

Hypertension

American Heart Association



Important Points to Remember

Approximately 78 million adults in the United States are affected by hypertension. As a result, cardiovascular disease continues to be a leading cause of death in this country. As we see the incidence of childhood obesity grow, the number of children affected by cardiovascular disease and hypertension is increasing.

According to data from the most recent National Health and Nutrition Evaluation Survey (NHANES), 81.5 percent of those with hypertension are aware they have it, and 74.9 percent are being treated but only 52.5 percent are under control. Of those with uncontrolled hypertension, 89.4 percent reported having regular physician visits and 85.2 percent reported having health insurance.

Humana – CareSource® works to educate our members on the consequences of high blood pressure and the importance of controlling their blood pressure, even though they may not have symptoms. We also reinforce the importance of working with you, the health partner, to help members self-manage their hypertension.

Disease Management

Goal for therapy is to control hypertension

Research endorsed by the American Heart Association (AHA), American College of Cardiology (ACC), and Centers for Disease Control and Prevention (CDC) shows system-level adoption of treatment algorithms have significant impact on hypertensive populations. See the reverse side for a template outlining a general approach treatment algorithm that balances applicability to the largest number of hypertensive patients.

Blood Pressure Control

To confirm a hypertension diagnosis, Humana – CareSource looks for notation of the diagnosis in the medical record on one of the following documents:

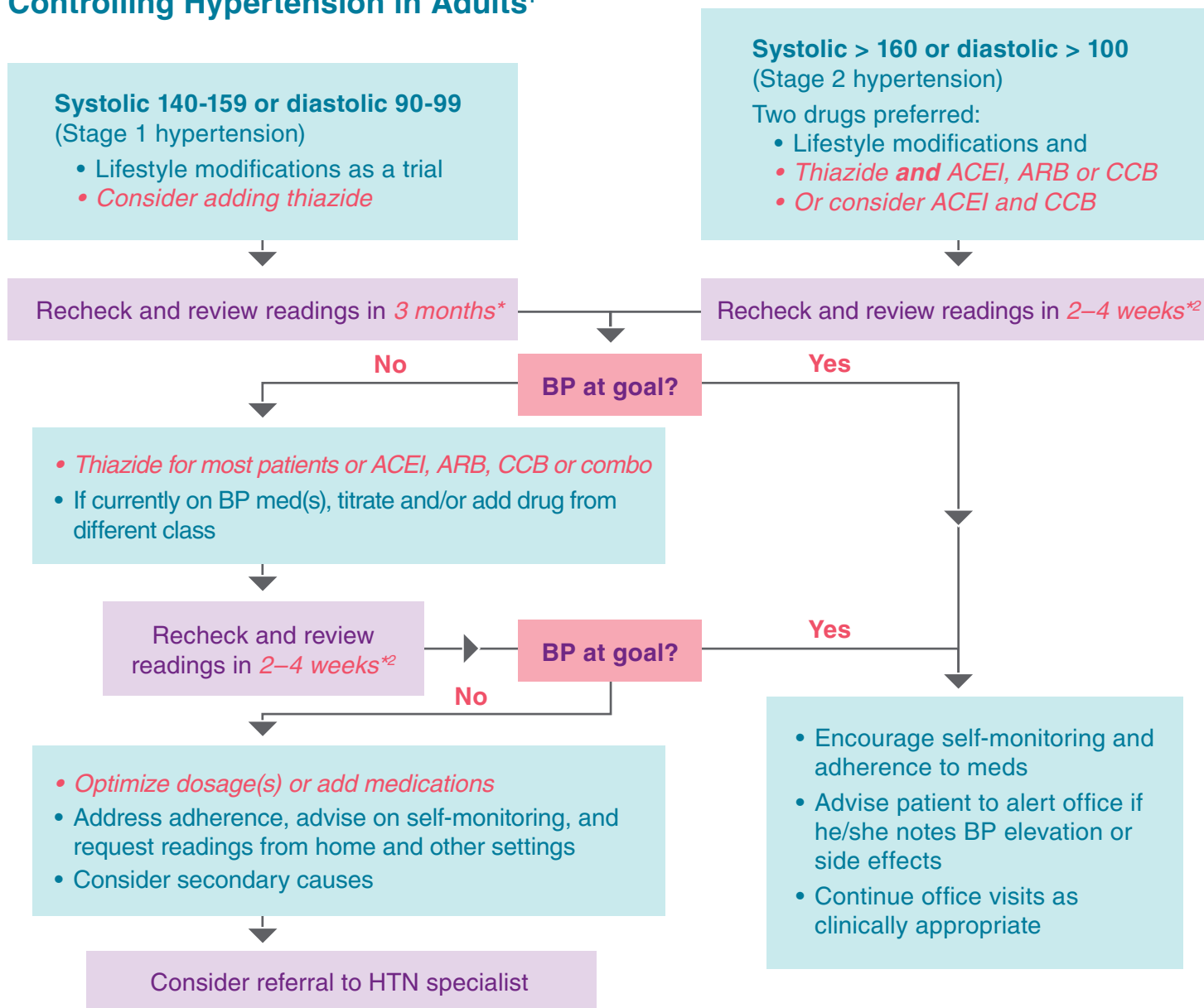
- Problem list
- Office note
- Subjective, Objective, Assessment, Plan (SOAP) note
- Encounter form
- Diagnostic report
- Hospital discharge summary

To be considered controlled, a patient's blood pressure must be within the following ranges:

- Patients 18 to 59 years of age whose blood pressure (BP) was less than 140/90 mm Hg
- Patients 60 to 85 years of age with a diagnosis of diabetes whose BP was less than 140/90 mm Hg
- Patients 60 to 85 years of age without a diagnosis of diabetes whose BP was less than 150/90 mm Hg

To maintain health, blood pressure should consistently fall within these parameters. However, for measurement purposes, the only blood pressure reading that is included in submission is the most recent reading. If no BP is recorded, it is assumed the patient is “not controlled.”

Controlling Hypertension in Adults¹



*Recheck interval should be based on patient's risk of adverse outcomes.

This algorithm should not be used to counter the treating healthcare provider's best clinical judgment.

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The source document for this information is "An Effective Approach to High Blood Pressure Control: A Science Advisory" from the American Heart Association, the American College of Cardiology and the Centers for Disease Control & Prevention. It can be accessed at <http://hyper.ahajournals.org/content/63/4/878>