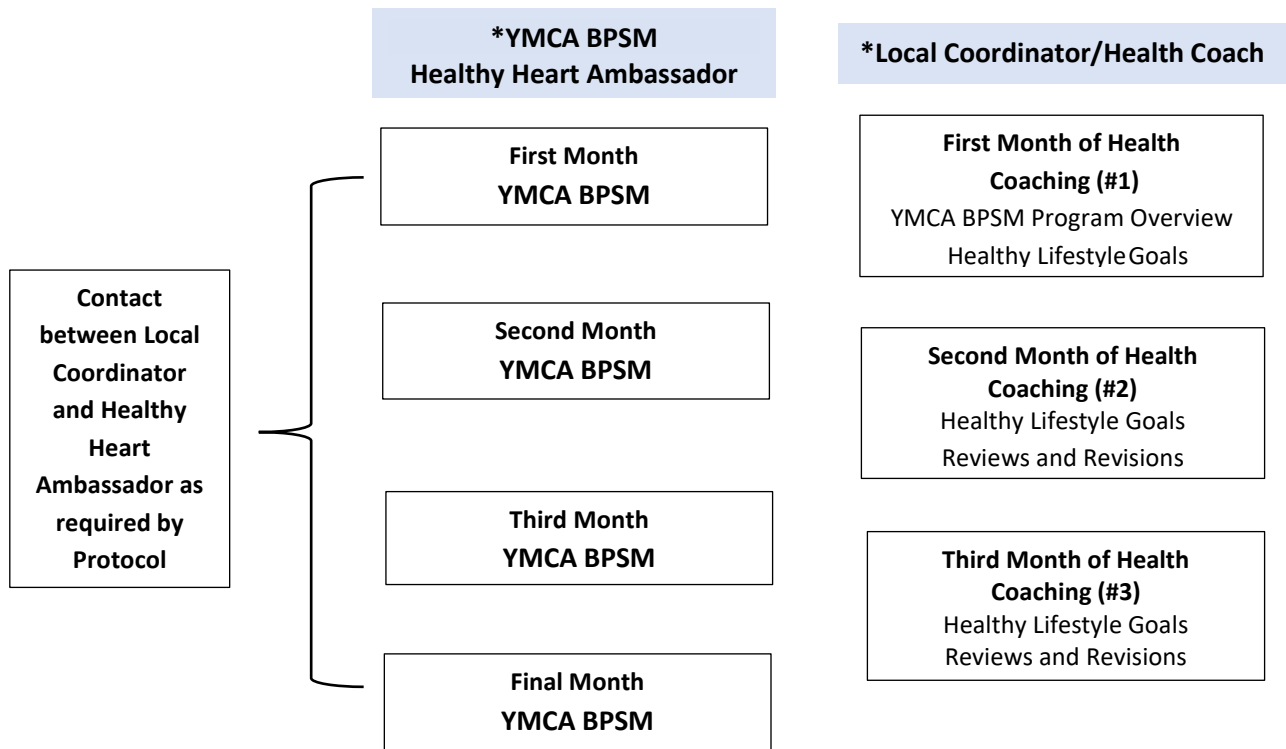
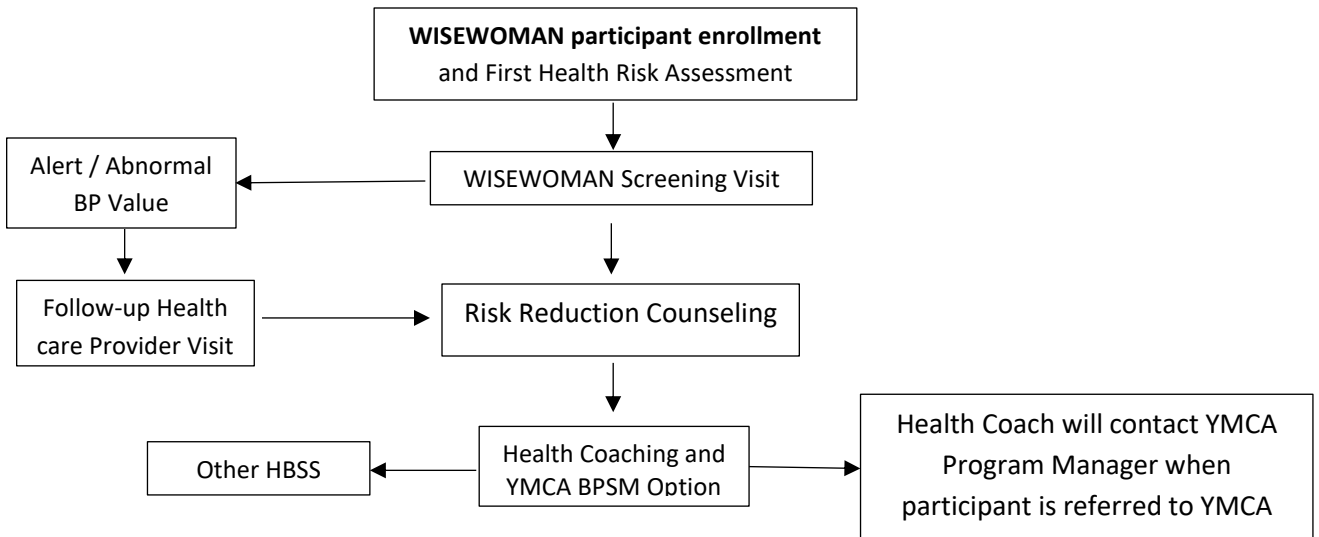
The Iowa WISEWOMAN program participants who have been identified with newly diagnosed or uncontrolled hypertension will be offered the opportunity to participate in the YMCA Blood Pressure Self-Monitoring Program, while also attending health coaching sessions with Iowa WISEWOMAN (WW) Health Coaches. Blood pressure monitors, blood pressure logs and additional hypertension control materials will be provided for each individual identified. Monitors will be picked up at regional office from local coordinators to ensure the monitors are functional and cuffs are an appropriate size for the participants.

Participants may take part in this program in conjunction with health coaching, and other healthy behavior support services and/or community-based programs.

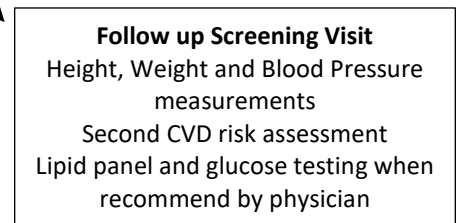
The flow diagram below shows how women will be referred to the YMCA-BPSM program.

The three WW health-coach led health coaching sessions will occur over a three-month timeframe, with each session approximately one month apart. The YMCA BPSM program will cover a four month period, and will take place within the same time frame as the health coaching sessions. The **participant will undertake a follow-up screening not less than four weeks but not more than six weeks, following completion of health coaching and the YMCA BPSM program.**

The overall timeframe from a participant's **initial screening to follow-up screening** cannot be less than three months. The **follow-up screening** will include measurements of the participant's height, weight and blood pressure, as well as a second CVD health risk assessment. A lipid panel and/or glucose testing may also be carried out if medically indicated by the physician, for participants that exhibited a high cholesterol level and/or diabetes at the initial screening visit.



Not less than 4 weeks but not more than 6 weeks after completion of HC and YMCA BPSM



* The YMCA BPSM sessions will take place within the same time frame as the health coaching sessions. The BPSM sessions are provided by WW contracted YMCA facilities, while the health coaching sessions are provided by WW health coaches.

Describe strategies incorporated in the HBSS, client engagement in the HBSS and number of sessions to completion

1. Initial Health Coaching session with certified health coaches (local coordinators (LCs)) (up to 60 minutes)

The Health Coaching program is an individualized program adaptable to the needs and readiness level of each participant. Coaching will take into consideration the participant's health priorities and willingness/ability to make a change. The health coach will utilize motivational interviewing techniques to assist the participant in setting SMART goals. The health coach will help the participant overcome barriers and will serve as a source of support and encouragement to the participant when working to reach goals.

Participants will be scheduled for their initial Health Coaching session with their Local Program Coordinator/Health Coach. The LC will use motivational interviewing techniques to identify healthy lifestyles areas (i.e. exercise, nutrition or smoking cessation) in which they would like to improve, in addition to monitoring their blood pressure. The LCs will conduct a minimum of three health coaching sessions with each participant. At each health coaching session, the LCs will review goals set with the program participant.

During this initial session, the participant will be provided with:

- The blood pressure monitor.
- Printed and verbal instructions on the proper use of the blood pressure monitor.
- The manufacturer's instruction booklet included with the monitor for complete instructions and safety information.
- A BP log book and instructions from the LC on how to BP record readings in the BP log book.
- Instructions on how to proceed should the participant record an emergency/alert blood pressure reading. A single high reading of blood pressure is not an immediate cause for alarm but should not be disregarded. When the participant's blood pressure reaches a systolic of 180 or higher OR diastolic of 110 or higher, she should take her blood pressure several more times. If the results are consistent, the participant should contact a health care provider. If participant is unable to reach their health care provider, participants will be encouraged to seek medical attention at an urgent care facility. If any heart attack or stroke symptoms are present, the participant should call 911 immediately. Information on the signs and symptoms of a heart attack and stroke will be provided to the participants.

The Iowa WISEWOMAN Program (Program) and the Department of Public Health (Department) will not reimburse the participant for any expense associated with an ambulance transport, emergency room visit, or urgent care visit. The Program and the Department are not responsible for the participant's actions related to the blood pressure monitor including without limitation the participant's decision to seek or not seek emergency medical care following a high blood pressure reading.

During this initial session, the participants will be instructed how to self-monitor their blood pressure, as follows:

- Take the blood pressure readings at the same time each day.
- Not to smoke, drink caffeinated beverages, or not exercise within 30 minutes prior to measuring their



blood pressure.

- To sit with their back straight and supported (kitchen or dining room chair), rather than sitting on the sofa.
- To sit with feet flat on the floor.
- To sit with the arm supported on a flat surface and with the upper arm at heart level.
- To make sure the middle of the cuff is placed directly over the brachial artery as shown by the LC.

2. YMCA BPSM sessions with YMCA Healthy Heart Ambassador

The YMCA Blood Pressure Self-Monitoring (BPSM) program focuses on regulated home self-monitoring of one's blood pressure using proper measuring techniques, individualized support and nutrition education for better blood pressure management. Through the support of a YMCA Heart Health Ambassador, program participants are expected to:

- Measure and record their blood pressure at least two times per month
- Attend two personalized consultations with the Heart Health Ambassador, per month. These consultations also include a blood pressure reading each.
- Attend monthly Nutrition Education Seminars

During the personalized YMCA BPSM consultations, Healthy Heart Ambassador will:

- Remind participants of their expectations for the 10-minute consultation.
- Use Listen First skills in conversation, including open-ended questions, reflections, summaries, affirmations and asking permission.
- Ask open-ended questions about the participant's experience with monitoring blood pressure at home.
- Assist the participant to identify barriers to monitoring at home, and support him or her with establishing an action plan.
- At the end of the consultation properly measure participant's blood pressure
 - Confirm that the participant has not consumed caffeine nor alcohol, has not exercised nor smoked, and has an empty bladder.
 - Ensure blood pressure cuff is in correct position with tube running down the front of the arm.
 - Ensure that the cuff is close to the skin (on a bare arm or thin shirt).
 - Ensure correct body position (no legs crossed, feet planted on floor, etc.)
 - Keep monitor facing away Record blood pressure reading on office hours log.
 - Use the American Heart Association risk level chart (see reverse side).
 - Ask to review tracking log (The tracking tool will be provided to the participant by the WW LC); note status of participant's tracking tool on office hours log.
 - Ask if they have attended nutrition education seminars/remind about nutrition education seminars. Ask if they have shared their readings with their WW coordinator and their health care provider.
 - Focus conversation on the future, not the past. Be optimistic.
 - Enter office hour data within 24 hours.
 - Forward participant data to the participant's WW LC, via secure mail or fax, as per Iowa WW contract



requirements.

Inclusion and Exclusion Criteria for Participation in the YMCA BPSM

- Must have a diagnosis of hypertension
- No cardiac event within the past year (e.g. heart attack, pacemaker implantation, etc.).
- No lymphedema or risk for lymphedema
- No atrial fibrillation or other dysrhythmia

Bi-directional referral plan, tracking and feedback

- The total number and length of each LC health coaching session will be tracked by the LC. The data will be incorporated in the WISEWOMAN (WW) participant record at the LC's office and in the WW database system for submission with the MDEs.
- The participant will be directed to report blood pressure readings to the WW LC at the health coaching sessions or at one-month intervals, via phone or mail.
- The WW LC will contact the YMCA BPSM Program Manager via phone, after each health coaching session, to provide an update on the participant.
- The YMCA BPSM provider will also be directed to report the participant's BP readings and participation in the YMCA BPSM program, to the WW LC.
- The LCs will fax the participants' blood pressure readings to the participant's health care provider office, and to WISEWOMAN IDPH staff for use in program tracking, and data collection and analysis.
- A final copy of the participants' BP tracking logs will be also sent to IDPH staff after their second health assessment. The BP monitors have a backup memory that stores readings. These may be accessed from the monitor, if the readings are not immediately recorded in the tracking log.
- Data on referral to, participation in, and completion of the YMCA BPSM intervention will be recorded by the LC in the WISEWOMAN database system for submission with the MDEs.

Resources required (both human and financial).

- Health coaching is a required part of the local program contract. It is not fee-for-service based; therefore, there are no specific CPT codes or reimbursement plans for the activities. The local program via contract will be reimbursed at \$325 per participant for providing WISEWOMAN services including data collection and health coaching.
- The YMCA BPSM provider will be reimbursed for services rendered at \$250 per participant served. This will include a 6 month YMCA membership for the WISEWOMAN participant.
- Additional costs include:
 - Home blood pressure monitors: \$100 x 7 participants = \$700.
 - Blood pressure tracking logs for participant use. 10 logs x \$1.50/log = \$15



Is the HBSS is offered by a clinical care team? Yes/No. If Yes, describe how staff, who are implementing HBSS, is integrated into team. If No, describe who is delivering the HBSS and their qualifications/trainings

WW Local Coordinators (LCs)/ Health Coaches

- For information pertaining to health coaching implementation, please refer to the Health Coaching Protocol.

YMCA Healthy Heart Ambassadors (HHAs)

- YMCA HHAs are trained through the YMCA’s national training system. Trainings include the following:

Course Name	Format	Description
Foundations of Listen First	Online, self-paced (60 minutes)	An introduction to basic Motivational Interviewing skills
Orientation to Healthy Living at the Y	Online, self-paced; approx. 30 min	An overview of how the Y advances healthy living for all by meeting individuals where they are and offering primary, secondary, and tertiary prevention services.
Introduction to the YMCA’s Blood Pressure Self-Monitoring Program	Online, self-paced; approx. 30 minutes	Overview of the burden of hypertension and BPSM program evidence base, goals, & structure. Introduces the role of the HHA in educating, encouraging, and supporting development of the habit of blood pressure self-monitoring.
HIPAA Privacy & Security Certification	Online, self-paced; approx. 40 minutes (must be re-taken annually)	Reviews basic principles of HIPAA privacy and security laws and issues employees should recognize and respond to.
Healthy Heart Ambassador Instructor	Classroom course, 4 hours	Preparation to serve in the role of HHA for the BPSM program: health coaching skills, best practices for program delivery, proper blood pressure measurement technique. Must demonstrate key skills to pass course.
HHA Instructor Knowledge & Skills Verification	In-person skills check (annual)	Administered by certified BPSM Program Managers, this is an annual knowledge and skills check required to maintain HHA certification.

- HHAs are required to sit for and pass an annual knowledge and skills check, as well as re-take the HIPAA training annually, in order to maintain their certification.

Describe any challenges and solutions to referral and participation in HBSS.

Transportation vouchers will be made available for participants to reduce distance-related barriers to participating in the YMCA BPSM in-person sessions. The WISEWOMAN IDPH staff will track the use and distribution of the vouchers.

Describe how the HBSS is evaluated to determine the effectiveness of the program implementation and outcomes.

During Risk Reduction Counseling, which takes place after a participant is screened and has received her screening results, the participant is assessed to determine her level of readiness for change and health priorities and goals. Risk Reduction Counseling and the participant's first health risk assessment will be used to guide the health coaching process and establish a baseline for evaluating the effectiveness of health coaching.

During the health coaching sessions, the LC will assist the participants in setting small measureable goals that will be recorded. Progress toward these goals will be assessed and the end results will be recorded. Improvements in MDE behavioral and health assessment measures will be captured at the follow-up screening visit through the CVD Health Risk Assessment form and the CVD Evaluation form.

The Evaluation Plan will also include questions addressing Health Coaching and HBSS (including YMCA BPSM) program outcomes:

- To what extent have women with uncontrolled HTN (BP values >139 systolic and/or >89 diastolic) reached controlled HTN (BP values equal to <139 systolic and/or equal to or <89 diastolic) following participation in health coaching/HBSS?
- To what extent did participation in health coaching/HBSS participation contribute to improving participants' management of CVD risk measures (including risk for diabetes, hyperlipidemia, overweight/obesity; smoking cessation)?

Iowa WISEWOMAN staff will compare blood pressure screening readings and BP readings from the participants' YMCA BPSM log books to assess effectiveness of health coaching and the YMCA BPSM intervention.

References

1. Bosworth HB, et al. Two Self-management Interventions to Improve Hypertension Control: A Randomized Trial. *Ann Intern Med.* 2009; 151(10): 687–695.
2. Agarwal R, Bills JE, Hecht TJW, and Light RP. Role of Home Blood Pressure Monitoring in Overcoming Therapeutic Inertia and Improving Hypertension Control A Systematic Review and Meta-Analysis. *Hypertension.* 2011;57:29-38.
3. Pickering TG, Miller NH, Ogedeghe G, Krakoff LR, Artinian NT, and Goff D. Call to Action on Use and Reimbursement for Home Blood Pressure Monitoring: A Joint Scientific Statement From the American Heart Association, American Society of Hypertension, and Preventive Cardiovascular Nurses Association. *Hypertension.* 2008;52:10-29.

