

**Appendix Table 1.** 2015 and 2016 DocStyles' Healthcare Provider Panel<sup>a</sup>

Panel	2015	2016
	SERMO's Global Medical Panel <sup>b</sup>	SERMO's Global Medical Panel <sup>b</sup>
<b>Primary care physicians<sup>c</sup></b>		
Sample released <sup>d</sup>	1,122	1,422
Quota	1,000	1,000
Number complete (response rate) <sup>e</sup>	1,000 (89.1%)	1,003 (70.5%)
<b>Nurse practitioner</b>		
Sample released <sup>d</sup>	487	612
Quota	250	250
Number complete (response rate) <sup>e</sup>	251 (51.5%)	253 (41.3%)
<b>Combined healthcare providers</b>		
Sample released	1,609	2,034
Quota	1,250	1,250
Number combined (response rate)	1,251 (77.7%)	1,256 (61.7%)
<b>Excluded</b>		
Removed repeated participants	600	0
Inpatient practice	116	201
Did not reporting using SMBP	15	36
<b>Final sample</b>	<b>520</b>	<b>1,019</b>

<sup>a</sup>Data provided by Porter Novelli (PN).

<sup>b</sup>During 2015 and 2016, includes over 330,000 and 350,000 medical professionals in the U.S., respectively. SERMO's continually attempts to remove primary care physicians who consistently failed to respond to previous surveys.

<sup>c</sup>Includes family/general practitioners and internists.

<sup>d</sup>The number of HCPs who received the survey. Surveys are sent on a rolling basis until quotas are reached. In 2015, the survey timeframe was increased to allow for more reminders and quotas were met while releasing fewer surveys.

<sup>e</sup>2015 response rates provided by PN. 2016 response rates calculated as [number complete/sample released].

HCP, healthcare provider; SMBP, self-measured blood pressure monitoring.

**Appendix Table 2.** List of Self-measured Blood Pressure Monitoring Questions, DocStyles 2015 and 2016

1. The next few questions are about patient self-monitoring of blood pressure or home blood pressure monitoring. Please answer the following questions based on your experiences with your patients. Do you ever recommend that your patients monitor their blood pressure at home? Select all that apply. (*Yes, if a patient has suspected white-coat hypertension. Yes, to confirm a diagnosis of hypertension. Yes, as part of a hypertension treatment regimen. No, I never recommend that a patient take their blood pressure at home*)
  2. In your practice, do you or your staff help patients choose a properly sized cuff to use with their home blood pressure monitor? Select one only. (*Yes, patients are told which size cuff to purchase when buying a monitor; Yes, patients are told that a properly-sized cuff is important, but not told which size to use; No, there is no discussion with patients about properly-sized cuffs*)
  3. In your practice, how often do you or your staff validate the patient's home blood pressure monitor for accuracy against an office blood pressure monitor before the patient begins using it? Select one only. (*Always, Sometimes, Never*)
  4. Who in your practice is typically responsible for each of the following tasks? Select all (*Physician, Nurse Practitioner or Physician's Assistant, Registered Nurse, Pharmacist, Certified Diabetes Educator, Another Care Provider, or No One, if no one selected then others cannot be included*) that apply for each row:
    - a. Tells a patient to monitor their blood pressure at home
    - b. Trains patient on proper positioning and technique for using a home blood pressure monitor
    - c. Validates a patient's home blood pressure monitor against an office monitor
    - d. Reviews patient's home blood pressure readings
    - e. Provides medication changes based on patient's home blood pressure readings
    - f. Recommends non-medication changes based on patient's home blood pressure readings
  5. How do patients share the results of their blood pressure readings with clinical staff? Select all that apply. (*By secure email, By secure website or patient portal, By telephone, By written paper log, In person, at a group or individual educational/counseling session, In person, during their usual appointment, Other, Patients do not share their blood pressure readings, if last is selected, no other can be included*)
  6. Does your practice have a home blood pressure monitor loaning program for patients who do not own their own home blood pressure monitor? Select one only. (*Yes, No, or Don't know/Not applicable*)
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**Appendix Table 3.** Differences in Percentages of Team-based Care Members Who Interact With Patients for Lifestyle (Non-medication) Self-Measured Blood Pressure Monitoring (SMBP) Readings, by SMPB Utilization Category<sup>a</sup> – DocStyles 2015 and 2016

<b>Variable</b>	<b>Overall n (%)</b>	<b>DX (n=371)</b>	<b>TRT (n=246)</b>	<b>Comb (n=922)</b>	<b>p-value</b>
<b>or statistics (N=1,539)</b>					
<b>Provides medication changes based on patient’s SMBP readings</b>					
Physician	1,289 (83.8)	<b>269 (72.5)</b>	<b>203 (82.5)</b>	<b>817 (88.6)</b>	<0.0001
NP/PA	538 (35.0)	<b>87 (23.5)</b>	<b>93 (37.8)</b>	<b>358 (38.8)</b>	<0.0001
RN	84 (5.5)	<b>43 (11.6)</b>	<b>9 (3.7)</b>	<b>32 (3.5)</b>	<0.0001
Pharmacist	50 (3.2)	<b>20 (5.4)</b>	<b>8 (3.3)</b>	<b>22 (2.4)</b>	0.02
Certified diabetes educator	18 (1.2)	6 (1.6)	1 (0.4)	11 (1.2)	0.39
Another care provider	28 (1.8)	11 (3.0)	3 (1.2)	14 (1.5)	0.16
No one	27 (1.8)	10 (2.7)	5 (2.0)	12 (1.3)	0.21
<b>Recommends non-medication changes based on patient’s SMBP readings</b>					
Physician	1,201 (78.0)	<b>244 (65.8)</b>	<b>187 (76.0)</b>	<b>770 (83.5)</b>	<0.0001
NP/PA	576 (37.4)	<b>100 (27.0)</b>	<b>96 (39.0)</b>	<b>380 (41.2)</b>	<0.0001
RN	259 (16.8)	62 (16.7)	42 (17.1)	155 (16.8)	0.99
Pharmacist	66 (4.3)	19 (5.1)	7 (2.8)	40 (4.3)	0.39
Certified diabetes educator	63 (4.1)	15 (4.0)	6 (2.4)	42 (4.6)	0.33
Another care provider	52 (3.4)	9 (2.4)	7 (2.8)	36 (3.9)	0.36
No one	34 (2.2)	<b>13 (3.5)</b>	<b>8 (3.3)</b>	<b>13 (1.4)</b>	0.03

*Notes:* Boldface indicates statistical significance ( $p < 0.05$ ).

<sup>a</sup>SMBP monitoring categories included: DX: Ever recommend that your patients monitor their BP at home for diagnosis purposes, either: (a) yes, if patient has suspected white-coat HTN; (b) yes, to confirm a diagnosis of HTN, or both a+b; TRT: Ever recommend that your patients monitor their BP at home for treatment purposes, with the option (c) yes, as part of HTN treatment; COMB: Ever recommend that your patients monitor their BP at home for either diagnosis or treatment (combined) purposes (a+c, b+c, or a+b+c).

DX, diagnosis only; TRT, treatment only; Comb, combination of diagnosis and treatment; NP/PA, nurse practitioner or physician’s assistant; RN, registered nurse; BP, blood pressure; HTN, hypertension

**Appendix Table 4.** Respondent Perceptions of Who Is Responsible for SMBP-Related Activities – DocStyles 2015 and 2016 (Corresponding Data for Figure 1)

<b>Variable</b>	<b>N (%)</b>
Tells a patient to monitor their BP at home	1,532 (99.5) <sup>a</sup>
Physician	1,246 (81.0)
NP/PA	602 (39.1)
RN	320 (20.8)
Pharmacist	56 (3.6)
Certified diabetes educator	48 (3.1)
Another care provider	62 (4.0)
No one	7 (0.5)
Trains patient on proper positioning and technique for using a device	1,453 (94.4) <sup>a</sup>
Physician	628 (40.8)
NP/PA	432 (28.1)
RN	622 (40.4)
Pharmacist	54 (3.5)
Certified diabetes educator	42 (2.7)
Another care provider	214 (13.9)
No one	86 (5.6)
Validates a patient’s device against an office monitor	1,462 (95.0) <sup>a</sup>
Physician	633 (41.1)
NP/PA	396 (25.7)
RN	610 (39.6)
Pharmacist	33 (2.1)
Certified diabetes educator	42 (2.7)
Another care provider	265 (17.2)
No one	77 (5.0)
Reviews patient’s SMBP readings	1,529 (99.4) <sup>a</sup>
Physician	1,204 (78.2)
NP/PA	598 (38.9)
RN	339 (22.0)
Pharmacist	48 (3.1)
Certified diabetes educator	44 (2.9)
Another care provider	75 (4.9)
No one	10 (0.6)
Provides medication changes based on patient’s SMBP readings	1,512 (98.2) <sup>a</sup>
Physician	1,289 (83.8)
NP/PA	538 (35.0)
RN	84 (5.5)
Pharmacist	50 (3.2)
Certified diabetes educator	18 (1.2)
Another care provider	28 (1.8)
No one	27 (1.8)
Recommends non-medication changes based on patient’s SMBP readings	1,505 (97.8) <sup>a</sup>

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Physician	1,201 (78.0)
NP/PA	576 (37.4)
RN	259 (16.8)
Pharmacist	66 (4.3)
Certified diabetes educator	63 (4.1)
Another care provider	52 (3.4)
No one	34 (2.2)

<sup>a</sup>Prevalence of at least one member selected.

SMBP, self-measured blood pressure monitoring; NP/PA, nurse practitioner/physician's assistant; RN, registered nurse.