



# Value-based Care Chronicle: Guide to Improving Performance

August 2024

## Controlling High Blood Pressure

While heart disease is still the number one killer in the U.S., death rates have decreased significantly due to earlier and better treatment of high blood pressure. Nearly half of adults in the U.S. have high blood pressure or are taking medication to manage high blood pressure, but only 51% of those individuals report following their health care professional's advice on medication.

	Contracts	Best Practices
<b><i>Controlling High Blood Pressure</i></b>	MSSP & Medication Advantage (MA)	<ul style="list-style-type: none"><li>• Blood pressure readings must be performed by clinician or remote monitoring device.</li><li>• Do not include BP readings taken during an inpatient stay, ED visit, or on the same day as a test or procedure that requires a change in diet or medication.</li><li>• Patient reported blood pressures are acceptable, IF taken from a digital device.</li><li>• If no BP is recorded during the measurement period, the patient's blood pressure is assumed "not controlled."</li><li>• If multiple readings on same day, use the lowest reading.</li></ul>
<b><i>Medication Adherence for Hypertension (MAH)</i></b>	Triple Weighted Measure in Part D Medication Advantage (MA)	<b>SIMPLE Method:</b> <b>S</b> implify the Regimen <b>I</b> mpart Knowledge <b>M</b> odify Patients Beliefs & Behaviors <b>P</b> rovide Communication & Trust <b>L</b> ease the Bias <b>E</b> valuate Adherence

From a clinical management perspective, other best practices include:

- Create a standard process for performing repeat BP during same visit
- Use visual aids as reminders to recheck BP
- Schedule follow-ups for BP rechecks
- Refer patients to pharmacist team for medication review
- Conduct annual competency training for accurate BP measurement

- Review scanned documents in EHR for outpatient documentation of BP readings
- Encourage patients to monitor BP readings at home and report elevated readings to provider between visits ([AMA 7 Step SMBP Quick Guide](#))

### CLOSING THE QUALITY GAP: CONTROLLING HIGH BLOOD PRESSURE



Effectively managing high cholesterol is among CMS key strategies to improve outcomes. High cholesterol is a sneaky and silent health concern that raises the risk for other serious conditions.

[Read More](#)

### CLOSING THE QUALITY GAP: MEDICATION ADHERENCE FOR HYPERTENSION



When nonadherence is the case, healthcare professionals can use the SIMPLE method to improve medication adherence and patient outcomes.

[Read More](#)

### ZONE TOOLS - HIGH BLOOD PRESSURE

High Blood Pressure Self-Care Plan	
<b>GREEN</b>  <b>Green = In Control</b> <ul style="list-style-type: none"> <li>✓ High blood pressure usually does NOT have any symptoms</li> <li>✓ No headaches, nose bleeds</li> <li>✓ Blood pressure is within goal off: _____ systolic (top number) _____ diastolic (bottom number)</li> </ul>	<b>Green Means:</b> <ul style="list-style-type: none"> <li>✓ Take medicines as ordered</li> <li>✓ Check blood pressure, if able</li> <li>✓ Keep all doctor appointments</li> <li>✓ Keep weight under control</li> <li>✓ Exercise</li> <li>✓ Follow health eating habits</li> <li>✓ Keep exercising</li> </ul>
<b>YELLOW</b>  <b>Yellow = Caution</b> <ul style="list-style-type: none"> <li>✓ Repeated blood pressures outside of your normal range</li> <li>✓ Ringing in the ears</li> </ul>	<b>Yellow Means:</b> <ul style="list-style-type: none"> <li>✓ Stop vigorous exercise</li> <li>✓ Call your doctor or home health nurse</li> </ul> <b>Physician Contact:</b> Doctor: _____ Phone: _____
<b>RED</b>  <b>Red = Medical Alert!</b> <ul style="list-style-type: none"> <li>✓ Severe headache or nosebleed</li> <li>✓ Lightheadedness or heart racing</li> <li>✓ Severe anxiety</li> <li>✓ Severe trouble breathing</li> <li>✓ Sudden numbness or weakness of the face, arm, or leg</li> <li>✓ Sudden confusion, trouble speaking, or understanding</li> </ul>	<b>Red Means:</b> <ul style="list-style-type: none"> <li>✓ Take action!</li> <li>✓ Go to the Emergency Room or call 9-1-1 immediately!</li> </ul>

Encourage patients to hang Zone Tools in a prominent place where they are frequently during the day to teach symptom awareness and self-management.

[Download Tool](#)

### STICKING WITH STATINS



Adherence to statin therapy for patients with diabetes or cardiovascular disease is a significantly challenge for both patients and providers.

[Read More](#)



[View Video](#)

## Coding Corner

### Hypertension Documentation & Coding

#### Hypertension

High blood pressure, also called hypertension, is a common condition that affects the body's arteries. Healthy lifestyle habits such as not smoking, exercising, and eating well can help prevent and treat high blood pressure.

According to the World Health Organization (WHO), there is an estimated 1.28 billion adults aged 30-79 years old worldwide who have hypertension. Approximately 46% of adults with hypertension are unaware that they have this condition.

Untreated high blood pressure increases the risk of heart attack, stroke, and other serious health problems. The American College of Cardiology and the American Heart Association divides blood pressure into four general categories:

- Normal blood pressure ≤ 120/80
- Elevated blood pressure 120-129/80
- Stage 1 Hypertension 130-139/80-89
- Stage 2 Hypertension ≥ 140/≥90

Blood pressure higher than 180/120 is considered a hypertensive emergency or crisis.

**RESOURCES:**  
[ACEP](#), [ICD-10-CM Guidelines](#)

#### Documentation & Coding

Controlling Blood Pressure (CBP) is a quality measure for many health plans. Healthcare providers and plans can help individuals manage their high blood pressure by prescribing medications and encouraging low-sodium diets, increased physical activity, and smoking cessation. Blood pressure readings are reported to the health plan utilizing the following CPT-II reporting codes:

**Systolic**

- 3074F Most recent systolic blood pressure < 130
- 3075F Most recent systolic blood pressure 130-139
- 3077F Most recent systolic blood pressure ≥ 140

**Diastolic**

- 3078F Most recent diastolic blood pressure < 80
- 3079F Most recent diastolic blood pressure 80-89
- 3080F Most recent diastolic blood pressure ≥ 90

ICD-10-CM presumes a cause-and-effect relationship between hypertension (HTN), heart disease, and chronic kidney disease. These conditions should be coded as related even in the absence of physician documentation explicitly linking them unless the documentation clearly states the conditions are unrelated.

Clarity is important when documenting hypertension. Ensure the diagnosis is captured by noting it in the medical record documentation:

- Primary or secondary hypertension
- Smoking status of the patient
- Relationships between retinopathy, CHF, CKD, etc.

Categories I10-I13 classify primary hypertension according to a hierarchy of the disease from its vascular origin (I10) to the involvement of the heart (I11), CKD (I12), or heart and CKD combined (I13).

Hypertension	ICD-10	Additional ICD-10
Benign Essential HTN	I10	None
HTN/Heart Disease w/ CHF	I11.0	CHF I50.-
HTN/Heart Disease w/o CHF	I11.9	None
HTN CKD stage 5 – ESRD	I12.0	CKD N18.-
HTN CKD stage 1-4	I12.9	CKD N18.-
HTN CHF w/ CKD stage 1-4	I13.0	CHF I50.-
HTN Heart & CKD stage 1-4 w/o CHF	I13.10	N18.-
HTN Heart & CKD stage 5 – ESRD w/o CHF	I13.11	N18.-
HTN Heart & CKD stage 5 – ESRD w/ CHF	I13.20	CHF I50.-
		CKD N18.-

\*I13.20 indicates an incomplete code\*

[Download Hypertension Coding Corner](#)

## Patient Education Pointer of the Month

Learning Needs Assessments provide context that is essential for behavior change. Assessments find out what patients already know, what they want and need to learn, what they are capable of learning, and what would be the best way to teach them. When these assessments are conducted, learning is more likely to lead to behavior change.

Learn more about these assessments that help us understand, from a patient's point of view, their values, needs, and preferences:

<https://www.chesshealthsolutions.com/2022/07/28/patient-education-tools-learning-needs-assessments/>



### Context

What is an ordinary day like for you?

What activities do you enjoy in your free time?

Tell me about your family?



### Needs

Tell me what you understand about your illness?

What do you hope to learn about?

What problems are you having?



### Style

Do you learn best at a certain time of day?

When learning something new do you prefer to read or hear it?

Do you prefer to have someone else with you when you are learning something new?



### Readiness

Are you interested in learning more about...?

What is something you learned today you are willing to work on?

How do you feel about making the changes we learned about today?

## Additional Resources

- [Medicare Wellness Visits Through a Different Lens](#)
- [2024 Changes to Medicare Wellness Visits](#)

[Learn More!](#)

CHES Education  
165 Kimel Park Drive, Winston-Salem, NC 27103

[Unsubscribe](#)