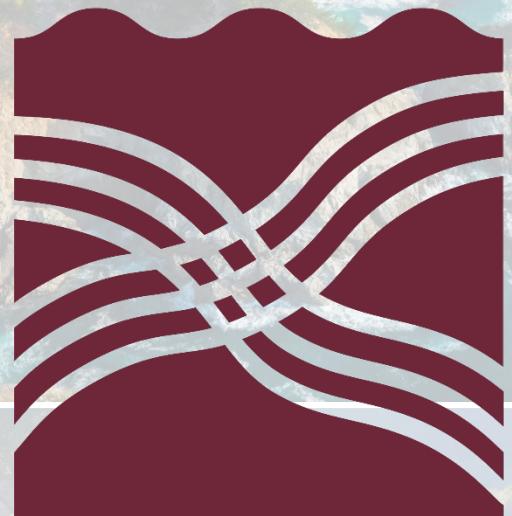




PARTNERSHIP



HEALTHPLAN  
of CALIFORNIA  
*A Public Agency*



**Partnership HealthPlan of California  
Presents:**

Blood Pressure, A1C, and PHQ-9

September 30, 2022



# Speakers



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# Learning Objectives

By the end of this presentation participants should be able to:

1.	Understanding Blood Pressure monitoring and results
2.	Ability to use the PHQ-9 Form and understanding the importance of it
3.	Understanding A1C monitoring and results
4.	Understanding PHC Resources available

# Content

- Importance of Blood Pressure Monitoring
  - PHC BP Monitoring Device Distribution
  - Tracking BP Readings
  - BP log
  - PHC Health Education
- PHQ-9
- HbA1C
- Pay for Performance Summary
- Important Reminder!

# Importance of Blood Pressure Monitoring

- Controlling blood pressure reduces the risk of heart attacks, strokes, and vascular disease.
- About 25% of PHC adult members have hypertension (blood pressure over 140/90).
- PHC goal is to have at least 80% of our members with hypertension have a blood pressure less than 140/90.



# PHC BP Monitoring Device Distribution

- As of 6/1/2022, Medi-Cal Rx covers BP monitors under the pharmacy benefit. For more details visit, [https://medi-calrx.dhcs.ca.gov/cms/medicalrx/static-assets/documents/provider/bulletins/2022.05\\_A\\_Medical\\_Supplies\\_Pharmacy\\_Benefit\\_Addition\\_of\\_BP\\_Monitors\\_BP\\_Cuffs.pdf](https://medi-calrx.dhcs.ca.gov/cms/medicalrx/static-assets/documents/provider/bulletins/2022.05_A_Medical_Supplies_Pharmacy_Benefit_Addition_of_BP_Monitors_BP_Cuffs.pdf)
- PHC will give members blood pressure monitors if requested by the PCP. There is a form on the PHC website to supply this device at no cost to eligible members.
- Please teach your members how to monitor their own blood pressure and when to contact you for advice on blood pressure control.
- For more information, contact: [request@partnershiphp.org](mailto:request@partnershiphp.org)





# Tracking Blood Pressure Readings

Systolic (upper number)		Diastolic (lower number)	Take Action	Follow-up	My Blood Pressure Plan
Lower than 90	or	Lower than 60	Do not take your blood pressure (BP) medicine.	Call your PCP today.	
90-139	and	60-89	Take your medicines as directed.	Continue checking your BP weekly.	
140-179	or	90-110	If you have not taken your BP medicines, take them now. Wait 1 hour and recheck your BP.	Recheck BP later today Check your BP daily	
180-199	and/or	Higher than 110	If you have not taken your BP medicines, take now. Wait 1 hour and recheck your BP.	If your BP is high 1 hour after taking BP medicine, call the advice nurse or your PCP.	
200	and/or	Higher than 120	Call advice nurse or your PCP.		

Guideline on actions and follow up needed based on blood pressure readings.  
Advise Nurse line: 7 days a week, 24 hours a day at (866) 778-8873.

# PHC Website – Health Education (Members)

The PHC Website has information for members  
Search: Hypertension (High Blood Pressure)

## Topics:

- What you can do to prevent high blood pressure
- Your guide to lowering high blood pressure
- Know the facts about high blood pressure

## Other Resources:

- VIVE Blood Pressure Monitor Instructions
- Blood Pressure Chart

## HEALTH EDUCATION - MEMBERS

### Chronic Conditions



Chronic conditions are illness that most likely will not go away. Some of the common chronic illnesses are asthma and high blood pressure. The links below gives tips on how you can live healthy with a chronic illness.

- [Asthma](#)
- [Chronic Obstructive Pulmonary Disease](#)
- [Diabetes](#)
- [Heart Disease & Stroke](#)
- [Hypertension \(High Blood Pressure\)](#)



# My Blood Pressure Log

Date	Take BP 3 times (3 minutes apart)	Time	Systolic (Top Number)	Diastolic (Bottom Number)	Pulse	How am I feeling?
	BP 1					
	BP 2					
	BP 3					
	BP 1					
	BP 2					
	BP 3					
	BP 1					
	BP 2					
	BP 3					
	BP 1					
	BP 2					
	BP 3					
	BP 1					
	BP 2					
	BP 3					
	BP 1					
	BP 2					
	BP 3					

Available at the PHC Website. Link: <http://www.partnershiphp.org/Members/Medical/Documents/Blood%20Pressure%20Chart.pdf#search=BLOOD%20PRESSURE>

# Pay For Reporting

DHCS requires that we report to them a **blood pressure** and a **date** for all members enrolled in Enhanced Care Management.

## ECM Quality in Practice Incentives:

- |  |                 |
|--|-----------------|
| • 80% or more members enrolled in ECM: | Full Payment    |
| • 70-79% of members enrolled in ECM:   | Partial Payment |
| • < 70% of members enrolled in ECM:    | No Payment      |

# Patient Health Questionnaire-9 (PHQ-9)

- PHQ-9 is a validated tool to screen for depression in your patients.
- PHQ-9 can aid in the diagnosis of depression and is useful to monitor your patient's symptoms to track severity and document symptom improvement with treatment.
- Advantages of the PHQ-9:
  - Validated screening and monitoring tool
  - Appropriate for age 12 years and older
  - Facilitates the diagnosis of major depression
  - Helpful for monitoring symptoms over time
  - Easy to learn and use







# PHQ-2 Pre-Screen

Over the last two weeks have you been bothered with the following:	Not at all	Several Days	More than half the days	Nearly every day
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed or hopeless	0	1	2	3

Score: 0-2:                    Normal  
          3 or more:        A depressive disorder is likely



# How Good is a PHQ-2

PHQ-2 Score	Sensitivity	Specificity	Positive Predictive Value
1	90.6	65.4	36.9
2	82.1	80.4	48.3
3	62.3	95.4	75.0
4	50.9	97.9	81.2
5	31.1	98.7	84.6
6	12.3	99.8	92.9

A score of 3 or more is 75% predictive of a depressive disorder.

A score of 3 or more means you have to follow up with a PHQ-9.

# The PHQ-9

Over the last 2 weeks:

## Scoring:

- 0 Not at all
- 1 Several days
- 2 More than half the days
- 3 Nearly every day

## Interpretation:

- 0-4 None-minimal
- 5-9 Mild
- 10-14 Moderate
- 15-19 Moderately Severe
- 20-27 Severe

1. Little interest or pleasure in doing things
2. Feeling down, depressed, or hopeless
3. Trouble falling or staying asleep or sleeping too much
4. Feeling tired or having little energy
5. Poor appetite or overeating
6. Feeling bad about yourself – or feeling that you are a failure or have let yourself or your family down
7. Trouble concentrating on things, such as reading the newspaper or watching television
8. Moving or speaking so slowly that other people could have noticed. Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual
9. Thoughts that you would be better off dead, or of hurting yourself in some way



# Provision Diagnose and Action

PHQ-9 Score	Depression Severity	Proposed Actions
0-4	None or minimal	None
5-9	Mild	Watch and repeat PHQ-9 in follow-up
10-14	Moderate	Consider counseling or pharmacotherapy
15-19	Moderately severe	Active treatment with psychotherapy or pharmacotherapy
20-27	Severe	Expedited referral to a mental health specialist for treatment or collaborative management.

# What We Need

DHCS requires us to report to them a **PHQ-9 score** and a **date** for every member in ECM.

## PHC ECM Quality in Practice Incentives:

- 90% or more of ECM enrolled members: Full Payment
- 80-89% or more ECM enrolled members: Partial Payment
- < 80% of ECM enrolled members: No Payment

# Hemoglobin A1C Test (HbA1c)

- HgbA1c is a blood test that measures average blood sugar levels over the past 3 months.
- Test that is used to diagnose prediabetes, diabetes, and monitor the patient's level of blood sugar control
- Higher A1C levels are predictive for complications of diabetes





# Why Test the A1c

Higher A1C levels are predictive for complications of diabetes including:

- neurological
- renal
- vascular diseases causing nerve damage and other
- problems with feet
- oral health problems
- vision and hearing
- mental health.

# A1c Testing Frequency

The American Diabetes Association (ADA) recommends:

- A1C be checked **every 6-months** if A1C is at goal (no use of insulin and blood sugar level is consistently within target range)
- But if the A1c is above goal (on insulin or have trouble keeping blood sugar level within target range), then testing **every 3-months** is recommended.
- More frequent testing is recommended if changes are made to the diabetes treatment plan or beginning a new diabetes medication.

# A1c Targets

- For most people with diabetes, the **A1C target is below 7%**. When the A1C is less than 7%, it means the blood sugar is well controlled on average and this lowers the risk of developing diabetes related problems.
- PHC Pharmacy Department is currently focusing efforts to outreach to members with A1c>9 to help prevent diabetes complications from progressing.

# Hemoglobin A1C Test (HbA1c) Result

## Diagnosing Diabetes:

Diagnosis	A1c Level
Normal	Below 5.7%
Prediabetes	5.7 to 6.4%
Diabetes	6.5% or above

## Managing Diabetes:

A1c % Level	Estimated average Blood Glucose
7	154
8	183
9	212
10	240

## Targets:

Good control: A1c < 7%  
HEDIS goal: A1c < 8%  
Poor control: A1c > 9%



# Pay For Reporting Summary

- DHCS is requiring PHC to report **blood pressure** and **PHQ-9** scores for all enrolled ECM members in **2022**.
- Reporting of **A1c levels** and dates will likely begin in **July 2023**.
- PHC will pay ECM sites to record blood pressure and PHQ-9 scores through the ECM QIP program.
- Please begin recording blood pressure and PHQ-9 scores as soon as possible so that you are rewarded for what you do.

# Very Important!

The Department of Managed Healthcare (DHCS) requires PHC to report the measure and date of following for all members in ECM by December 2022:

- Blood Pressure
- HbA1C
- PHQ-9 Screen

If you cannot measure them yourselves, please contact the patient's provider for a recent result.



# Questions





# Upcoming Events

**Topic:** Long-Term Support Services

**Date:** October 12, 2022

**Time:** 11:00AM-12:00PM

**Topic:** ECM Provider Roundtable

**Dates:** October 6 and 20, 2022

**Time:** 12:00PM-1:00PM

**Topic:** Collective Medical Training

**Dates:** October 18, 2022

**Time:** 12:00PM-1:00PM

**Topic:** Advanced Care Planning (ACP)

**Date:** October 24 and 25, 2022

**Time:** 8:30AM-12:00PM

# Contact Us

## Questions?

Contact us: [ECM@partnershipphp.org](mailto:ECM@partnershipphp.org)



# Links/Resources

- <https://www.cdc.gov/bloodpressure/measure.htm#:~:text=It's%20important%20to%20ge,t%20an,of%20security%20about%20your%20health.>
- <http://www.partnershiphp.org/Members/Medi-Cal/Documents/Blood%20Pressure%20Chart.pdf#search=Blood%20Pressure>
- <http://www.partnershiphp.org/Providers/Documents/BP%20Program%20Final%20Embedded%20Links%205.26.pdf#search=Blood%20Pressure>
- <http://www.partnershiphp.org/Providers/Medi-Cal/Documents/OnDemandTrainingWebinars/Flyers%20and%20Bulletins/Medical%20Equipment%20Distribution%20Services%20-%20Request%20Form%20-%20Fillable.pdf>
- <http://www.partnershiphp.org/Members/Medi-Cal/Pages/Health%20Education/Health-Education---Members.aspx>
- <https://aims.uw.edu/resource-library/phq-9-depression-scale>
- <https://www.cdc.gov/diabetes/managing/managing-blood-sugar/a1c.html>