

Home Blood Pressure Monitoring for Providers

Objective

As healthcare organizations seek ways to limit face to face visits during the COVID-19 pandemic, it is critical that we ensure women are getting the proper care regardless of the setting. Hypertensive disorders of pregnancy affect 13% of pregnant women in North Carolina (There are established guidelines for the management of hypertensive disorders of pregnancy: <http://ccnc.care/pathways>).

NC Department of Health and Human Services wants to allow for home blood pressure (BP) monitoring in conjunction with telemedicine visits. In response to the pandemic, Medicaid will cover the cost of BP monitors (Source: [NC DHHS Special Bulletin COVID-19 #29](#)).

Target Patients

- Pregnant women in need of blood pressure monitoring

Getting BP Monitors to Patients

Automatic BP monitors can be dispensed by any willing NC enrolled DME provider with a prescription for medical necessity. DME companies will need a prescription from the physician, PA or NP, and a visit note. The visit note can be via a telehealth visit. Monitors can be shipped to the beneficiary or picked up at the DME location. If the below information is provided to the DME company upon the initial request the patient can expect to have the monitor within the week.

Prescription should be faxed to the DME company and should include:

- Prescription with the below information:
 - Patient's name
 - Patient's DOB
 - Request for an appropriate size cuff (forearm circumference) with automatic BP monitor. Need to state on the prescription: "To be monitored regularly at home."
 - ICD-10 code
 - Provider's name
 - Practice phone number
- Visit note
- DME will respond requesting signature on the following form: [Request for Prior Approval CMN/PA](#)

Not all DME providers stock BP monitors. We have provided the following list of DME providers that have indicated they will bill Medicaid and provide BP monitors. This list is not all-inclusive. We are exploring the buy and bill option.

DME Company	Counties served	Method of Receipt	Monitor	XL cuff available	Phone	Fax
Piedmont Medical Supply 752 4th St SW, Hickory	Caldwell, Catawba, Burke	Pick up at DME location	Omron		828-327-6970 Attn: Sarah	828-327-2878
Family Medical Supply			Blue Jay	Yes	800-892-3435	910-467-8367
Quality Home HealthCare 106 Park Ave, Sanford	Lee, Harnett, Moore, Chatham	Pick up at DME location	Omron		919-775-2001 Attn: Teresa	919-776-8122
Carolina Home Medical	All NC Counties	Ship to Home	Drive	No	252-514-0461 Attn: Christine	252-514-2254
Wincare	All NC Counties	Ship to Home	American Diagnostic Corp	Wrist only	252-903-1173 Attn: Nicole	216-755-8614

Education and Patient Follow Up

- Providers will designate appropriate staff to ensure proper cuff fit, as well as provide patient education on how to take an accurate blood pressure and the warning signs of worsening hypertension and preeclampsia
- Providers should give patients instructions on BP monitoring: <http://ccnc.care/homebp4patients>
- Each OB practice should have a system to check-in with patients to ascertain their blood pressure and to have protocols in place to determine which patients need to be seen in person at the office or hospital for further assessment