



Blood Pressure

Measure: Controlled Blood Pressure (<140/90 mmHg)

Measure Detail:

- 1) Diagnosis of hypertension
- 2) Percentage of patients 18-85 years of age
- 3) Adequately controlled blood pressure of less than 140/90 during the measurement year

Exclusions:

- Diagnosis of end-stage renal disease (ESRD), dialysis, or renal transplant
- Diagnosis of pregnancy
- Hospice care (must be documented in the Problem list as Z51.5)

IMPORTANT TIPS

If the blood pressure is taken twice during the visit, we can count the lower systolic and the lower diastolic value. So, if it is 145/80 the first time, and 135/90 the second time, we can report 135/80 and get credit for the measure. **The last BP of the year is the one that counts, so if your patient has an elevated BP in the last quarter of the year, please treat and schedule a follow-up visit prior to December.** BP must be under <140/90. BP <139/89 will meet the measure and close the gap.

Tips for lowering blood pressure at retake

Nurse/PCP

1. Retake blood pressure if BP >140/90
2. Make sure the cuff fits correctly
3. Try retaking the blood pressure in the opposite arm
4. Try taking BP manually

Have the patient:

1. Uncross their legs
2. Sit or lie in a darkened room for a few minutes.
3. Visualize something calming, like lying on the beach
4. Practice deep breathing for 3 minutes.

This is an important measure this year. The majority of our payers and programs are tracking this measure, and it is one of only two that we are reporting for CPC+ this year, so it is important that everyone pay attention to elevated blood pressures.

If you are a specialist, and have a patient with an elevated blood pressure, please take it again at the end of the visit and if it is still elevated, make sure the patient has an upcoming appointment with their primary care provider before they leave the office. This can be a nurse visit for a BP check.