

Hypertension Fact Sheet and Roadmap



Goals

- Increase use of clinical quality measures (CQMs) to drive improvements in hypertension management and overall patient care
- Establish policies to increase implementation of standardized quality improvement procedures for hypertension management
- Maximize electronic health record (EHR) technology through use of trackable and reportable quality measures
- Establish targets and benchmarks (e.g. Merit -based Incentive Payment System (MIPS) Quality Measure Benchmarks) to evaluate improvement efforts and outcomes routinely
- Increase value-based reimbursement through improved performance on quality measures
- Use evidence-based practices to address and reduce health disparities in statin use

CQMs

- Quality ID #317: Preventive Care and Screening: Screening for High Blood Pressure and Follow-Up
 - Percentage of patients aged 18 years and older seen during the submitting period who were screened for high blood pressure and a recommended follow-up plan is documented based on the current blood pressure (BP) reading as indicated
- Quality ID #236 (NQF 0018): Controlling High Blood Pressure
 - Percentage of patients 18 - 85 years of age who had a diagnosis of hypertension and whose blood pressure was adequately controlled (< 140/90 mmHg) during the measurement period

Documentation

- Document multiple or serious comorbidities, including renal or hepatic function
- Capture race and ethnicity when patient first establishes with your practice
- Document medical risk factors such as diabetes, obesity, family history, diet and exercise habits, smoking status, and alcohol use
- Document blood pressure readings

Optimizing

- Clinical practice workflows
- Organize your practice for efficiency
- Optimize use of your EHR and health IT to meet quality measure thresholds (e.g. create templates and/or order sets for abnormal hypertension screenings)
- Facilitate team-based care and ensure each member is working to the top of their license
- Empower patients through proactive reminders/outreach, patient education, and patient portal access
- Encourage self-measured blood pressure monitoring

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Population Health

- Clinical Information Systems (e.g. registries) that can provide patient-specific and population-based support to the care team
- Assess social context (i.e. food insecurities, housing stability, and financial barriers) and apply that information to treatment decisions
- Adopt a patient-centered communication style that includes patient preferences, assesses health literacy, and addresses cultural barriers to care

Managing Disparities

- Identify or develop community resources to support healthy lifestyles
- Refer patients to local community resources when available
- Develop or offer educational programs and materials in multiple languages
- Utilize health IT (EHR) to outreach to vulnerable populations needing preventative care services

Provider Tips

- Use shared decision-making tools to create a management plan
- Management plan to include personal goals, clinical goals, medication adherence
- Provide patients with self-management support and education
- Monitor your quality measure dashboard

Coding Considerations

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

Federal & State Initiatives

- State Public Health Actions to Prevent and Control Chronic Disease - <https://www.cdc.gov/dhdsp/programs/spha/index.htm>
- Million Hearts - <https://millionhearts.hhs.gov/>
- WISEWOMAN (Well-Integrated Screening and Evaluation for WOMen Across the Nation) – <https://www.cdc.gov/wisewoman/>

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Resources

- Self-Measured Blood Pressure Monitoring: Action Steps for Clinicians – https://millionhearts.hhs.gov/files/MH_SMBP_Clinicians.pdf
- Hypertension Prevalence Estimator Tool – <https://nccd.cdc.gov/MillionHearts/Estimator/>
- Hypertension Tools and Training – https://www.cdc.gov/bloodpressure/materials_for_professionals.htm
- TARGET:BP™ Tools and Downloads – <https://targetbp.org/tools-downloads/?sort=topic&>