Controlling High Blood Pressure (CBP)

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

Adequate control is defined as:
Members 18-85 with both a systolic BP of 139 mm Hg or less and a diastolic BP of 89 mm Hg or less

Measure Requirements:
- Documentation of at least two visits on different dates of service with a diagnosis of hypertension on or between January 1 of the year prior to the measurement year and June 30 of 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

*Members with advanced illness and frailty, receiving palliative care, and those in hospice are excluded

Documentation Guidelines:
Documentation is of the most recent (last) BP reading during 2021. 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 except for fasting blood tests
- BP taken by the member using a non-digital device such as with a manual blood pressure cuff and stethoscope
**Tips:**

- Take a minimum of two blood pressures on every visit
- Retake the blood pressure if there is an elevated systolic or diastolic reading
- For members 18-85 years of age systolic must be 139 or below
- 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