COVID 19 home Blood pressure monitoring

Goal to reduce in person visits. Cuff supply is low. Follow ANMC HTN Guideline
Place REFERRAL to OBGYN clinic on discharge with details: PHONE f/u on day # ____
If it needs to be done over the weekend- Send message to weekend Resource CNM

Antepartum patients:
Preeclampsia and gestational hypertension from time of diagnosis
-Rx for monitor or given home BP monitor
-Once weekly antenatal testing/provider visit and daily home BP monitoring

Postpartum:
Level of risk: from high to low

Highest:
Preeclampsia/Superimposed with any severe BP or severe features
-In person visit at day 3 and then day 7-10 (Physician visit or CNM with physician consultation)
-Village CO to remain in Anchorage when possible to minimize multiple travel locations
-Sub regional could go home for their day 7-10 check

Moderate:
Preeclampsia/Superimposed without severe features AND no severe range BPS during admission
-Rx for home monitor or given home BP monitor
-Provider call day 3 and day 7-10 (Clinic Provider weekdays, Resource CNM weekends)
-CO to remain in Anchorage for day 3 call. All can go home for their day 7-10 call

Low:
GHTN, CHTN- no severe range BP intrapartum
-Routine postpartum care

**If severe range BP antepartum moves into HIGHEST risk and requires in person visit

Home monitors- **patient must be able to demonstrate how to perform home checks**
Teaching and a handout- take six times a day. Warning signs and phone numbers
Paper RX on discharge if patient has insurance other than Medicaid and has transportation to fill at Geneva Woods