

Controlling Blood Pressure (CBP)

Measure Overview

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

Adequate control: Both a representative systolic BP <140 mm Hg and representative diastolic BP of <90 mm Hg.

Representative Blood Pressure (BP): The most recent BP reading during the measurement year on or after the second diagnosis of hypertension. If multiple BP measurements occur on the same date or are noted in the chart on the same date, use the lowest systolic and lowest diastolic BP reading. If no BP is recorded during the measurement year, assume that the member is “not controlled.”

Measurement Period

January 1 - December 31

Exclusions

- Death in the measurement period.
- Members in hospice, using hospice or elect to use a hospice benefit any time during the measurement period.
- Members using palliative care or who had an encounter for palliative care anytime during the measurement period.
- Members 66-80 years of age as of December 31 of the measurement year with frailty and advanced illness. Members must meet BOTH frailty and advanced illness criteria to be excluded.
 - Frailty - At least two indications of frailty with different dates of service during the measurement year. Do not include laboratory claims (POS: 81)
 - Advanced Illness - Either of the following during the measurement year or the year prior to the measurement year: (a) Advanced illness on at least two different dates of service; (b) Dispensed dementia medication.
- Medicare members 66 years of age and older by the last day of the measurement year, in an institutional SNP (I-SNP) or living long term in an institution (LTI)
 - Enrolled in an institutional SNMP (I-SNP) anytime during the measurement year.
 - Living long-term in an institution any time during the measurement period through the end of the measurement year as identified by the LTI flag in the Monthly Membership Detail Data File.
- Members 81 years of age and older as of the last day of the measurement year with frailty.
- Members with a diagnosis that indicates end-stage renal disease (ESRD) any time during the member's history on or prior to December 31 of the measurement year. Do not include laboratory claims (POS: 81).
- Members with a procedure that indicates ESRD: dialysis, nephrectomy, or kidney transplant any time during the member's history on or prior to December 31 of the measurement year.
- Members with a diagnosis of pregnancy any time during the measurement year. Do not include laboratory claims (POS: 81)

Codes included in the current HEDIS Measure

Essential Hypertension: ICD-10: I10

Diastolic Blood Pressure: CPT-CAT II: 3078F (Less than 80 mm Hg), 3079F (Between 80-89 mm Hg), 3080F (Greater than/equal to 90 mm Hg)

Systolic Blood Pressure: CPT-CAT II: 3074F (Less than 130 mm Hg), 3075F (Between 130-139 mm Hg), 3077F (Greater than/equal to 140 mm Hg)

Tips to Improve HEDIS Scores

- Retake the BP if reading is high at the office visit ($\geq 140/90$ mm Hg) as HEDIS® allows the use of the lowest systolic and diastolic readings on the same day, and often, the second reading is lower.
 - Review patient's hypertensive medication history and compliance to consider modifying treatment plans for uncontrolled blood pressure, as needed.
 - Recommend that patients with elevated BP return in three months or prior to December 31st for retesting.
 - Review exclusions and code appropriately for the patient to be removed from the measure.
 - Periodically audit staff for appropriate techniques (i.e., ensure patients are still and quiet 5 minutes prior to testing, they should be sitting comfortably with feet uncrossed, flat on the floor and arm resting at heart level with a proper fitting cuff on bare skin.)
 - Have coders add relevant CPT II codes (listed above) to claims to alleviate the need to submit medical records.
 - Schedule telehealth appointments to diagnose patients with hypertension and acquire blood pressure readings. Note: BP readings may be taken by any digital device.
 - Educate members on the importance of medication adherence, how to correctly capture blood pressure readings, and when to call their doctor about side effects.
- 