Treatment of Hypertension: Review of the Performance Measures by the Performance Measurement Committee of the American College of Physicians

Writing Committee

Amir Qaseem, MD, Eileen D. Barrett, MD, J. Thomas Cross, MD, Andrew Dunn, MD, Nick Fitterman, MD, Robert A. Gluckman, MD, Susan Thompson Hingle, MD, Kesavan Kutty, MD, Eve A. Kerr, MD, Ana Maria López, MD, Catherine MacLean, MD, Stephen D. Persell, MD, and Terrence Shaneyfelt, MD, and Sarah West, RN

ACP Performance Measurement Committee Members*

Eve A. Kerr, MD, MPH (Chair); Catherine MacLean, MD, PhD (Vice Chair); Eileen D. Barrett, MD, MPH; J. Thomas Cross, MD, MPH; Andrew Dunn, MD; Nick Fitterman, MD; Robert A. Gluckman, MD; Susan Thompson Hingle, MD; Kesavan Kutty, MD; Ana Maria López, MD, MPH; Stephen D. Persell, MD, MPH; and Terrence Shaneyfelt, MD, MPH

Corresponding author:
A. Qaseem
190 N. Independence Mall West
Philadelphia, PA 19106
Email aqaseem@acponline.org

* Individuals who served on the Performance Measurement Committee from initiation of the project until its approval
Recommendation
ACP does not support NQF 0018: “Controlling High Blood Pressure.”

Rationale
ACP does not support NQF 0018 for several reasons. The measure is not aligned with the Eighth Joint National Committee (JNC-8) guideline on hypertension management recommending higher systolic blood pressures thresholds in patients older than 60 years. Additionally, studies have shown that blood pressures measured in the clinical setting are often higher than blood pressures measured in the ambulatory (home) setting. Requiring the 140/90 threshold in the clinic setting for all frail elderly patients or those with comorbidities or limited life-expectancy could result in harm. Moreover, the numerator identifies the representative blood pressure from a single reading, which could precede an inaccurate diagnosis. Averaging the results of two or three readings may improve the diagnosis accuracy and prevent overtreatment. The measure does not take into account appropriate treatment.

Measure Specifications

<table>
<thead>
<tr>
<th>NQF 0018: Controlling High Blood Pressure</th>
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<tbody>
<tr>
<td><strong>Status:</strong></td>
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<td><strong>Measure Steward:</strong></td>
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<tr>
<td><strong>Description:</strong></td>
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<tr>
<td><strong>Numerator Statement:</strong></td>
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<tr>
<td><strong>Denominator Statement:</strong></td>
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<td><strong>Exclusions:</strong></td>
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<td><strong>Risk Adjustment:</strong></td>
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Type of Measure: Outcome
Level of Analysis: Health Plan, Integrated Delivery System
Care Setting: Ambulatory Care: Clinician Office/Clinic, Ambulatory Care: Urgent Care
Data Source: Administrative Claims, Electronic Clinical Data, Paper Medical Records

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Members of the PMC:
Individuals who served on the Performance Measurement Committee from initiation of the project until its approval:

Eileen D. Barrett, MD, MPH
J. Thomas Cross, Jr., MD, MPH
Andrew Dunn, MD
Nick Fitterman, MD
Robert A. Gluckman, MD
Susan Thompson Hingle, MD
Kesavan Kutty, MD
Eve Askanas Kerr, MD, MPH
Ana María López, MD, MPH
Catherine MacLean, MD, PhD
Stephen D. Persell, MD, MPH
Terrence Shaneyfelt, MD, MPH

Requests and inquiries: Amir Qaseem, MD, PhD, MHA, FACP, American College of Physicians, 190. N Independence Mall West, Philadelphia, PA 19106: email, agaseem@acponline.org