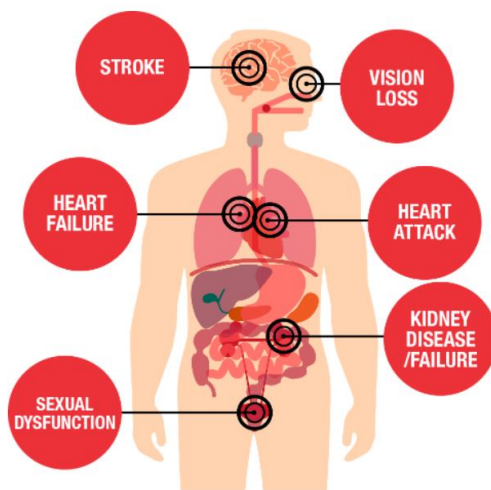


# Accurate Blood Pressure and Why It's Important

## The Why: 1)

High blood pressure is a “silent killer”. Most of the time there are no obvious symptoms, and it can cause other health threats.

### Health Threats from High Blood Pressure



## The Why: 2)

Hypertension is a triple weighted quality measure for our Accountable Care Organizations (ACOs). What does that mean? Hypertension is a focal point for payers because of the other health threats it can cause, which increases the cost of a patient's healthcare. It being triple weighted means the success or failure of this measure is 3X the weight and can cause significant gain or loss to the quality dollars that are received.

Measure Description: Percentage of patients 18-85 years of age who had a diagnosis of hypertension and whose blood pressure was adequately controlled (LESS THAN 140/90) during the measurement period.

## The What:

Now that you know why it's important, let's talk about what to do. When you are taking a blood pressure, you should refer to the “6 R's of Blood Pressure”. If the blood pressure reading is 140/90 or higher, you should repeat the blood pressure after waiting at least 1 minute. If both blood pressures are high, inform the provider. At the end of the visit, the provider should retake the blood pressure. \*Remember, if it wasn't documented it wasn't done. For the quality measure, the last blood pressure entered on the date of service, is the blood pressure that is used for the measure. The blood pressure must be recorded in the vitals flowsheet to count.

# Accurate Blood Pressure and Why It's Important

## Accurate Blood Pressure Measurement for Patients

### The 6 R's

- 1) **Rest** for 5 minutes before blood pressure reading
- 2) **Refrain** from talking
- 3) **Remove** upper arm clothing
- 4) **Right** size cuff
- 5) **Rest** arm on supported surface with cuff at heart level (\*wrist cuff)
- 6) **Rest** feet flat on floor in seated position

