

Unit 55: Ambulatory Blood Pressure Monitoring

Level:	4
Unit type:	Optional (Cardiac Physiology)
Credit value:	15
Guided learning hours:	120

Unit summary

The aim of this unit is for you to be able to fit and remove ambulatory blood pressure monitoring (ABPM) devices, analyse the recording and produce a factual report. You will be expected to build your patient-centred professional practice to enable you to undertake this skill safely in the workplace.

Unit assessment requirements

There are no specific assessment requirements for this unit. Please refer to the assessment strategy in *Annexe B*.

Additional information

It is suggested that learners will have completed the following units:

- **Level 2 Unit 72: Measuring Blood Pressure using an Automatic Machine**
- **Level 2 Unit 77: Fitting an Ambulatory Blood Pressure Monitor**
- **Level 2 Unit 78 Manual Blood Pressure Measurement**

or have appropriate experience before completing this unit.

AC1.1 includes:

- observer
- equipment:
 - effect of using BP cuffs that are either too large or too small
- individual
- cardiac arrhythmias.

AC1.6 includes:

- current National Institute for Health and Care Excellence (NICE) Guidelines.

AC2.1 including:

- diuretics
- beta blockers

- angiotensin-converting enzyme (Ace) Inhibitors
- angiotensin-II receptor blocker (ARB)
- Calcium Channel Blocker (CCB).

Learning outcome 3 should be achieved in a range of routine individuals and in accordance with the Standard Operating Procedure.

AC3.2 includes:

- preparing the environment for ABPM monitoring
- programming the equipment for ABPM monitoring
- explaining the test to the individual, adapting communication to meet the needs of the individual
- gaining and documenting informed consent
- explaining the importance of introducing yourself and your role as a learner
- gathering all required information from the individual, including current medication.

AC3.4 includes:

- identifying the site for the placement of the microphone (where applicable)
- choosing and applying the correct size of cuff
- explaining the use of the patient diary
- explaining how to activate the device as necessary
- explaining any safety issues and the need to protect the monitor from damage
- maintaining records.

AC3.5 includes:

- removing the equipment from the individual
- discussing the procedure with the individual, clarifying symptoms and diary entries
- explaining the procedure for receiving results
- cleaning equipment and room.

AC4.1 includes:

- evaluating the technical quality of the recording, identifying errors
- correlating symptoms of the individual with BP recordings.

AC4.2 includes:

- reviewing the report with senior staff when appropriate.

AC4.3 includes:

- in accordance with applicable legislation, protocols and guidelines.

Learning outcomes and assessment criteria

To pass this unit, learners need to demonstrate that they can meet all the learning outcomes for the unit. The assessment criteria outline the requirements that the learner is expected to meet **in own area of work and in accordance with Standard Operating Procedures (SOPS)** to achieve the learning outcomes and the unit.

Learning outcomes		Assessment criteria		Evidence type	Portfolio reference	Date
1	Understand the principles and practice of Ambulatory Blood Pressure (BP) Monitoring (ABPM)	1.1	Explain the indications and contraindications for ABPM			
		1.2	Explain the characteristics of ABPM equipment			
		1.3	Evaluate the limitations of ABPM			
		1.4	Explain the common errors in BP measurement			
		1.5	Explain the role of ambulatory BP monitoring in patients with autonomic disorders			
		1.6	Know the definition of Stage 1, Stage 2 and severe hypertension			
		1.7	Explain the terms white coat hypertension, hypertension and hypotension			
		1.8	Discuss the risk factors for hypertension			
		1.9	Evaluate the effectiveness of non-pharmacological measures in reducing blood pressure and cardiovascular risk			

Learning outcomes		Assessment criteria		Evidence type	Portfolio reference	Date
2	Understand the common medications patients referred for ABPM monitoring may be prescribed	2.1	Explain the common medications patients may be prescribed			
		2.2	Identify the brand (trade) names for common anti-hypertensive medication			
		2.3	Explain the terms: <ul style="list-style-type: none"> • OM (Omni Mane): every morning • BD or BID (Bis in Die): twice daily • TDS (Ter Die Sumendum): three times a day • QDS (Quarter Die Sumendus): four times a day 			

Learning outcomes		Assessment criteria		Evidence type	Portfolio reference	Date
3	Be able to perform Ambulatory Blood Pressure Monitoring (ABPM)	3.1	Evaluate the departmental Standard Operating Procedure for ABPM			
		3.2	Prepare for ABPM			
		3.3	Measure baseline resting BP in accordance with the British Hypertension Society Guidelines			
		3.4	Set up for ABPM			
		3.5	Remove the ABPM equipment			
4	Be able to analyse Ambulatory Blood Pressure recordings and produce a factual report	4.1	Download the BP data			
		4.2	Present the results of ABPM			
		4.3	Keep accurate, comprehensive and comprehensible records			

Learner name: _____

Date: _____

Learner signature: _____

Date: _____

Assessor signature: _____

Date: _____

Internal verifier signature: _____

Date: _____

(if sampled)