



## Medication Best Practices – Focus on Statin Therapy

The Centers for Medicare & Medicaid Services publishes the Medicare Part C and D Star Ratings each year to measure the quality of services received by patients enrolled in Medicare Advantage and Prescription Drug Plans. Two of those quality measures – **Statin Use in Persons with Diabetes (SUPD)** and **Statin Therapy for Patients with Cardiovascular Disease (SPC)** – are based on guidelines from the American College of Cardiology/American Heart Association. The SUPD measure further aligns with the American Diabetes Association (ADA) in recommending statin therapy in appropriately aged patients with diabetes to help prevent atherosclerotic cardiovascular disease.

SUPD	SPC
<b>Target Population</b>	
<ul style="list-style-type: none"> <li>Patients who are 40 – 75 years old</li> <li>Patients who received two or more fills for diabetes medication</li> </ul>	<ul style="list-style-type: none"> <li>Males 21 – 75 years of age &amp; females 40 – 75 years of age with clinical atherosclerotic cardiovascular disease               <ul style="list-style-type: none"> <li>Hospitalized for myocardial infarction</li> <li>Revascularization procedure</li> <li>Diagnosis of ischemic vascular disease</li> </ul> </li> </ul>
<b>Exclusions</b>	
<ul style="list-style-type: none"> <li>Hospice</li> <li>End stage renal disease</li> </ul>	<ul style="list-style-type: none"> <li>End stage renal disease, cirrhosis</li> <li>Pregnancy, in-vitro fertilization</li> <li>Myalgia, myositis, myopathy, or rhabdomyolysis DOCUMENTED in measurement year</li> </ul>
<b>Gap Closure</b>	
<ul style="list-style-type: none"> <li>Any intensity statin therapy prescribed and filled in measurement year*</li> <li>Patient <u>must use</u> prescription benefit (insurance) to fill statin prescription</li> </ul>	<ul style="list-style-type: none"> <li>Moderate to high intensity statin therapy prescribed and filled in measurement year</li> <li>Patient <u>must use</u> prescription benefit (insurance) to fill statin prescription</li> </ul>
<b>Tips</b>	
<ul style="list-style-type: none"> <li>Review patient panels to identify those with diabetes and/or cardiovascular disease</li> <li>Assess role for statin therapy in these patients</li> <li>Discuss rationale for statin therapy with patients and encourage adherence for long term benefits</li> <li>Feel comfortable prescribing one of the five available generic statins</li> <li>Review eligibility for 90-day statin prescriptions where permissible</li> <li>Intermittent dosing of rosuvastatin or atorvastatin may be an option for previous statin intolerances</li> </ul>	
<b>High Intensity Statins</b>	<b>Moderate Intensity Statins</b>
Atorvastatin 40 – 80mg daily Rosuvastatin 20 – 40mg daily	Atorvastatin 10 – 20mg daily Rosuvastatin 5 – 10mg daily Simvastatin 20 – 40mg daily Pravastatin 40 – 80mg daily Lovastatin 40mg daily Fluvastatin XL 80mg daily – <i>check formulary before ordering</i> Pitavastatin 1 – 4mg daily – <i>check formulary before ordering</i>

\*While gap closure on the SUPD measure is “any” intensity statin, please note that current ADA guidelines recommend a moderate intensity statin in patients aged 40-75 with diabetes for primary prevention in addition to lifestyle therapy.

If you have additional questions, please contact the SOHO Pharmacy Team at: [Maria.Summa@sfhcp.org](mailto:Maria.Summa@sfhcp.org)



References:

- Center for Medicare and Medicaid Services Star Ratings Fact Sheet 2020. Accessed August 25, 2020 at: <https://www.cms.gov/Medicare/Prescription-Drug-Coverage/PrescriptionDrugCovGenIn/Downloads/2020-Star-Ratings-Fact-Sheet-.pdf>
- 2018 AHA/ACC/AACVPR/AAPA/ABC/ACPM/ADA/AGS/APhA/ASPC/NLA/PCNA Guideline on the Management of Blood Cholesterol. J Am Coll Cardiol. 2019 Jun, 73 (24) e285-e350.
- American Diabetes Association. Standards of Medical Care in Diabetes-2020 Abridged for Primary Care Providers. Clin Diabetes. 2020;38(1):10-38. doi:10.2337/cd20-as01

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