



## Heart Disease and Hypertension

It is estimated that one in three American adults, or about 80 million people, has high blood pressure, putting them at increased risk for heart attack, heart failure, stroke, kidney failure and other health problems. Monitoring a patient's BP and trends is an opportunity to gain awareness, prevent problems and act earlier. Adopting the American Medical Association (AMA) protocol for taking an accurate BP reading is a simple but effective tool to capturing a correct BP. The AMA has developed "7 Simple Tips" to correct the most common errors found when taking a BP; errors that include doctors, nurses, and medical assistants.

1. Person sitting in a chair with feet flat on the floor
2. No talking or cell phone use
3. Cuff on bare arm, not over clothing
4. Empty bladder
5. Use the correct cuff size
6. Supportive chair for the back and feet
7. Keep legs uncrossed.

If a patient's BP is too high, place them in a quiet room, dim the lights, and return in 5-10 minutes to repeat it.

Ask the patient to always take their BP med in the morning before their appointment. If they missed their dose, take the BP anyway, then schedule them to come back within the week for a re-check.

For a more detailed process improvement activity to improve blood pressures in your practice, the AMA developed the "M.A.P. Blood Pressure Program" which consists of Measure accurately, Act rapidly and Partner with patients.

One CIPA physician practice that enacted the M.A.P. program increased their HEDIS scores for Controlling Blood Pressure by 20%! For more information and to download staff & patient friendly guides, go to:

[https://www.heart.org/-/media/files/professional/million-hearts/success-stories/7-simple-tips-to-get-accurate-blood-pressure-ucm\\_493556.pdf](https://www.heart.org/-/media/files/professional/million-hearts/success-stories/7-simple-tips-to-get-accurate-blood-pressure-ucm_493556.pdf)

<https://www.ama-assn.org/system/files/2019-05/resource-library.pdf>





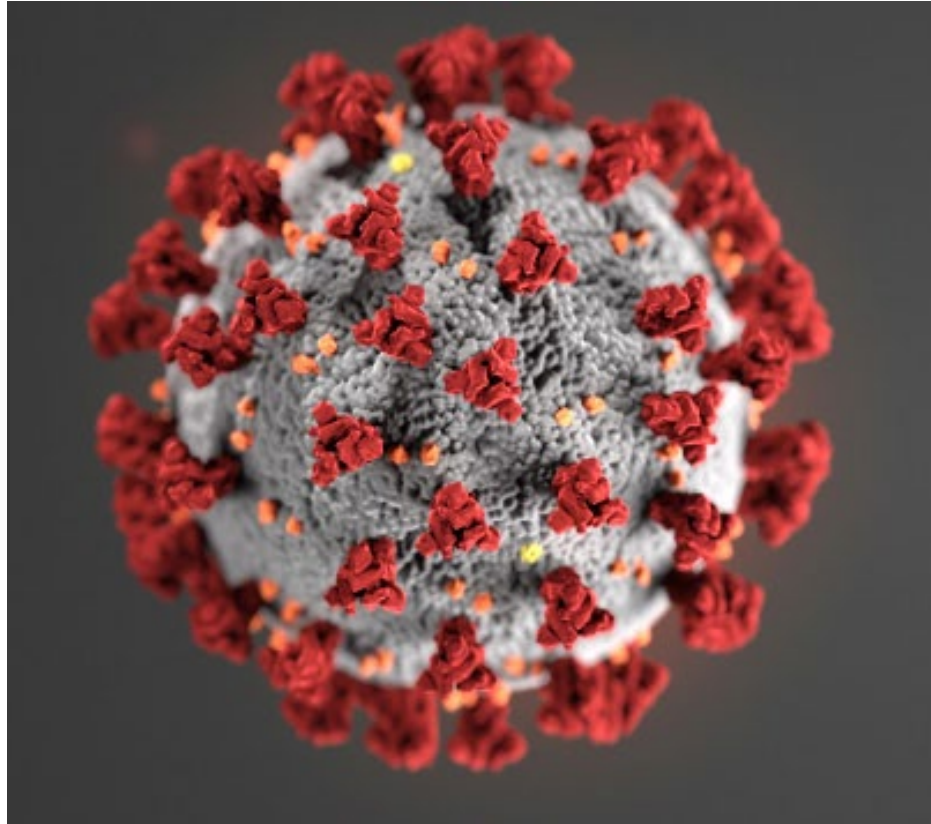
Consortium of Independent Physician Associations

## 2020 PCMH Changes

BCBSM has implemented some new changes with the 2020 PCMH program:

- 10 new required capabilities for a total of 15 required
- 7 retired capabilities for a total of 16 retired
- 2-year designation cycle starting in September 2020
- 12 New capabilities
- October Self-Assessment Database report will be the new snapshot used for the designation cycle

Contact your coach for more information. The PCMH Interpretive Guideline Webinar is posted in Carespective™ and explains all updates.



## Coronavirus or COVID-19

The World Health Organization announced an official name for the disease that is causing the current outbreak of coronavirus disease: **COVID-19**.

Health care providers who need to test patients for Coronavirus using the Centers for Disease Control and Prevention 2019 Novel Coronavirus Real Time RT-PCR Diagnostic Test Panel may bill for that test using the newly created HCPCS code (U0001). The Medicare claims processing system will be able to accept this code on April 1, 2020, for dates of service on or after February 4, 2020. HCPCS is a standardized coding system that Medicare and other health insurers use to submit claims for services provided to patients.

**For More Information:**

[Critical steps for health care facilities to prepare](#)

[Information for CLIA-certified laboratories on how to test](#)

For the most up to date news, facts, travel advisories and other important information concerning this disease, go to the following sources:

**Centers for Disease Control**

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

**Michigan Department of Health and Human Services**

– Fact Sheets in languages such as Spanish, Chinese and Arabic

<https://www.michigan.gov>



# ALZHEIMER'S DISEASE

## Funding, Facts, Provider and Caregiver Resources

Alzheimer's, the most expensive disease in the country – costing taxpayers \$290 billion in 2019 – is getting additional federal funding. The Federal Alzheimer's and Dementia Research Funding signed into law December 20, 2019 results in a \$350 million increase for Alzheimer's and dementia research funding at the National Institutes of Health (NIH). Additionally, the inclusion of \$10 million to implement the BOLD Infrastructure for Alzheimer's Act (P.L. 115-406) is an important step toward acknowledging and addressing Alzheimer's as a widespread public health crisis.

### A few Alzheimer facts:

- More than 5 million Americans are living with the disease and an estimated 16 million more are providing unpaid care.
- It is the sixth leading cause of death in the United States, but recent estimates indicate that the disorder may rank third, just behind heart disease and cancer, as a cause of death for older people.

For more details on research and funding go to:

<https://www.alz.org/news/2019/federal-alzheimer-s-and-dementia-research-funding>

### National facts/figures:

<https://www.alz.org/media/Documents/alzheimers-facts-and-figures-infographic-2019.pdf>

### Michigan facts/figures:

<https://www.alz.org/getmedia/1d0c815e-3ae4-496c-8b9b-2cafd086ef93/michigan-alzheimers-facts-figures-2019>

Communicating well with older patients with or without Alzheimer can be a challenge for many healthcare professionals, often complicated by issues such as hearing loss and memory problems.

For information on how to talk effectively with older patients, including how to discuss cognitive impairment, break bad news, and work with families and caregivers click on the link below:

<https://www.nia.nih.gov/health/doctor-patient-communication/talking-with-your-older-patient>

Additional provider and care giver resources:

<https://www.alz.org/>  
<https://www.alz.org/news>



## Dates to Remember

**Thursday, April 16, 2020**

**BCBSM Diagnosis Closure Incentive Program and Hierarchical Condition Categories (HCC) webinar**

Contact your practice coach if you have not received the flier with registration instructions.

Thank you to all the practice staff that attended the Billing and Coding webinars in February and March. There were many good questions during and after the presentation and we will be posting a Q&A on Carespective.

*Remember that all CIPA webinars are recorded and posted on the Carespective site for later viewing.*