

## 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 2020.

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 a 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 **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