



# A Standardized Approach to Blood Pressure Training in First-Year Medical Students



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## PURPOSE

Accurate blood pressure measurement is an important clinical skill for physicians to assess a key marker of health in patients. Despite this, training in blood pressure assessment is not standardized across medical schools. The current study seeks to assess the effectiveness of the American Medical Association (AMA) blood pressure module in providing training and longitudinal mastery of blood pressure assessment in first-year medical students.

## METHODS

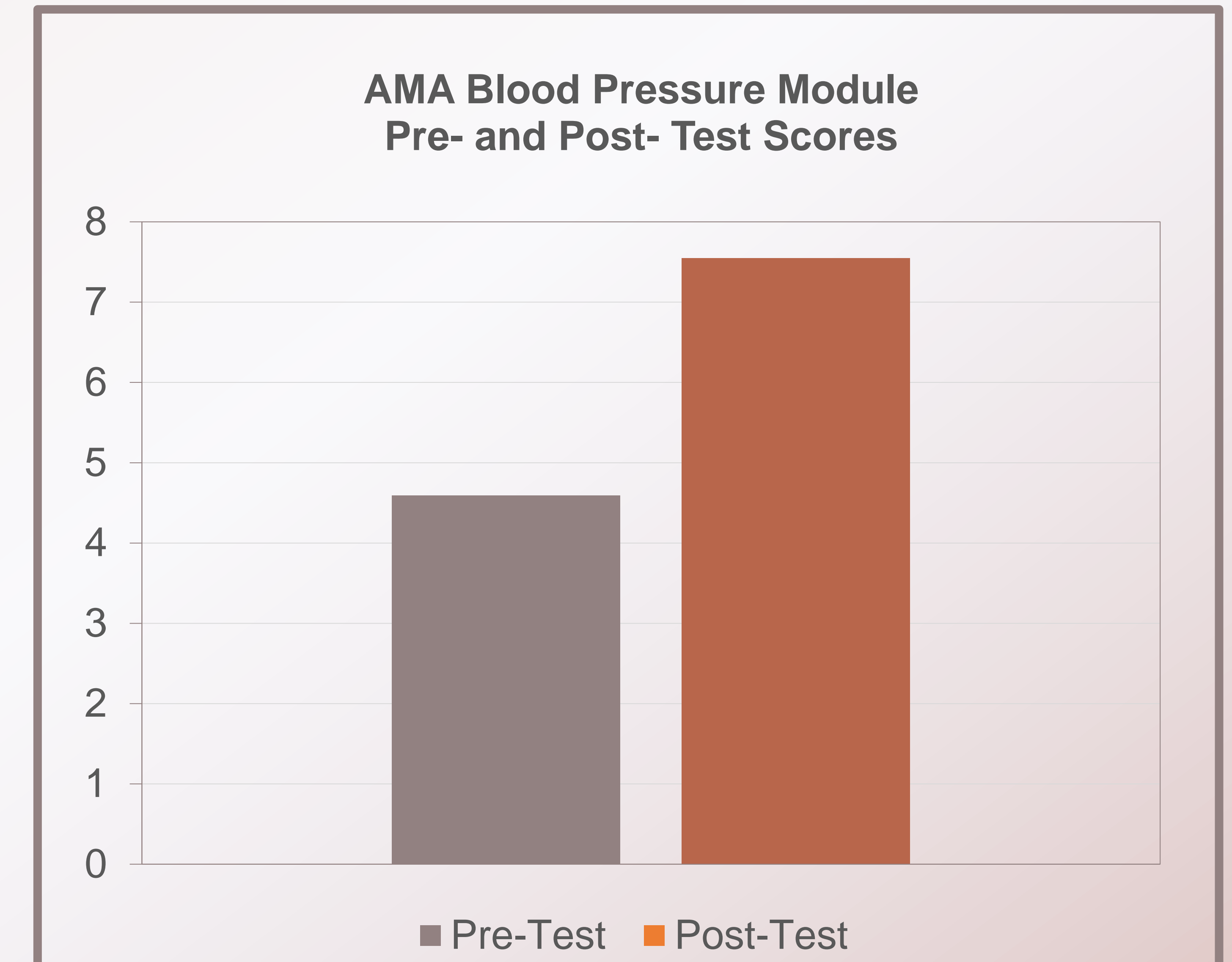
The AMA blood pressure module uses the latest evidence-based techniques for blood pressure measurement. Students at NoordaCOM completed a 10-item online AMA blood pressure module pre-test at the beginning of their first year.

**The American Medical Association Blood Pressure Training Module is an effective learning tool in first-year medical students and could be used as a standardized blood pressure training.**

Then, they completed the AMA blood pressure module. This was followed by an identical 10-item AMA blood pressure module post-test to assess mastery of the module. The same assessment will be completed at the end of the first year in order to assess longitudinal mastery in addition to module effectiveness.

## RESULTS

Data were collected at one of the two timepoints ( $N=44$ ). Scores on the online 10-item assessment were significantly different between the pre-test ( $M=4.59$ ,  $SD=1.87$ ) and post-test scores ( $M=7.55$ ,  $SD=1.91$ ), ( $t(43)=68.48$ ,  $p<.001$ ).



These scores indicate that the AMA module significantly improved students' understanding of blood pressure measurement. An additional timepoint will be assessed for longitudinal assessment at the end of the first year.

## CONCLUSION

The current study provides evidence that the AMA blood pressure module is an effective training tool for blood pressure assessment in first-year medical students. Future analyses will test if these results are significant longitudinally. Based on these findings, we recommend the standardized use of the AMA module as a blood pressure training tool for medical schools.

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