

Controlling Blood Pressure (CBP)

Effectiveness of Care HEDIS® Measure

HEDIS MEASURE DEFINITION

The percentage of patients ages 18–85 in the measurement year who had a diagnosis of hypertension (HTN), and whose blood pressure was adequately controlled (<140/90 mm Hg) as of Dec. 31 of the measurement year.

EXCLUSIONS

Patients are excluded if they:

- Received hospice or palliative care during the measurement year
- Have end-stage renal disease (ESRD), dialysis, nephrectomy or kidney transplant during the measurement year
- Have a pregnancy diagnosis during the measurement year
- Are age 81 or older with frailty as of Dec. 31 of the measurement year with frailty during the measurement year
- Are ages 66–80 years of age with advanced illness or frailty as of Dec. 31 of the measurement year (for definition information, see the [Advanced Illness and Frailty Exclusions Guide](#))

TIPS FOR TALKING WITH PATIENTS

One of the biggest challenges is convincing patients of the importance of maintaining a healthy blood pressure, according to the American Heart Association and American College of Cardiology.

- Educate patients on the importance of blood pressure control and the risks when blood pressure is not controlled
- Encourage blood pressure monitoring at home and ask patients to bring a log of their readings to all office visits (educate patients on how to properly measure blood pressure at home)
- If the patient does not own a digital blood pressure cuff, educate them on utilizing their local pharmacy for a blood pressure reading
- Prescribe single-pill combination medications whenever possible to assist with medication compliance
- Discuss the importance of medication adherence at every visit
 - Only about one in four adults (24%) with hypertension have their condition under control, according to the [Centers for Disease Control and Prevention \(CDC\)](#)
 - One in four patients with Medicare Part D prescription insurance are not taking their blood pressure medication as prescribed, [according to the CDC](#)
- Advise patients not to discontinue blood pressure medication before contacting your office. If they experience side effects, another medication can be prescribed
- If patients have an abnormal reading, schedule follow-up appointments for blood pressure readings until their blood pressure is controlled
- Encourage lifestyle changes, such as diet, exercise, smoking cessation and stress reduction

MEDICAL RECORDS SHOULD:

- Include all blood pressure readings and the dates they were obtained (if there is more than one reading at a single visit, the lowest systolic and diastolic readings are used). The last blood pressure reading of the year will be used for HEDIS compliance determination
- Document exact readings; do not round blood pressure readings
- Include blood pressure readings captured during a telehealth, telephone, e-visit or virtual visit

- Include blood pressure readings taken by an electronic device and digitally stored, transmitted to and interpreted by the provider. (The provider does not need to see the reading on the digital device; the patient can verbally report the digital reading)

TIPS FOR TAKING BLOOD PRESSURE READINGS IN THE OFFICE

- Use the proper cuff size
- Advise the patient not to talk during the measurement
- Ensure that patients do not cross their legs and have their feet flat on the floor during the reading. Crossing legs can raise systolic pressure by two to eight mm Hg.
- Make sure the elbow is at the same level as the heart. If the patient's arm is hanging below heart level and unsupported, this position can elevate the measured blood pressure by 10 to 12 mm Hg.
- Take it twice. If the patient has a high blood pressure reading at the beginning of the visit, retake and record it at the end of the visit. Consider switching arms for subsequent readings.

PATIENT CLAIMS

Blood pressure CPT® II codes must be billed with an office visit, including telehealth, telephone, e-visit or virtual visit:

CPT II code	Most recent systolic blood pressure
3074F	<130 mm Hg
3075F	130 -139 mm Hg
3077F	≥ 140 mm Hg
CPT II code	Most recent diastolic blood pressure
3078F	<80 mm Hg
3079F	80 - 89 mm Hg
3080F	≥ 90 mm Hg