

Controlling High Blood Pressure (CBP)

APPLICABLE LINES OF BUSINESS

- Commercial
- Medicare

MEASURE DESCRIPTION

Percentage of patients 18-85 years of age who had a diagnosis of hypertension (HTN) and whose blood pressure was adequately controlled (<140/90 mm Hg) as of December 31 of the measurement year.ⁱ

EXCLUSIONS

Patients are excluded if they:

- Had a nonacute inpatient admission during the measurement year.
- Have or had a history of end-stage renal disease (ESRD), dialysis, nephrectomy, or kidney transplant
- Have a diagnosis of pregnancy during the measurement year
- Have a non-acute, inpatient admission during the measurement year
- Received hospice or palliative care during the measurement year—include ICD-10-CM codeⁱⁱ Z51.5
- Are Medicare members 66 years of age and older who are enrolled in an institutional Special Needs Plan (SNP) or living long-term in an institution
- Are age 81 or older with frailty during the measurement year
- Are ages 66-80 with advanced illness and frailty (for additional definition information, see the [Advanced Illness and Frailty Exclusions Guide](#))

MEDICAL RECORDS

Patient medical records should include:

- All blood pressure readings and dates obtained with exact readings documented (no rounding). The lowest systolic and lowest diastolic blood pressures from the most recent visit will be used, even if they are not from the same reading.
- Blood pressure readings can be captured during a telehealth, telephone, e-visit, or virtual visit. If the patient is self-reporting blood pressure, document the date of the reading and that it was self-reported by the patient.

The last blood pressure reading of the year will be used to evaluate compliance.

PATIENT CLAIMS

Patient claims should include blood pressure CPT® II codesⁱⁱⁱ: These can be billed alone on a \$0.01 claim or with an office visit.

CPT® II code	Systolic blood pressure
3074F	<130 mm Hg
3075F	130 -139 mm Hg
3077F	≥ 140 mm Hg

CPT® II code	Diastolic blood pressure
3078F	<80 mm Hg
3079F	80 - 89 mm Hg
3080F	≥ 90 mm Hg

TIPS FOR TAKING BLOOD PRESSURE READINGS

Share the following best practices with your team and patients who are self-reporting blood pressure readings:

- Have the patient sit quietly for up to 10 minutes before taking the reading.
- Advise the patient not to talk during the measurement.
- Have the patient empty their bladder before taking the reading.
- Don't check blood pressure within 30 minutes of smoking, drinking coffee, or exercising.
- Ensure patients don't cross their legs and have their feet flat on the floor during the reading; crossing legs can raise the systolic pressure by 2- 8 mm Hg.
- Use the proper cuff size.
- Make sure the elbow is at the same level as the heart. If the patient's arm is hanging below heart level and unsupported, it can elevate the measured blood pressure by 10-12 mm Hg.
- Take it twice. If the patient has a high blood pressure reading at the beginning of the visit, retake, and record both at the end of the visit. Also, consider switching arms for subsequent readings.

TIPS FOR SUCCESS

- Encourage blood pressure monitoring at home and ask patients to bring a log of their readings to all office visits.
- Educate patients on the importance of blood pressure control and the complications that may occur when blood pressure is uncontrolled.
- Educate patients on how to properly measure blood pressure at home.
- Prescribe single-pill combination medications whenever possible to assist with medication compliance.
- Reinforce the importance of low sodium diets, increased physical activity, smoking cessation, and medication adherence at every visit.
- Advise patients not to discontinue blood pressure medication before contacting your office.
- Monitor adherence to blood pressure medications and talk with your patients about barriers to taking medications as prescribed.
- Encourage Medicare members to use their Durable Medical Equipment (DME) benefit to obtain a home blood pressure cuff/monitor. Clinicians will need to write an order and submit it to the member's DME provider.

ⁱ National Committee for Quality Assurance. HEDIS® Measurement Year 2024 Volume 2 Technical Specifications for Health Plans (2023), 132-140

ⁱⁱ ICD-10-CM created by the National Center for Health Statistics (NCHS), under authorization by the World Health Organization (WHO). WHO-copyright holder.

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