

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
Controlling High Blood Pressure	MSSP & Medication Advantage (MA)	 Blood pressure readings must be performed by clinician or remote monitoring device. 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. Patient reported blood pressures are acceptable, IF taken from a digital device. If no BP is recorded during the measurement period, the patient's blood pressure is assumed "not controlled." If multiple readings on same day, use the lowest reading.
Medication Adherence for Hypertension (MAH)	Triple Weighted Measure in Part D Medication Advantage (MA)	SIMPLE Method: Simplify the Regimen Impart Knowledge Modify Patients Beliefs & Behaviors Provide Communication & Trust Leave the Bias Evaluate 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.

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ZONE TOOLS - HIGH BLOOD PRESSURE



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

Download Tool

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.

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STICKING WITH STATINS

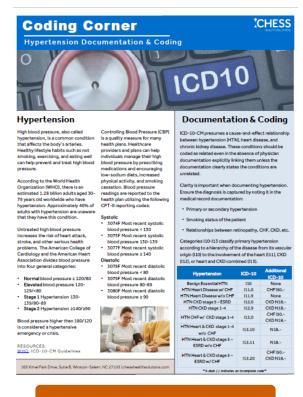


Adherence to statin therapy for patients with diabetes or cardiovascular disease is a significantly challenge for both patients and providers.

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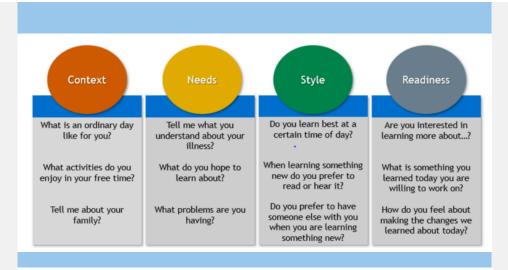
Download Hypertension Coding Corner

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/



Additional Resources

- Medicare Wellness Visits Through a Different Lens
- 2024 Changes to Medicare Wellness Visits

Learn More!

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