

Controlling High Blood Pressure (CBP)



Who: Members ages 18–85 years with a diagnosis of hypertension, whose most recent blood pressure reading was adequately controlled (systolic and diastolic both LESS THAN 140/90 mm HG) during the measurement year. (Measurement year: the 12-month timeframe between January 1st - December 31st in which the service was rendered).

Why: Monitoring blood pressure for control has been shown to significantly reduce the probability of undesirable outcomes such as heart disease, stroke, and death. High blood pressure and hypertension are the leading cause of death for Americans.

What: Percentage of members with an essential hypertension diagnosis whose most recent (last BP of the year) blood pressure reading is adequately controlled (systolic and diastolic values both LESS THAN 140/90 mmHg).

How: Blood pressure readings may be captured in various ways (date BP taken must be indicated):

- ✓ performed by a clinical staff member or a provider during an office visit or allied health visit
 - ✓ reported by patient/caregiver/family to clinical staff or a provider during a telehealth visit – blood pressure taken at home/remote location via digital cuff
 - ✓ reported/documented in patient chart by way of telephone encounter, patient BP log, patient portal communication
- If a member does not have a blood pressure reading documented during the MY, their blood pressure is considered out of control, and not numerator compliant.
 - BP readings that are not accepted:
 - ✓ Documented as a range or threshold
 - ✓ An incomplete BP reading (systolic or diastolic only)

Coding: Blood pressure readings are identified through claims with both a code for systolic and diastolic value on the same service date or through chart review.

Measure Codes

- Diastolic Less than 80
` CPT-CAT-II: 3078F
- Diastolic 80-89
` CPT-CAT-II: 3079F
- Diastolic Greater than/Equal to 90
` CPT-CAT-II: 3080F
- Systolic Less than 130
` CPT-CAT-II: 3074F
- Systolic 130-139
` CPT-CAT-II: 3075F
- Systolic Greater than/Equal to 140
` CPT-CAT-II: 3077F

Exclusions:

- Members who die any time during the measurement year
- Members in hospice or using hospice services any time during the measurement year
- Members receiving palliative care &/or had an encounter for palliative care any time during the measurement year
- Members with **diagnosis** for end-stage renal disease (ESRD)
- Members with a **procedure** that indicates end-stage renal disease (ESRD): dialysis, nephrectomy, or kidney transplant
- Members with a diagnosis of pregnancy any time during the measurement year

Cut Points: Cut points demonstrate the rates that need to be reached to achieve the specific star rating.

1 Star: Less than 67%

2 Star: 67% to less than 75%

3 Star: 75% to less than 80%

4 Star: 80% to less than 86%

5 Star: Greater than or equal to 86%

Data info:

Performance Measure Set: Medicare Star Measure

Quality Measurement Type: Outcome

Data Type: eCQM, chart documentation

CMS National Average: 79%

Tips for Success:

- Allow member to rest for at least 5 minutes before taking Blood Pressure. Select appropriate sized cuff, and place on bare arm.
- If manual cuff/sphygmomanometer are used, do not round up the BP reading
- If the initial reading is elevated, (ie. systolic \geq 140 **or** diastolic \geq 90) re-take blood pressure **at the end of the visit**, and document repeat values in vital flow sheets.
- Ensure the members whose blood pressure is 140/90 mmHg or above have a scheduled follow-up visit with a care team member to work toward controlled blood pressure.
- For participants of the CareOregon Value Based Program – educate providers that incentive payments are granted for closing care gaps.
- Provide training for clinical staff to maintain skills and accurate readings.
 - <https://www.ama-assn.org/system/files/in-office-bp-measurement-infographic.pdf>
 - **Select the correct blood pressure cuff for each member:**
chrome-extension://efaidnbmnnnibpcajpcgiclfndmkaj/https://map.ama-assn.org/sites/default/files/2024-05/SMBP%20Cuff%20Selection.pdf?
- Implement competency training for clinical staff to ensure proper blood pressure readings are being obtained:
- **chrome-extension://efaidnbmnnnibpcajpcgiclfndmkaj/https://map.ama-assn.org/sites/default/files/2024-05/Staff%20Competency%20on%20Training%20Patients.pdf?**
- **Provide members with resources and clear directions on how to take their blood pressure at home:**

- How to take your blood pressure video (English): <https://www.ama-assn.org/sites/ama-assn.org/files/2019-07/SMBP-Training-English.mp4>
- How to take your blood pressure video (Spanish): <https://www.ama-assn.org/sites/ama-assn.org/files/2019-07/SMBP-Training-Spanish.mp4>
- Blood Pressure log (numerous translations): <https://www.ama-assn.org/system/files/2020-11/smbp-recording-log.pdf>
- Member info sheet-blood pressure at home: chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://map.ama-assn.org/sites/default/files/2024-05/What%20to%20Know%20Before%20Taking%20Your%20Own%20BP.pdf