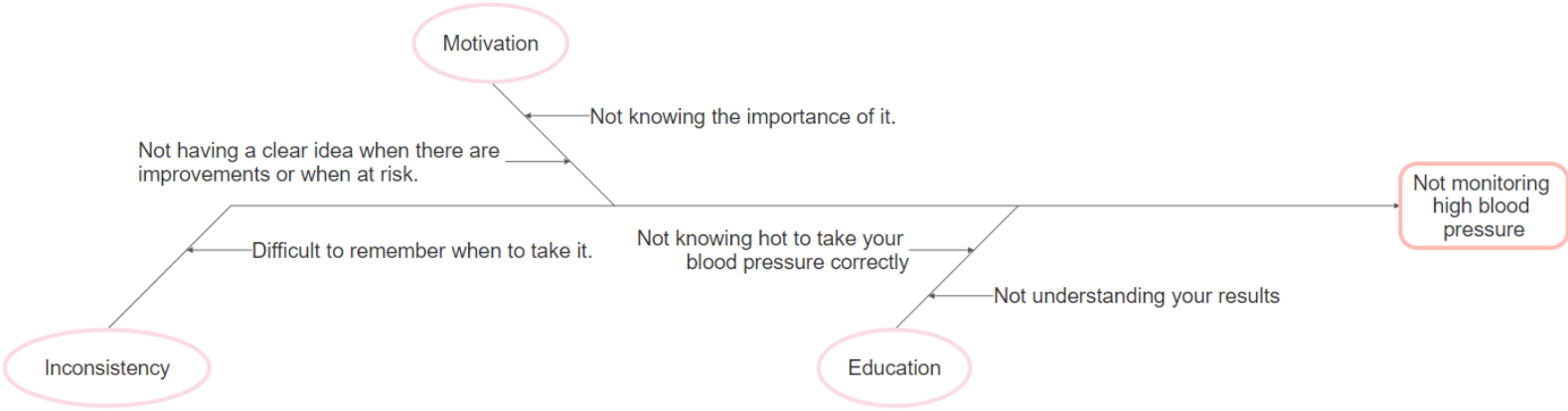# Problem Solving (A3) Report

Topic: Blood Pressure Monitoring

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1. Identify a Problem — PLAN

Today, more than 100 million U.S. citizens suffer from hypertension. It is important that these patients monitor their blood pressure daily and bring these results to their doctors' appointments. The American Heart Association has stated that 80 % of adults do not monitor their blood pressure as they should. This is a serious problem since doctors need to know the progress of their patients to give a diagnostic and/or change a prescription. As a solution, it's suggested a web-app to help patients keep track of their blood pressure in a simpler way. Giving them the ability to easily share their record with their doctors.

2. Set the Target — PLAN

By the end of the semester, it is expected to have a full working web-app that allows users to sign-in and document their blood pressure. The app will promote the patient to take care of their heart health. Also, it will facilitate doctor-patient communication.

3. Analyze the Causes — PLAN

Some of the main causes for patients not monitoring their blood pressure are:
the lack of consistency, motivation, and education.

4. Propose & Implement Countermeasures — PLAN/DO

These are some possible countermeasures to tackle the main causes of the problem.

Cause	Countermeasure
Motivation	Instruct the patient on the importance it has monitoring the blood pressure.
	Make appropriate statistics of their improvements.
Education	Instruct the patient on how to take their blood pressure with simple to follow instructions.
	Provide clear information on the stage of hypertension the patient is on and interpret the results.
Inconsistency	Send reminders to the patient so they can remember to monitor their blood pressure.

5. Check/Evaluate — CHECK

N/A

6. Act and/or Standardize — ACT

N/A

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