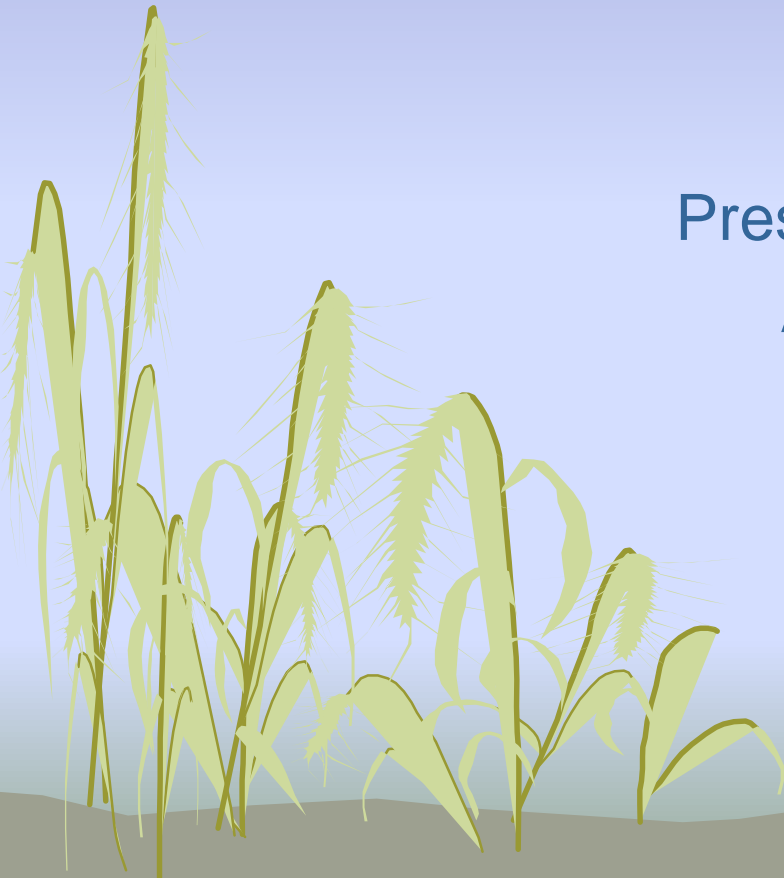


CONTROLLING HIGH BLOOD PRESSURE

Prescott Clinic, P.C.

August 2018



Controlling High Blood Pressure NQF #0018 QHI Core Measure

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.

Denominator:

Patients 18-85 years of age who had a diagnosis of essential hypertension within the first six months of the measurement period or any time prior to the measurement period

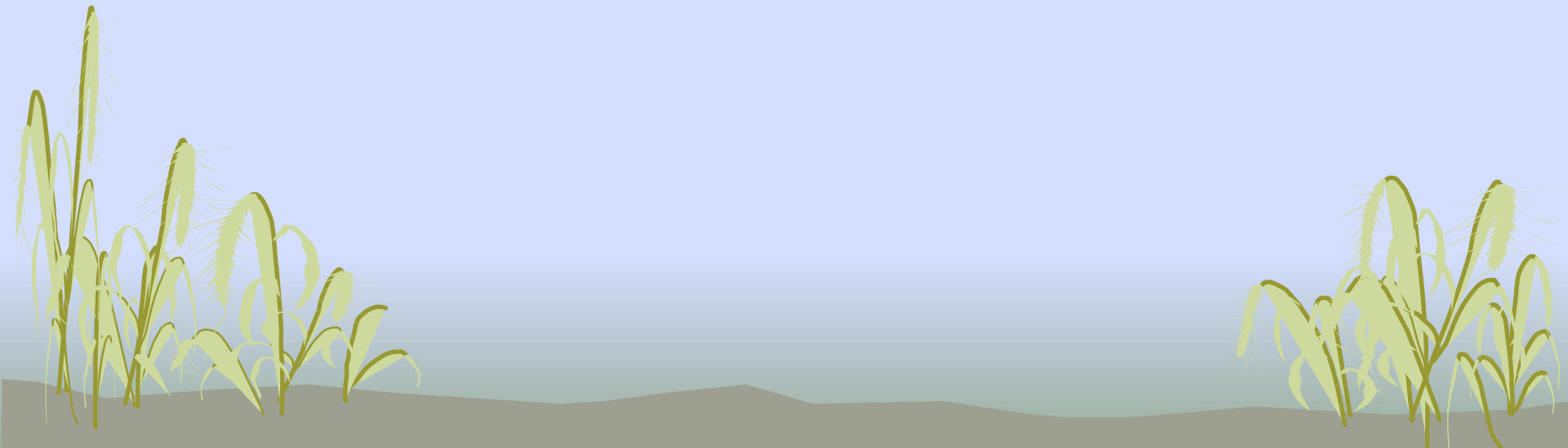
Denominator Exclusions:

Hospice services given to patient any time during the measurement period: G9740 **OR** Documentation of end stage renal disease (ESRD), dialysis, renal transplant before or during the measurement period or pregnancy during the measurement period: G9231 **OR** Patients age 65 or older in Institutional Special Needs Plans (SNP) or residing in long-term care with POS code 32, 33, 34, 54, or 56 any time during the measurement period: G9910



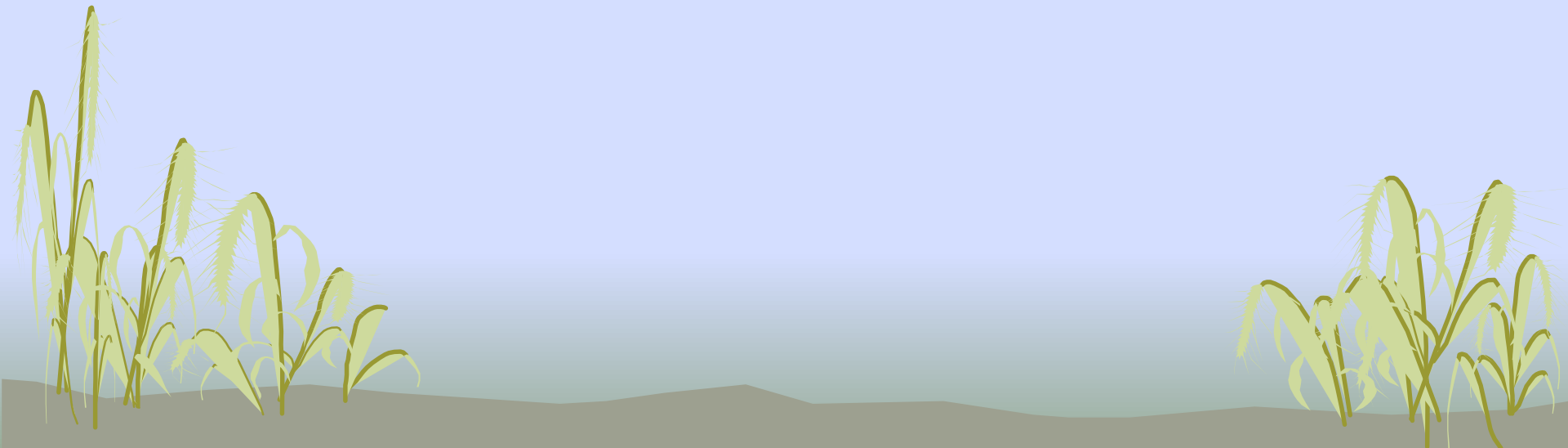
Controlling High Blood Pressure

- Numerator: Patients whose blood pressure at the most recent visit is adequately controlled (systolic blood pressure < 140 mmHg and diastolic blood pressure < 90 mmHg) during the measurement period.



One Provider's Practice

- 1. Try to keep a family like environment to decrease stress of coming into the provider's office, attempting to prevent the dreaded "white coat syndrome"
- 2. Take time to sit and talk with the patient about blood pressure and how it affects the organs that would lead to more health problems



Options



- Discuss the options of blood pressure management, medications vs. lifestyle changes (weight loss--dietary changes--stress reduction)



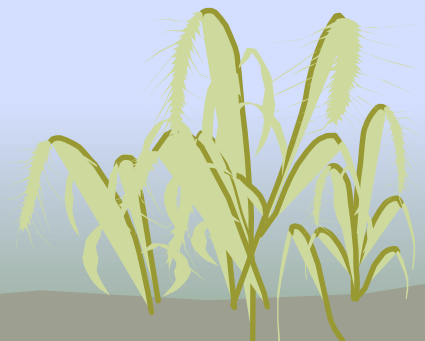
Patient Involvement

- Develop a plan with the patient allowing the patient to have a role in the decision-making as to the choices for the care of their blood pressure



Typical Plan

- EKG, echocardiogram to look for underlying causes for the hypertension
- Follow the recommended cardiac guidelines, generally start with ACE inhibitors, HCTZ, then move to ARBs
- If difficulty getting the blood pressure controlled, refer out to cardiology for further medication evaluation and based on recommendation, review the plan with the patient.



Follow Up



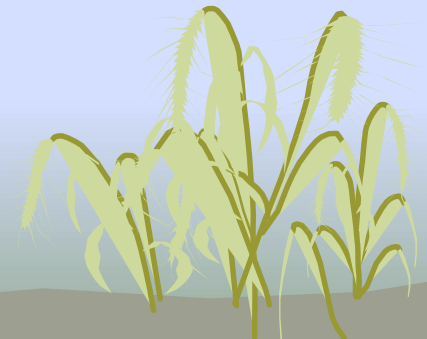
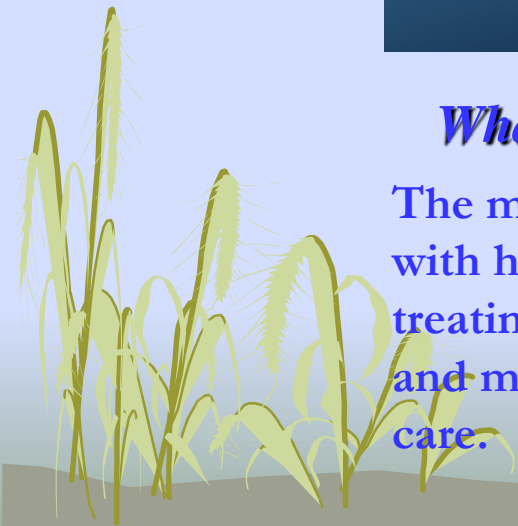
- Patients with controlled HTN are seen every 6 months; non-controlled every 1-3 months depending on individual case
- Keeping patients out of the hospital unnecessarily is important. Clinic has 24/7 coverage for triage and same or next day appointments during the week.





What we all know

The most important part of taking care of a patient with hypertension or any other disease process is treating them with compassion and understanding and making them a team member/partner in their care.



Laurieberner@berneroffice.com 989-892-7722

