Good Things Come in Threes: A Guide to Achieving Medication Adherence Quality Measures

Kristen Shuler, MSN, FNP-C

Shawn Riser Taylor, PharmD, CPP, CDCES

Appalachian Mountain Community Health Centers

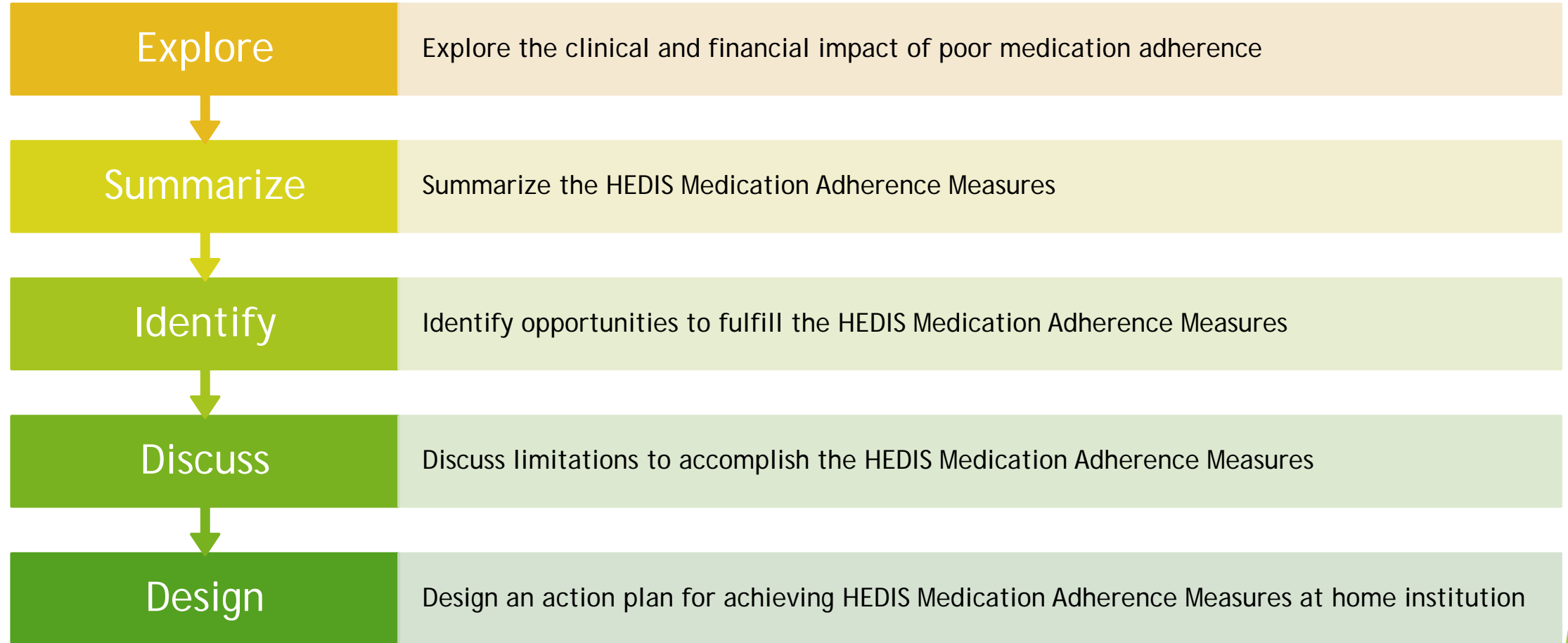Passion - Integrity - Results - Partnership

"To Deliver Timely, Comprehensive And Quality Health Services With Dignity And Respect To WNC Residents, Regardless Of A Person's Ability To Pay"
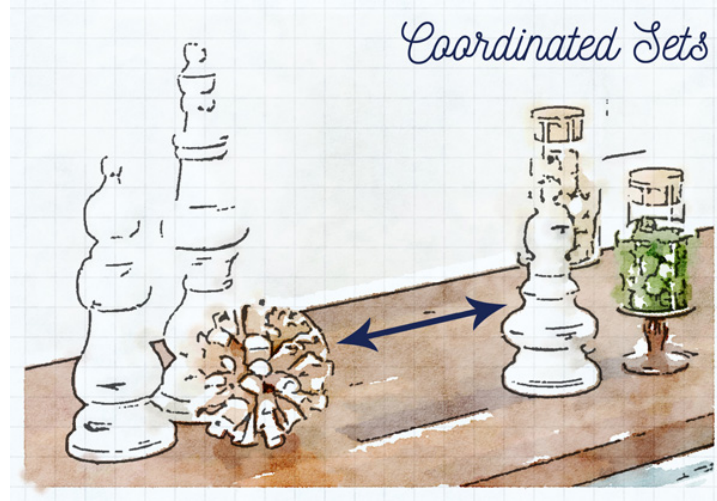
Disclosures

- None

Objectives

Explore	Explore the clinical and financial impact of poor medication adherence
Summarize	Summarize the HEDIS Medication Adherence Measures
Identify	Identify opportunities to fulfill the HEDIS Medication Adherence Measures
Discuss	Discuss limitations to accomplish the HEDIS Medication Adherence Measures
Design	Design an action plan for achieving HEDIS Medication Adherence Measures at home institution

Omne Trium Perfectum

Coordinated Sets

REUSE
REDUCE
RECYCLE

Triple-Weighted Medication Adherence Measures

- Diabetes
- Hypertension
- Dyslipidemia

The Healthcare Effectiveness Data and Information Set

▶ Tool used by 90% of US Health Plans (one of the nation's most widely used performance improvement tools)

▶ Expanded to medical providers and practices in 2008

▶ HEDIS® includes more than 90 measures across 6 domains of care

▶ 191 million people enrolled in plans that report HEDIS results

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STARS Performance

- Medicare Advantage system for measuring quality performance for ACOs

- Each measure is weighted differently

- All measures are important, but to perform well, the higher-weighted measures are more impactful on the overall score

- Without performing well (at least 4 star) on Med Adherence, the ACO cannot achieve target performance

Measure Description	Weight	Scenario 1	Scenario 2	Scenario 3	Scenario 4	Scenario 5
Medication Adherence for Hypertension (RAS antagonists)	3	5	4	4	3	3
Medication Adherence for Diabetes Medications	3	5	4	4	3	2
Medication Adherence for Cholesterol (Statins)	3	5	4	4	3	2
Breast Cancer Screening	1	4	5	5	5	5
Controlling Blood Pressure	1	4	5	5	5	5
Diabetes Care - Eye Exams	1	4	5	5	5	5
Diabetes Care - Blood Sugar Controlled	3	4	5	4	5	5
Diabetes Care - Kidney Disease Monitoring	1	4	5	5	5	5
Care for Older Adults Medication Review	1	4	5	5	5	5
Care for Older Adults Pain Assessment	1	4	5	5	5	5
Colorectal Cancer Screening	1	4	5	5	5	5
Osteoporosis Management in Women who had a Fracture	1	4	5	4	5	5
Statin Therapy for Patients with Cardiovascular Disease	1	5	4	4	5	5
Statin use in Persons with Diabetes	1	5	4	4	5	5
	22					
Aggregate Star Rating		4.50	4.50	4.32	4.18	3.91

Financial Impact Example – 3000 MA Patients

STARS RATING	PAYOUT PPPY	TOTAL
<3	$0	$0
3	$62	$186,000
3.25	$70	$210,000
3.5	$80	$240,000
3.75	$90	$270,000
4	$100	$300,000

HEDIS Medication Adherence Triple-Weighted Measures

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How is Adherence Measured?

- Proportion of Days Covered (PDC)
  - Adherence $\geq$ 80% PDC
  - Non-adherence <80% PDC

What are some situations in your clinic where pharmacies may not be capturing claims data?

Captured by pharmacy claims data

Pharmacy Claims Data

Drug name, dosage form, strength

Fill date, days-supply

Medication Adherence

Medication Adherence

- Extent to which a person's medication-taking behavior corresponds with agreed upon treatment recommendations by the healthcare provider
  - What to take
  - When to take
  - How to administer

Maddigan, et al. J Aging Health. 2003 May;15(2):332-52.; World Health Organization. Adherence to long-term therapies: evidence for action.

For Every 100 prescriptions written....

Medication Adherence

- List reasons patients may not consistently take medications as prescribed.
  - Intentional
  - Unintentional

JJ is a 62-year-old female with diagnoses of diabetes, heart failure, dyslipidemia, osteoporosis and hypothyroidism.

Carvedilol 3.125mg	Take one tablet by mouth twice daily
Lisinopril 40mg	Take one tablet by mouth daily
Glipizide 10mg	Take one tablet by mouth twice daily
Semglee 100 u/mL	Inject 24 units subcutaneously once daily
Rosuvastatin 20mg	Take one tablet by mouth daily
Levothyroxine 88mcg	Take one tablet by mouth every morning
Caltrate + Vitamin D	Take one tablet twice daily
Fosamax 70mg	Take one tablet by mouth once weekly
Furosemide 20mg	Take one tablet by mouth daily
Rybelsus 7mg	Take one tablet by mouth every morning
Metformin 500mg	Take one tablet by mouth twice daily

Why are people on so many medications?

Why are people on so many medications?

▶ Treatment resistance

▶ Complex pathophysiology

Why are people on so many medications?

▶ Post-cardiovascular event

  ▶ Statin

  ▶ Beta-blocker

  ▶ ACEi/ARB

  ▶ Anti-platelet and/or anti-coagulant
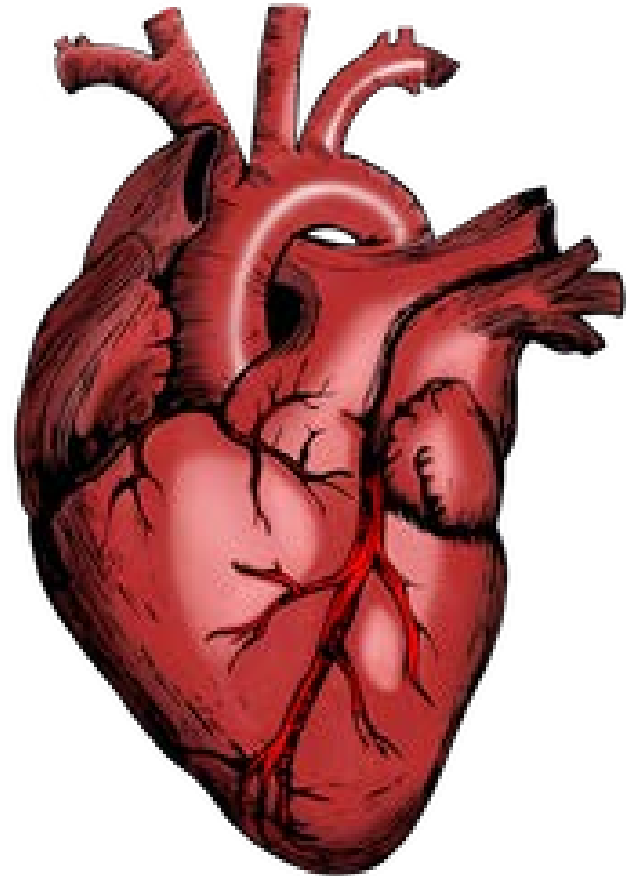
Clinical Impact of Poor Medication Adherence

▶ Longer duration of medication therapy lends to poor medication adherence

> ▶ Adherence to statin therapy

50% at 3 months	40% at 12 months

Discontinuation of statin therapy within 1 year increases risk of death by 25%

Chapman RH, et al. Arch Intern Med 2005; 165: 1147-1152.

Financial Impact of Poor Medication Adherence

- **Two-thirds** of medication-related hospitalizations are linked to poor medication adherence in the US
  - $100 billion spent annually

Osterberg, et al. N Engl J Med 2005; 353: 487–497.; Bosworth, et al. Am Heart J 2011; 162: 412–424.

Factors that Influence Medication Adherence

Cognitive health	Health literacy level
Health professional contact	Depression
Social support	Disease/medication education
Financial cost	Insurance status
Language/communication	Dosage form
Polypharmacy	Regimen complexity

DiMatteo. Med Care. 2004 Mar;42(3):200-9.; Gray, et al. Ann Pharmacother. 2001;35(5):539-45; Corsonello, et al. Ther Clin Risk Manag. 2009 Feb;5(1):209-16.; George, et al. Drugs Aging. 2008;25(4):307-24.; Hutchison, et al. Am J Geriatr Pharmacother. 2006 Jun;4(2):144-53.; Jansa, et al. Patient Educ Couns. 2010 Nov;81(2):161-8.; Spiers, et al. Am J Health Syst Pharm. 1995 May 1;52(9):985-90.; Vik, et al. Drugs Aging. 2006;23(4):345-56.Jaam, et al. Value Health Reg Issues. 2017 Sep;13:82-91.; Benner, et al. JAMA 2002 Jul 24-31;288(4):455-61.

Identify 3 ideas to improve medication adherence at your health center.

Developing a Plan to Improve Medication Adherence

1. Assemble a team
    a) Clinicians
    b) Support Staff
    c) Administrators
    d) Patients
    e) Outside partners

Developing a Plan to Improve Medication Adherence

2. Collect information
   a) How are we doing now?
   b) What factors influence adherence in our population?
   c) What are we doing now?
   d) What else have we already tried?
   e) Brainstorm ideas
   f) Assess feasibility of ideas

Developing a Plan to Improve Medication Adherence

3. Gather list patients with poor medication adherence

    a) Accountable care organization platforms

    b) Third party payer platforms

    c) Community pharmacy reports

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Developing a Plan to Improve Medication Adherence

4. Establish workflow(s)
   a) Prioritize patients
   b) Establish process for problem identification (why?)
   c) Triage to appropriate resources
   d) Align with other policies, procedures, and protocols
   e) PDSA

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Best Practice Pearls

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Best Practice Pearls

▶ Education

    ▶ Same day as new medication start or medication change

    ▶ Intentional follow-up consults

    ▶ Disease state & lifestyle change specialists

Best Practice Pearls

▶ **Pharmacy interventions**

  ▶ Know your community pharmacist

  ▶ 90-day supply prescriptions

  ▶ Automatic, synchronized refills

  ▶ Pill packs, organizers

  ▶ Co-pay assistance

Milosavljevic, et al. Int J Pharm Pract. 2018 Oct;26(5):387-97.

Best Practice Pearls

Treat underlying diseases

Telehealth consults

Digital platforms

Financial incentives

Basit, et al. Gen Hosp Psychiatry. 2020;62:28-36.; Thakkar, et al. JAMA Intern Med. 2016;176:340-49.; Bingham, et al. Ann Pharmacother. 2021 May;55(5):637-49.

Best Practice Pearls

- ▶ Interdisciplinary team
- ▶ Timely consults
  - ▶ Transitions of care
  - ▶ New diagnoses, medications
- ▶ Home visits

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Basit, et al. Gen Hosp Psychiatry. 2020;62:28-36.; Thakkar, et al. JAMA Intern Med. 2016;176:340-49.; Bingham, et al. Ann Pharmacother. 2021 May;55(5):637-49.

Develop a 3-item Action Plan to improve medication adherence at your health center.

Medication Adherence
of the Future

▶ Polypills

▶ Ingestion monitoring

▶ 3-D printing

▶ Pharmacogenomics

Thom, et al. JAMA. 2013 Sep 4;310(9):918-29.; Castellano, et al. J Am Coll Cardiol. 2014 Aug 12;64(6):613-21.; Selak, et al. BMJ. 2014 May 27;348:g3318.; Alipour, et al. Pharmacy (Basel). 2020 Jun 16;8(2):103.; Chai, et al. AIDS Behav. 2021 Jun;25(6):1661-74.

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