

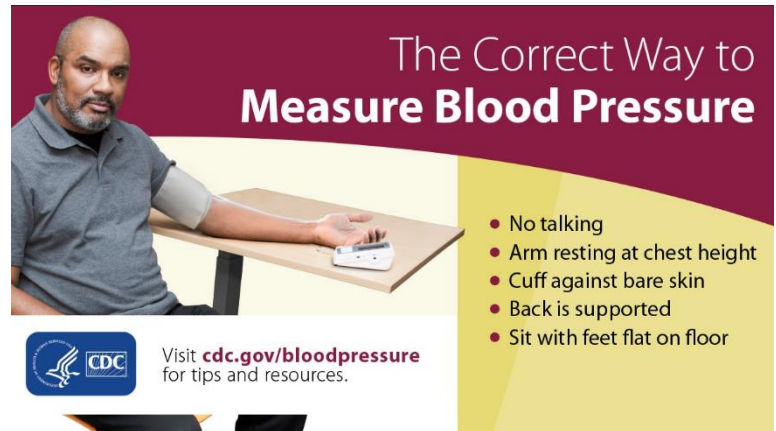
## Measuring Blood Pressure

### Neighborhood News – January 2025

Measuring your patient's blood pressure is essential, as high blood pressure often shows no symptoms. Many individuals with high blood pressure might not even be aware they have it.

#### Patient Tips for Accurate Blood Pressure Readings

- Don't eat or drink 30 minutes prior to the measurement.
- Use the restroom before taking a reading.
- Sit in a supported position in a chair for at least five minutes beforehand.
- Keep both feet flat on the floor and legs uncrossed.
- Rest the arm with the cuff on a table, aligning it with your chest.
- Ensure the cuff fits snugly on bare skin and is not over clothing. The cuff should be against your bare skin, not over clothing.
- Remain silent during the measurement to ensure accuracy.



In Measurement Year (MY) 2023, Neighborhood's Healthcare Effectiveness Data Information Set (HEDIS®) rate for controlling high blood pressure among Medicaid members was 75.18%, placing us in the 90<sup>th</sup> percentile of the Medicaid Quality Compass® (QC). This underscores our strong performance, yet highlights the continuous needs for improvement.

#### Best Practices for Providers:

- Measure and document blood pressure at every visit for patients with hypertension.
- Apply the above tips to ensure accurate readings.
- Re-measure high readings before the patient leaves, and document the results.
- Avoid rounding up when using manual cuffs.
- Inform patients about their blood pressure goals and the risks associated with high blood pressure.
- Ensure continuity of care by sharing hypertension records with both specialists and primary care providers.

For more detailed information about measuring blood pressure, visit the [Centers for Disease Control and Prevention](https://www.cdc.gov/diseasecontrolandprevention/).

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