

Controlling Blood Pressure (CBP)

Description:

The percentage of members 18-85 years of age who had a diagnosis of hypertension (HTN) whose BP was adequately controlled (<140/ <90 mmHg) during the measurement year.

Adequate control is defined as:

Members 18-85 years of age whose BP was **139** systolic or below **AND 89** diastolic or below

Measure Requirements:

- Documentation of at least two visits on different dates of service with a diagnosis of hypertension during the measurement year or the year prior to the measurement year

AND

- The most recent BP reading during the measurement year taken on or after the second diagnosis of hypertension

*Diagnosis is obtained through administrative/claims data

*Compliance based on most recent BP is obtained through administrative/claims data and medical record abstraction

Documentation Guidelines:

Documentation is of the most recent (last) BP reading during 2019. BP must occur on or after the second diagnosis of hypertension (see above.)

*BP readings taken in the following situations are not considered appropriate for this measure:

- BP taken during an acute inpatient stay or an ED visit
- BP taken on the same day as a diagnostic test or a diagnostic or therapeutic procedure that requires a change in diet or medication on or one day before the day of the test or procedure with the exception of fasting blood tests
- BP reported by or taken by the member (unless it is taken directly from remote monitoring devices that are digitally stored and transmitted to the provider)

Tips:

- Take a minimum of two blood pressures
- *Retake the blood pressure if there is an elevated systolic or diastolic reading*
 - For Members 18-85years of age: Systolic must be 139 or below AND diastolic must be 89 or below (a BP of 140/90 is not compliant)
- Ensure that the BP cuff is the correct size
- Put BP cuff directly on bare arm, not over clothing
- Encourage the patient to sit:
 - with their back and feet supported
 - with their legs uncrossed
 - with their arm supported at the level of their heart
- Wait at least 5 minutes after arrival to measure BP
- Stop all conversation during blood pressure measurement
- If using a machine, record the actual number, do NOT round up
- Schedule follow up visits to monitor effectiveness of BP medication
- BP taken and reported by member is not acceptable