

Controlling High Blood Pressure (CBP)



CarePartners of Connecticut's HEDIS Tip Sheets offer insights into specific HEDIS measures. These best practices and tips can optimize HEDIS scores and identify opportunities to improve patient care.

The CBP measure assesses adults age 18-85 who had a diagnosis of hypertension and whose blood pressure was adequately controlled (< 140/90 mm HG) during the year.



Provider Best Practices

- **Educate** patients on the importance of taking medications as prescribed, smoking cessation, physical activity and eating a low-sodium diet.
- **Contact** patients who miss or cancel appointments to reschedule.
- **Document** blood pressure at every visit.
 - Advise the patient to rest for at least 5 minutes before taking BP.
 - Ensure patient is seated with feet on the floor, back supported and arm supported at heart level.
 - Use the proper size blood pressure cuff.
 - When using a manual blood pressure cuff, do not round up blood pressure readings.
- **Repeat** blood pressure at the end of the visit if initial blood pressure is $\geq 140/90$.
- **Document** exact readings and dates of patient-reported blood pressures. Ranges are not acceptable. Remind patients that they must use a digital device when taking their blood pressure.
- **Schedule** a repeat blood pressure check prior to the end of the measure year for patients with blood pressure $\geq 140/90$.
- **When billing for visits**, be sure to include the correct CPTII codes to reflect blood pressure readings.



Additional Resources

- The [American Heart Association's Professional Resources page](#) offers guidelines and resources dedicated to the treatment and prevention of cardiovascular disease.
- The [CDC's High Blood Pressure web page](#) includes information to support hypertension prevention, management, and education.
- The [American Medical Association's Hypertension page](#) supports physicians in managing their patients' high blood pressure with online tools and resources.

Did you know?

Nearly **1 in 4 young adults** aged 20-44 has high blood pressure.

Evidence suggests that having **uncontrolled** high blood pressure during midlife (ages 44-66) creates a **higher risk for dementia** later in life.