

HYPERTENSION: CONTROLLING HIGH BLOOD PRESSURE

Measure Specifications:	HEDIS Controlling Blood Pressure (CBP)
Measure Domain:	Reduce Prevalence of Chronic Disease
Performance Year:	2022

MEASURE SPECIFICATIONS

DESCRIPTION:

Percentage of patients 18 - 85 years of age who had a diagnosis of hypertension and whose blood pressure was adequately controlled (< 140/90 mmHg).

RATIONALE:

Essential Hypertension, also referred to as Primary Hypertension, is high blood pressure that doesn't have a known secondary cause. Controlling high blood pressure will significantly reduce the risks of cardiovascular disease mortality and lead to better outcomes like reduction in heart attacks, stroke, and kidney disease.

Factors that can assist patients in their care of high blood pressure include, medication management, adherence to a blood pressure plan, routinely monitor their blood pressure, reducing sodium in their diet and increasing physical activity.

ADDITIONAL GUIDANCE:

1. When this measure is calculated, reviewers:
 - a. Starting in 2021, BP readings can be taken during an outpatient visit, telephone visit, e-visit or virtual check-in, a non-acute inpatient encounter or remote monitoring event during the measurement year.
 - b. Use the lowest systolic and diastolic reading for the patient when multiple blood pressure readings are documented on the same day. (i.e. 138/90 and 140/87)
 - c. NEW IN 2022: Ranges and thresholds do not meet criteria for this measure. A distinct numeric result for both the systolic and diastolic BP reading is required for numerator compliance. **A BP documented as an "average BP" (e.g. "average BP: 139/70") is eligible for use.**
 - d. Do not use blood pressure readings taken during an acute inpatient stay, ED visit, and same day as a diagnostic test or therapeutic procedure or taken by a member using a non-digital device. (I.e. manual blood pressure cuff and stethoscope).

PROVIDER TIPS: RECORDING BLOOD PRESSURES ACCURATELY (American Heart Association)

1. There may be opportunity for insurance coverage for a digital blood pressure device to help in ease of obtaining your patients' home readings.
2. Record all blood pressure readings taken by patient at home as well as readings taken during a visit for patients with hypertension.
3. When available, use an available electronic health record flowsheet for tracking and recording of blood pressure readings. Otherwise, manually log in the information into the patient's record.
4. If patients' blood pressure is outside normal limits, try to gain second blood pressure reading prior to end of appointment.
5. Be aware that blood pressure readings may be impacted by incorrect cuff sizes. Keep various sizes of cuffs available in the office to use the proper-sized cuff for each patient.

