



Hypertension Identification Program (HIP) Toolkit

July 2018

BACKGROUND

High blood pressure (hypertension) is one of the most prevalent—but frequently undiagnosed—conditions in the United States. High blood pressure can put individuals at higher risk for heart attack, stroke, heart failure, and other serious health issues. Because high blood pressure is largely symptom-free, many people may not even be aware that they have it.

Hypertension affects nearly 50 million people in the United States and underlies most cardiovascular disease, its diagnosis and control should be of concern to all health care providers. Many people have undetected hypertension, and current levels of detection and control need to be improved. All health care providers, including dentists and members of the dental team, need to be involved in detection and management of this important public health problem. The dentist can play an important role in the detection and management of hypertension. ([jada.ada.org/article/S0002-8177\(14\)61264-2/abstract](https://jada.ada.org/article/S0002-8177(14)61264-2/abstract)).

All providers are strongly urged to review information on hypertension, especially regarding its relationship to identification by a dental professional and dental treatment of hypertensive patients. Here are some links to good reading materials that will help prepare the dentist and staff to incorporate the screenings and consultations into the practice flow. We encourage your office to perform screenings on all adult patients, based on the American Heart Association's recommendations.

- JADA 2004: [jada.ada.org/article/S0002-8177\(14\)61264-2/fulltext#cesec170](https://jada.ada.org/article/S0002-8177(14)61264-2/fulltext#cesec170)
- JAMA 2013: jamanetwork.com/journals/jama/fullarticle/1791497
- American Association of Family Practitioners 2013: aafp.org/news/health-of-the-public/20131218hypertensiongdln.html
- American Diagnostic Corporation: adctoday.com/sites/default/files/literature/9000_Whitepaper_0002.pdf
- Dimensions of Dental Hygiene: dimensionsofdentalhygiene.com/2018/05_May/Features/Understanding_the_New_Blood_Pressure_Guidelines.aspx
- For your patients from the American Heart Association: heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure

DELTA DENTAL OF COLORADO'S HYPERTENSION IDENTIFICATION PROGRAM

Delta Dental of Colorado (DDCO) has a mission to improve the oral health of the communities we serve. Over the past year, DDCO partnered with CU Health Plan (CUHP) and a select group of highly utilized dentists to track blood pressure readings taken during routine visits. We received claims data for more than 1,200 patients, and through integrated data sharing, connected the medical and dental aspects of overall health based on American Heart Association guidelines for hypertension identification. In the first 12 months of this pilot program, we saved at least six lives through early detection of hypertensive crisis and referral for follow-up primary care. We invite all dental providers to take blood pressure readings on all patients over the age of 20. If you see a CUHP patient, you can receive reimbursement for taking the blood pressure, educating the patient and referring him/her to their physician for a definitive diagnosis and workup. Reimbursement is received after the submission of the completed **patient form** along with an ADA claim form to DDCO.

PROGRAM OVERVIEW

DDCO's Hypertension Identification Program (HIP) will continue to reimburse dental offices that perform blood pressure screenings at routine preventive visits for CUHP members who are at least 20 years old. Our clinical management team is available to assist your office with getting started, and if needed, can also provide your office with a blood pressure cuff for use during appointments. Participating providers should use the following steps to track and record blood pressure readings during patient visits:

1. Take an initial or updated medical history from the patient.
2. Record the blood pressure readings twice at the patient appointment.
3. Assign a hypertensive category to the patient as noted in the chart on [page 4](#).
4. Provide educational counseling and materials, appropriately based on the hypertensive category assigned. You can find samples in the [Additional Resources](#) section.
5. Refer the patient to a medical colleague, as appropriate, for more definitive diagnosis and treatment/maintenance.
6. Share a copy of the [HIP patient form](#) (at the end of the document) with the patient upon completion of their appointment and provide guidance for seeking primary care, follow-up when necessary.
7. Submit the appropriate code on the claim form to DDCO that will identify the assigned hypertensive category for the patient, along with any other procedures performed. Be sure to attach a copy of the HIP patient form. You will be compensated for the steps listed above.

PROCEDURE

Completing a blood pressure screening at routine preventive dental visits is a quick and simple process.

A sphygmomanometer is needed. There are three types used to measure blood pressure: mercury, aneroid, and digital. All are acceptable to use for this program. DDCO will supply participating provider offices with a digital sphygmomanometer, if requested. If the procedure is being conducted manually, a stethoscope is also required.

To begin the process of taking a patient's blood pressure, the patient must:

- Start in a seated position with their arm slightly flexed.
- The elbow should be at the level of the heart.
- Legs should be straight out (uncrossed) in front of the patient.
- If the patient is anxious, wait a few minutes before taking the pressure.

Impact of Incorrect Measurement Techniques	
Sitting without back support	Increase of 6 to 10 mm Hg-SBP
Recent use of tobacco/caffeine	Increase of 6 to 11 mm Hg-SBP; Increase of 5 mm Hg-DBP
Legs crossed	Increase of 8 to 10 mm Hg-SBP; Increase of 6 mm Hg-DBP

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PROCEDURE CONTINUED

Impact of Incorrect Measurement Techniques	
Cuff too small	Increase of 8 to 10 mm Hg-SBP; Increase of 2 to 8 mm Hg-DBP
Arm unsupported	Increase of 1 to 7 mm Hg-SBP; Increase of 5 to 11 mm Hg-DBP
Not using bare arm	Increase of 5 to 50 mm Hg-SBP
Talking	Increase of 7 mm Hg-SBP; Increase of 8 mm Hg-DBP

http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/GettheFactsAboutHighBloodPressure/The-Facts-About-High-Blood-Pressure_UCM_002050_Article.jsp#.WO6kUO0zWUk

To complete the procedure manually:

1. Use properly sized blood pressure cuff.
2. The length of the cuff's bladder should be at least equal to 80% of the circumference of the upper arm.
3. Wrap the cuff around the upper arm with the cuff's lower edge 1-inch above the antecubital fossa.
4. Lightly press the stethoscope's bell over the brachial artery just below the cuff's edge.
5. Rapidly inflate the cuff to 180 mm Hg. Release air from the cuff at a moderate rate (3 mm/sec).
6. Listen with the stethoscope and simultaneously observe the sphygmomanometer.
7. The first knocking sound (Korotkoff) is the patient's systolic pressure.
8. When the knocking sound disappears, that is the diastolic pressure.
9. Record the pressure, which arm was used, and the cuff size (small, standard, or large adult cuff).
10. If the patient's pressure is elevated, measure blood pressure two additional times, waiting a few minutes between measurements.



To complete the procedure electronically:

1. Follow steps one to three above, from manual procedure.
2. Follow instructions on sphygmomanometer's user manual.
3. Record the pressure, which arm was used, and the cuff size (small, standard or lage adult cuff).
4. If the patient's pressure is elevated, measure blood pressure two additional times, waiting a few minutes between measurements.

A BLOOD PRESSURE OF 180/120 mm Hg OR MORE REQUIRES IMMEDIATE MEDICAL ATTENTION!

This is also known as a hypertensive crisis

A hypertensive crisis can be accompanied by one or more of the following symptoms:

- Severe headache
- Shortness of breath
- Nosebleeds
- Severe anxiety



AMERICAN HEART ASSOCIATION CLASSIFICATIONS

Blood Pressure Category	Systolic mm Hg (upper number)		Diastolic mm Hg (lower number)
Normal	Less than 120	and	Less than 80
Elevated Blood Pressure	120-129	and	Less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (emergency care needed)	Higher than 180	and/or	Higher than 120

heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings

Submit this code...	...if the CUHP patient is...	...with this fee.
D0010	Normal: < 120/ AND /< 80	\$20
D0020	Elevated: 120-129/ AND < than 80	\$20
D0030	Hypertensive I: 130-139/ OR 80-89	\$20
D0040	Hypertensive II: 140 OR > 90	\$20
D0050	Hypertensive Crisis* > 180 AND/OR > 120	\$20

* Have this patient seen by a medical provider immediately.

ADDITIONAL RESOURCES

1. Hypertension Identification Program (HIP) patient form can be found on the next page. Please complete, make copies for the patient and for your files, and attach the original to your claim form.
2. Educational material for your patients:
 - a. [cdc.gov/bloodpressure/docs/ConsumerEd_HBP.pdf](https://www.cdc.gov/bloodpressure/docs/ConsumerEd_HBP.pdf)
 - b. heart.org/HEARTORG/Conditions/HighBloodPressure/High-Blood-Pressure_UCM_002020_SubHomePage.jsp
 - c. [webmd.com/hypertension-high-blood-pressure/default.htm](https://www.webmd.com/hypertension-high-blood-pressure/default.htm)
 - d. [webmd.com/hypertension-high-blood-pressure/guide/diastolic-and-systolic-blood-pressure-know-your-numbers#1](https://www.webmd.com/hypertension-high-blood-pressure/guide/diastolic-and-systolic-blood-pressure-know-your-numbers#1)

For questions, contact Delta Dental of Colorado's provider network management team at 303-889-8677 or provideradvocate@ddpco.com.





HYPERTENSION IDENTIFICATION PROGRAM (HIP) – PATIENT FORM

Please share this form with your patient at the end of the appointment and submit a copy with your claim.

Patient Name:

Dentist Name:

Date of Birth:

Physician Name:

Subscriber ID#:

Physician Phone:

Pre-treatment
BP reading:

Post-treatment
BP reading:

BLOOD PRESSURE CLASSIFICATIONS*

D0010 – Normal (systolic lower than 120 mm Hg AND diastolic lower than 80 mm Hg)

D0020 –Elevated (systolic 120–139 mm Hg AND diastolic 80–89 mm Hg) – **See physician**

D0030 – Hypertensive – Stage 1 (systolic 140–159 mm Hg OR diastolic 90–99 mm Hg) – **See physician**

D0040 – Hypertensive – Stage 2 (systolic 160–180 mm Hg OR diastolic 100–110 mm Hg) – **See physician**

D0050 – Hypertensive Crisis (systolic >180 mm Hg AND/OR diastolic >110 mm Hg) – **See physician**

KNOW YOUR BLOOD PRESSURE NUMBERS

Patients visit their dental office more than their primary care physicians. Delta Dental of Colorado and CUHP feel it is important to educate our patients on the importance of oral to overall health. Integrating simple medical practices to dental care, allow us to expand that education while potentially helping to save a life. Did you know that your blood pressure can affect your dental care? **Please consider sharing today's blood pressure reading with your physician.**

Hypertension may be primary, which may develop as a result of environmental or genetic causes, or secondary, which has multiple etiologies, including renal, vascular, and endocrine causes.

There are many guidelines established for managing hypertension and averting the consequences that affect the rest of the body. Lifestyle modifications include:

- Weight loss
- Limiting alcohol intake to no more than two drinks per day for men and no more than one drink per day for women. A drink is one 12 oz. beer, 4 oz. of wine, 1.5 oz. of 80 proof spirits or 1 oz. of 100 proof spirits
- Reduction of sodium intake
- Maintenance of adequate intake of potassium, calcium and magnesium
- Cessation of smoking
- Reduction of intake of dietary fat and cholesterol
- Engagement in aerobic exercise at least 30 min/day
- Increase consumption of fruits, vegetables, and low-fat dairy products