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## METRIC – Measuring, Evaluating, and Translating Research Into Care

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**Please note:** Time elements in each measure should be measured from the date of the chart review, not the date of the patient's last visit.

1. Does the chart reflect that the patient's blood pressure was measured in the office within the past 6 months?  
 Yes       No
2. Does the patient have diabetes mellitus?  
 Yes       No
- 2a. If no, does the chart reflect that the patient has had a fasting or normal glucose screen for type 2 diabetes in the past 3 years?  
 Yes       No
3. Does the patient use tobacco, or has he or she used tobacco in the past year?  
 Yes       No
- 3a. If yes, does the chart reflect that tobacco cessation counseling was provided?  
 Yes       No
4. Does the patient have elevated LDL cholesterol (>130mg/dL or >100 mg/dL if the patient is diabetic), or is he or she on LDL-lowering medication?  
 Yes       No
- 4a. If yes, does the chart reflect that dietary counseling was provided?  
 Yes       No
5. Does the patient have low HDL cholesterol (<40 mg/dL)?  
 Yes       No
- 5a. If yes, does the chart reflect that the patient was counseled to increase his or her physical activity?  
 Yes       No
6. Is the patient's body mass index (BMI) greater than 30 kg/m<sup>2</sup> or waist circumference greater than 102 cm (40 in) for men or 88 cm (35 in) for women?  
 Yes       No
- 6a. If yes, does the chart reflect that the patient was counseled to reduce his or her weight to within normal body weight range (BMI between 18.5 kg/m<sup>2</sup> and 24.9 kg/m<sup>2</sup>) or waist circumference (less than 102 cm [40 in] for men or 88 cm [35 in] for women)?  
 Yes       No
7. Does the patient engage in regular aerobic physical activity for at least 30 minutes per day, most days of the week?  
 Yes       No
- 7a. If no, does the chart reflect that the patient was counseled to increase his or her physical activity?  
 Yes       No
8. Does the chart reflect that the patient has been counseled to follow the Dietary Approaches to Stop Hypertension (DASH) eating plan?  
 Yes       No
9. Does the chart reflect that the patient has been counseled to reduce his or her sodium intake?  
 Yes       No
10. Does the chart reflect that the patient has been counseled to moderate his or her alcohol consumption?  
 Yes       No
11. Does the chart reflect that the patient's serum creatinine has been measured in the past 2 years?  
 Yes       No
12. Does the chart reflect that the patient had a urine protein test when his or her hypertension was diagnosed, and within the past 2 years (if applicable)?  
 Yes       No

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13. Does the chart reflect that the patient's serum potassium has been measured in the past 2 years?
- Yes       No
- Not applicable because patient is not on an ACE/ARB or diuretic
14. Does the chart reflect that the patient has had an electrocardiogram or echocardiogram?
- Yes       No
- Not applicable because patient's hypertension is of known short duration (less than 18 months)
15. Does the chart reflect that the patient has been counseled about his or her target blood pressure goal?
- Yes       No
16. Which of the following best describes the patient's most recent physician visit?
- Blood pressure was in goal range
- Blood pressure was above goal range, and a treatment change was made to bring the patient's blood pressure into goal range
- Blood pressure was above goal range, the patient was already on three medicines to control blood pressure, and no treatment changes were made
- Blood pressure was above goal range, the patient was not already on three medicines to control blood pressure, and no treatment changes were made
- None of the above