

2020 MCAS MEASURE: CONTROLLING HIGH BLOOD PRESSURE (CBP)

Measure Steward: National Committee for Quality Assurance (NCQA)

Gold Coast Health Plan's (GCHP) goal is to help its providers gain compliance with their annual Managed Care Accountability Set (MCAS) scores by providing guidance and resources. This tip sheet will provide the key components to the MCAS measure, "Controlling High Blood Pressure (CBP)."

Measure Description: Measures the percentage of members ages 18 to 85 who had a diagnosis of Hypertension (HTN) and whose blood pressure (BP) was adequately controlled (<140/90 mm Hg) during the measurement year.

This measure requires the following:

- ▶ Two separate clinic encounters, anytime during the measurement year or the year prior to the measurement year, where the member had a diagnosis of hypertension (HTN).
- ▶ The most recent BP assessment in the measurement year that was on or after the second HTN diagnosis date.

Diagnoses excluded from this measure:

- ▶ Members with evidence of End Stage Renal Disease (ESRD).
- ▶ Members who have received a kidney transplant or are on dialysis.
- ▶ Members who were pregnant during the measurement year.
- ▶ Members who had a non-acute inpatient admission during the measurement year.

Data Collection Method: Hybrid¹

Codes to identify clinic setting, hypertension diagnosis and most recent BP reading.

| Description | ICD-10-CM | CPT | CPT Modifier | CPT II | HCPCS | LOINC | POS | UB Rev | SNOMED |
|------------------------|-----------|-----|--------------|---------------------------|-------|--------|-----|--------|---|
| Essential Hypertension | I10 | | | | | | | | 1201005, 10725009, 46481004, 48146000, 56218007, 59621000, 59720008, 65518004, 78975002, 276789009, 371125006, 429457004, 762463000, 461301000124109 |
| Systolic Assessment | | | | 3074F, 3075F, 3077F | | 8480-6 | | | 271649006 |
| Diastolic Assessment | | | | 3078F, 3079F, 3080F | | 8462-4 | | | 271650006 |



| Description | ICD-10-CM | CPT | CPT Modifier | CPT II | HCPCS | LOINC | POS | UB Rev | SNOMED |
|---------------------------|-----------|--|--------------|--------|---|-------|--|--------|--|
| Outpatient Visit | | 99201-99205, 99211-99215, 99241-99245, 99341-99345, 99347-99350, 99381-99387, 99391-99397, 99401-99404, 99411, 99412, 99429, 99455, 99456, 99483 | | | G0402, G0438, G0439, G0463, T1015 | | | | |
| Outpatient Telehealth | | 99201-99205, 99211-99215, 99241-99245, 99341-99345, 99347-99350, 99381-99387, 99391-99397, 99401-99404, 99411, 99412, 99429, 99455, 99456, 99483 | 95 GT | | | | 02 | | |
| Telephone Visit | | 98966-98968, 99441-99443 | | | | | | | 11797002, 185317003, 314849005, 386472008, 386473003, 386479004 |
| Online Assessment | | 98969, 99444 | | | | | | | |
| Non-Acute Inpatient Visit | | 99304-99310, 99315-99316, 99318, 99324- 99328, 99334-99337 | | | | | 0118, 0128, 0138, 0148, 0158, 190- 0194, 0199, 0524, 0525, 0550, 0551, 0552, 0559, 0660, 0661, 0662, 0663, 0669 | | 36723004, 112690009, 183430001, 183921001, 304567001, 304568006, 305336008, 305340004, 305381007, 306804001, 449411000124106, 449421000124103, 449431000124100 |
| Remote BP Monitoring | | 93784, 93788, 93790, 99091, 99453, 99454, 99547 | | | | | | | 448678005, 725956001 |



Best Practices:

- ▶ Instruct staff to always take a repeat reading if an abnormal BP value is obtained.
- ▶ Encourage the use of proper technique when obtaining BP readings:
 - Ensure the patient's bladder is empty.
 - Do not have a conversation.
 - Support the patient's back and feet.
 - Use the correct cuff size.
 - Place the cuff on the bare arm.
 - Support the arm at heart level.
 - Keep the patient's legs uncrossed.
- ▶ Treat associated cardiovascular risk factors as part of managing hypertension to lower overall cardiovascular risk.
- ▶ Encourage lifestyle changes (improved diet, exercise, smoking cessation, stress reduction).
- ▶ Initiate appropriate pharmacologic treatment to lower blood pressure.
- ▶ Make sure patients receive at least one blood pressure check per year.
- ▶ For additional support with medication adherence and to gain an understanding of available local community resources, GCHP's team of nurses, social workers, and care management coordinators can assist. Providers can contact the Care Management Department or refer patients / guardians / caregivers to the following contact information:
 - Providers, call: 1-805-437-5777
 - Members, call: 1-805-437-5656
 - GCHP website, Care Management: [Click Here](#)
- ▶ GCHP offers free health education services, materials and classes to help members achieve a healthy lifestyle. Providers can contact the Health Education Department or refer patients / guardians / caregivers to the following information:
 - Providers, call: 1-805-437-5718
 - Members, call: 1-888-301-1228 / TTY 1-888-310-7347
 - GCHP website - Health and Wellness page, provided in English and Spanish:
 - » English - [Click Here](#)
 - » Spanish - [Click Here](#)
- ▶ Ensure your documentation is clear and concise.
- ▶ Use proper coding.

¹ Measures reported using the *hybrid* data collection method report on a sample of the eligible population (usually 411) and use both administrative and medical record data sources to evaluate if services were performed.