

Prenatal Concerns: Blood Pressure Management



The problem

- How to monitor blood pressure in pregnancy given Covid-19 pandemic?
 - Decreased office visits + Increased telehealth...
 - = Decreased blood pressure monitoring, or
 - ≠ Decreased blood pressure monitoring

The solution: Front end

- Ambulatory blood pressure management
 - ACOG mentions blood pressure monitoring via telehealth (ACOG 2020a; ACOG 2020b)
 - Only postpartum monitoring is mentioned
- Our solution (NB: work-in-progress)
 - Generalists and MFMs participate
 1. Low-risk women, no prescription?
 2. High-risk women, write prescription and associate indication
 - Diabetes, multiples, history of preeclampsia, etc.
 3. Ask patient to use family member's cuff
 4. Office of Philanthropy plans to get funding to donate cuffs
 5. If all fails, \$15-\$20 at pharmacy

The solution: Back end

- The work-in-progress
 - Do patients actually get the device?
 - Must go to DME provider?
 - Denied by insurance?
 - Never picked up?
 - How are data reviewed?
 - Set a frequency of measurements,
 - Set thresholds to call provider,
 - Set regular review of measurements.
- Know the limitations of telehealth

References

- ACOG 2020a: Implementing Telehealth in Practice: ACOG Committee Opinion Summary, Number 798. *Obstet Gynecol.* 2020 Feb;135(2):493-494. doi: 10.1097/AOG.0000000000003672. PubMed PMID: 31977794.
- ACOG 2020b: ACOG's Managing Patients Remotely: Billing for Digital and Telehealth Services.
<https://www.acog.org/en/Practice%20Management/coding/Coding%20Library/Managing%20Patients%20Remotely%20Billing%20for%20Digital%20and%20Telehealth%20Services>