

To: AmeriHealth Caritas Louisiana Providers

Date: May 16, 2024

Subject: Obtaining Blood Pressure Compliance for CBP and BPD HEDIS Measures

Summary: HEDIS measures Controlling Blood Pressure (CBP) and Blood Pressure Control for Patients with Diabetes (BPD) require close patient monitoring, education, and, often, reassessment to obtain compliance during the measurement year. AmeriHealth Caritas Louisiana is committed to helping providers ensure success in care gap closure.

CBP assesses adults 18–85 years of age with a diagnosis of hypertension, whose blood pressure (BP) is adequately controlled (<140/90 mm Hg) during the measurement year.¹ BPD assesses adults 18–75 years of age with diabetes (type 1 or type 2) whose BP was adequately controlled (<140/90 mm Hg) during the measurement year.² For both measures, the most recent (last BP of the year) will be used on or after the second diagnosis of hypertension.¹ If multiple BP readings are noted in the chart on the same date, the lowest systolic and lowest diastolic BP results will be used.

Research shows anxiety associated with PCP appointments, referred to as "white coat syndrome," can elevate blood pressure by 10 mm Hg or more during the visit.³ This common occurrence can result in noncompliance with the CBP and BPD measures.

Best Practice Tips for BP Assessment:

- Have the patient sit quietly, with legs uncrossed, arms relaxed at the side
- Select the appropriate cuff size
- Place the cuff on the bare arm
- If the initial BP reading is elevated:
 - Have the patient sit in a quiet, dim space
 - Encourage deep breathing, relaxation
 - Retake the BP
 - Document all BP readings in the patient record
- Telephone visits, e-visits, and virtual check-ins can be used to obtain BP reading
- Patients may self-report BP readings taken at home with a digital device. Document the BP in the patient record.

CPT CAT II Codes:

Systolic: 3074F, 3075F, 3077F

Diastolic: 3078F, 3079F, 3080F

(AmeriHealth Caritas, 2024)

Questions: Thank you for your continued support and commitment to the care of our members. If you have questions about this communication, please get in touch with AmeriHealth Caritas Louisiana Provider Services at 1-888-922-0007 or your [Provider Network Management Account Executive](#).

Missed an alert? You can find a complete list of provider alerts on our website's [Provider Newsletters and Updates](#) page.

Need to update your provider information? Send full details to network@amerihealthcaritasla.com.

References:

- AmeriHealth Caritas, (2024). *HEDIS 2024 Documentation and Coding Guidelines*.
- NCQA, (2024). *Blood Pressure Control for Patients with Diabetes (BPD)*. <https://www.ncqa.org/hedis/measures/blood-pressure-control-for-patients-with-diabetes/>
- NCQA, (2024). *Controlling High Blood Pressure (CBP)*. <https://www.ncqa.org/hedis/measures/controlling-high-blood-pressure/>
- UAB Medicine, (2024). <https://www.uabmedicine.org/news/anxiety-or-calm-can-cause-false-blood-pressure-readings/#:~:text=The%20resulting%20anxiety%20can%20elevate,reduce%20the%20effects%20of%20WCH>

Owner: Kristie Hartman

Subject/Measure: Obtaining Compliance in Controlling High Blood Pressure (CBP)/Blood Pressure Control for Patients with Diabetes (BPD)

Purpose: MY 2024 HEDIS compliance

Approver	Date
Owner Submitted to QM SP	04/19/2024
Supervisor Reviewed/Approved	4/19/2024
Manager Reviewed/Approved	5/1/2024
Director Reviewed/Approved	
Owner Submitted to COMM SP	
Local Compliance (ERW)	5/2/24
Editorial (Larry G.)	
Creative Services (Larry G.)	
Digital Services (Larry G.)	
Privacy (Rebecca Gustafson)	
Legal (Mary Alice)	
Local Compliance (ERW) Secondary	
State	