Condition management – cardio

Controlling High Blood Pressure (CBP)

Controlling High Blood Pressure (CBP) Measure Year 26 | Weight = 3

Measurement period
Jan. 1–Dec. 31

Eligible population
18–85 years of age who have been diagnosed with hypertension twice. Eligibility for this measure depends upon a diagnosis of hypertension following two outpatient visits—both with a diagnosis of hypertension. There must be two different dates of service.

Service required
The final reported blood pressure reading of the measurement period must be documented and must be less than 140/90 and recorded in the medical record.

Note: If there are multiple BPs on the same date of service, use the lowest systolic and diastolic BP on that date as the representative BP.

Patient-reported blood pressure readings are accepted.

Exclusions
During the measurement period:

- Patients with a diagnosis of end-stage renal disease (ESRD)
- Patients with a diagnosis of pregnancy
- Patients in hospice, using hospice services or receiving palliative care
- Patients who died
- Patients 66 years of age and older living long-term in an institutional setting or are enrolled in an Institutional Special Needs Plan (I-SNP)
- Patients 66–80 years of age and older with both frailty and advanced illness
- Patients 81 years of age with frailty
- Patients who were dispensed dementia medications

Measure best practices

- In-office measurement: Ensure accurate measurement by implementing and maintaining office practices such as:
  - Providing at least five minutes of quiet rest prior to reading
  - Using correct cuff size
  - Retaking in same visit if systolic BP < 140 mm Hg and/or diastolic BP < 90 mm Hg
- Virtual measurement: Coach the patient on best practices, such as sitting up straight with feet on floor; not taking reading over clothing; and avoiding smoking and caffeine prior to the reading
- Follow-up: For patients out-of-range (140/90 or greater):
  - Assess for adherence barriers; consider simplified medication options, such as 90/100 day fills, mail order and combination pills
- Review and discuss medication options: Clinical guidelines generally recommend medication adjustments including increasing dosages and/or adding medications.
  - Recommend at-home monitoring of blood pressure and provide supporting materials
  - Consider follow-up in approximately a month; offer virtual options where appropriate/convenient

Code	Code type	Definition
3074F	CPT II	Systolic: blood pressure less than 130 mm Hg (DM) (HTN, CKD, CAD)
3075F	CPT II	Systolic: blood pressure 130–139 mm Hg (DM)
3077F	CPT II	Most recent systolic blood pressure greater than or equal to 140 mm Hg (HTN, CKD, CAD) (DM)
3078F	CPT II	Diastolic: blood pressure less than 80 mm Hg (HTN, CKD, CAD) (DM)
3079F	CPT II	Diastolic: blood pressure 80–89 mm Hg (HTN, CKD, CAD) (DM)
3080F	CPT II	Most recent diastolic blood pressure greater than or equal to 90 mm Hg (HTN, CKD, CAD) (DM)
99457	CPT	Remote physiologic monitoring treatment management services, 20 minutes or more of clinical staff/physician/other qualified healthcare professional time in a calendar month requiring interactive communication with the patient/caregiver during the month

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