

## Hypertension CDEMS Guidelines

Variable name	Description
<b>Demographics</b>	
<b>Patient visits</b>	
❖ Patient count	Total number of patients in the registry
❖ Patients with 0 visits during the reporting period	
❖ Patients with 1-2 visits during the reporting period	
❖ Patients with 3-5 visits during the reporting period	
❖ Patients with 6 or more visits during the reporting period	
<b>Gender</b>	
❖ Male	
❖ Female	
❖ Unknown	
<b>Age</b>	
use the new “Age (new)” variable to calculate the age groups	
❖ Unknown	Note: If needed you can create categories for patients younger than 18 years
❖ < 18 years	
❖ 18-44 years	
❖ 45-64 years	
❖ 65 years and above	
<b>Race/ethnicity</b>	
❖ White	
❖ African American	
❖ Asian	
❖ Hispanic	
❖ Other race	you can list any other race
❖ Unknown	
<b>Insurance</b>	
❖ Private	e.g., Blue Cross Blue Shield, Aetna
❖ Medicare	
❖ Medicaid	
❖ No insurance	
❖ Other	you can list any other insurance e.g., military

## Hypertension CDEMS Guidelines

Variable name	Description
<b><i>Vitals</i></b>	
❖ BP	Number and percentage of patients who had their blood pressure measured.
❖ Number and percentage of patients with following BP levels <ul style="list-style-type: none"> <li>• &lt; 120/and 80 mmHg</li> <li>• &gt;=120/or &gt;=80 mmHg</li> <li>• &gt;= 140/or 90 mmHg</li> <li>• &gt;=160/ and 100 mmHg</li> <li>• &lt; 130/ and 80 mmHg</li> </ul>	
<b><i>Body Mass Index (BMI)</i></b>	
❖ BMI	Number and percentage of patients with BMI measured during the reporting period
❖ Average BMI	
❖ Number and percentage of patients with BMI in the following ranges (kg/m <sup>2</sup> ) <ul style="list-style-type: none"> <li>• BMI &gt;=18.0 and &lt;= 24.9</li> <li>• BMI &gt;= 25 and &lt;= 29.9</li> <li>• BMI &gt;= 30</li> </ul>	
<b><i>Health condition</i></b>	
❖ CHD	Coronary Artery Disease
❖ Heart failure	
❖ Stroke	
❖ CKD	Chronic Kidney Disease
❖ Hyperlipidemia	
❖ Hypertension	
❖ Prediabetes	
❖ Diabetes mellitus	Patient that develop diabetes during the project period
<b><i>Medications</i></b>	
❖ Diuretic	Number and percentage of eligible patients who are on Diuretic therapy during the reporting period
❖ BetaBlocker	Number and percentage of eligible patients who are on beta blocker therapy during the reporting period
❖ CCB	Number and percentage of eligible patients who are on calcium channel blocker (CCB)

## Hypertension CDEMS Guidelines

	therapy during the reporting period.
❖ ACEI	Number and percentage of eligible patients who are on Angiotensin Converting Enzyme Inhibitor (ACEI) therapy during the reporting period
❖ ARB	Number and percentage of eligible patients who are on Angiotensin Receptor Blocker (ARB) therapy during the reporting period
❖ AldoANT	Number and percentage of eligible patients who are on Aldosterone Antagonist (ALDO ANT) therapy during the reporting period.
❖ Alphaagonist	Number and percentage of eligible patients who are on central alpha agonist (e.g., clonidine) therapy during the reporting period.
❖ AlphaANT	Number and percentage of eligible patients who are on peripheral alpha antagonist (e.g., doxazosin/cardura) therapy during the reporting period.
❖ Vasodilator	Number and percentage of eligible patients who are on vasodilator (e.g., minoxidil, hydralazine) therapy during the reporting period.
❖ Statins	Number and percentage of eligible patients who are on LDL-C lowering therapy Statins during the reporting period
❖ Fibrates	Number and percentage of eligible patients who are on fibrates therapy s during the reporting period
❖ Omega3	Number and percentage of eligible patients who are on omega3 therapy during the reporting period
❖ OtherCholmed	Number and percentage of patients who are on total cholesterol lowering and/or triglyceride lowering and/or HDL-C raising therapy during the reporting period
<b>Services</b>	
❖ Smke Asmt	Number and percentage of patients who are current smokers during the reporting period
❖ Smke Ce	Number and percentage of patients who are current smokers and are counseled and recommended interventions to help quit smoking during the reporting period (Note: Denominator is current smokers)
❖ Quit Smke	Number and percentage of current smokers who quit smoking during the reporting period. Please check the variable on the patient data entry form if the patient who is current smoker quit smoking
❖ CounselWT	Number and percentage of patients who are counseled to maintain normal body weight (BMI 18.5-24.9)
❖ CounselNa	Number and percentage of patients who are counseled to reduce dietary sodium intake to 6 gm or less per day. Please review the report that provides forms and guidelines for standardized measurement of dietary sodium intake at <a href="http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf">http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf</a> .
❖ ReduceNa	Number and percentage of patients who are on dietary sodium intake of 6 gm or less per day
❖ CounselPA	Number and percentage of patients who are counseled to do regular aerobic physical activity (e.g., brisk walking) at least 30 minutes per day or 150 minutes per week, most days of the week. Please review the report that provides forms and guidelines for standardized measurements of the patients' physical activity level at <a href="http://www.nhlbi.nih.gov/health/public/heart/obesity/aim_hwt.pdf">http://www.nhlbi.nih.gov/health/public/heart/obesity/aim_hwt.pdf</a> .
❖ PA	Minutes of aerobic physical activity performed by patients per week
❖ CounselDASH	Number and percentage of patients who are counseled to adopt diet rich in fruits, vegetables, fiber and low fat dairy products with reduced content of saturated and total fat
❖ DASHdiet	Number and percentage of patients who are on Dietary Approaches to Stop Hypertension (DASH) diet. Please review the report that provides forms and guidelines for standardized measurement of patients on DASH diet at <a href="http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf">http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf</a> .

## Hypertension CDEMS Guidelines

❖ CounselAlcohol	Number and percentage of patients who are counseled to reduce alcohol intake to 1-2 drinks per day (1 oz or 30 ml ethanol; e.g., 24 oz beer, 10 oz wine, or 3 oz 80-proof whiskey)
❖ Alcohol	Number of alcohol drinks per day
❖ Flu Vac	Number and percentage of patients who received flu vaccination during the reporting period if needed.
❖ Pneu Vac	Number and percentage of patients who had pneumonia vaccination during the reporting period if needed
❖ Ever Pneu	Number and percentage of patients who ever had pneumonia vaccination if needed To report this variable please check the variable “Ever Pneu” in the services category when the patient reports H/O of pneumonia vaccination
<b><i>Labs</i></b>	
LDL-C	Number and percentage of patients who had their LDL-C measured during the reporting period
Average LDL-C level	
Number and percentage of patients with the following LDL-C levels (mg/dl) <ul style="list-style-type: none"> <li>◆ &lt; 100</li> <li>◆ between 100-129</li> <li>◆ &gt;=130</li> </ul>	
HDL-C	Number and percentage of patients who had their HDL-C measured during the reporting period
Average HDL-C level	
Number and percentage of patients with the following HDL-C levels (mg/dl) <ul style="list-style-type: none"> <li>◆ &lt; 40</li> <li>◆ Between 40-59</li> <li>◆ &gt;= 60</li> </ul>	
Cholesterol	Number and percentage of patients who had their total cholesterol measured during the reporting period
Average total cholesterol level	
Number and percentage of patients with the following total cholesterol levels (mg/dl) <ul style="list-style-type: none"> <li>◆ &lt; 200</li> <li>◆ between 200-239</li> <li>◆ &gt;=240</li> </ul>	

## Hypertension CDEMS Guidelines

Triglycerides	Number and percentage of patients who had their triglycerides measured during the reporting period
Average triglyceride level	
Number and percentage of patients with the following triglyceride levels (mg/dl) <ul style="list-style-type: none"> <li>◆ &lt; 200</li> <li>◆ between 200-399</li> <li>◆ &gt;=400</li> </ul>	
SerCreatinine	Number and percentage of patients who had their serum Creatinine measured during the reporting period
Average serum creatinine level	
Serum creatinine levels <ul style="list-style-type: none"> <li>▪ &lt; 1.0</li> <li>▪ Between 1.0-2.0</li> <li>▪ &gt;=2.0</li> </ul>	
EKG	Patients with hypertension with recorded EKG at least one time
Microalbuminuria	Number and percentage of patients urine microalbumin measured during the reporting period
Microalbuminuria levels (µg/mg) <ul style="list-style-type: none"> <li>❖ &lt; 30</li> <li>❖ 30-299</li> <li>❖ &gt;= 300</li> </ul>	
FBS	Number and percentage of patients without diabetes who had fasting blood sugar measured during the reporting period
Average FBS level	
FBS level (mg/dl) <ul style="list-style-type: none"> <li>❖ &lt;100</li> <li>❖ 100-125</li> <li>❖ &gt;= 126</li> </ul>	Values between 100-125 are also known as Impaired Fasting Glucose (IFG)
Impaired glucose tolerance test (IGT) based on 2 hour OGTT (mg/dl) <ul style="list-style-type: none"> <li>&lt; 140</li> <li>140-199</li> <li>&gt;= 200</li> </ul>	
Insulinlvl	Patients without diabetes who had their insulin levels measured
Insulin level, Fasting (µIU/ml) in adults	Normal range is 3-27

## Hypertension CDEMS Guidelines

❖ <3 ❖ 3-27 ❖ >27	
-------------------------	--

### References:

- ❖ National High Blood Pressure Education Program. (2003). Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC 7 Express). Retrieved, October 5<sup>th</sup>, 2007, from <http://www.nhlbi.nih.gov/guidelines/hypertension/express.pdf>.
- ❖ American Medical Association, American Heart Association, American College of Cardiology.(2004). Clinical Performance Measures, Hypertension. Retrieved, October 5<sup>th</sup>, 2007, from [http://www.americanheart.org/downloadable/heart/1055797809129Hypertension030021\\_19.pdf](http://www.americanheart.org/downloadable/heart/1055797809129Hypertension030021_19.pdf).