

Quality corner

Spotlight on statin therapy for cardiovascular disease and diabetes

Have you had that courageous conversation with your patient regarding statin therapy?

Do you know your patient's statin status?

The following two-stain therapy measures have been added to both the BCBSM Patient Centered Medical Home and BCN Performance Recognition Program.

Statin therapy for patients with diabetes: The percentage of patients 40-75 years old with a diagnosis of diabetes during the measurement year who *do not* have Atherosclerotic Cardiovascular Disease dispensed at least one statin therapy of any intensity during the measurement year.

Statin therapy for patients with cardiovascular: The percentage of males 21-75 years old and females 40-75 years old with a diagnosis ASCVD, dispensed at least one statin therapy of moderate or high intensity during the measurement year.

Documented evidence confirms statin therapy reduces the risk of ASCVD, hyperlipidemia or diabetes with an LDL-C of 70-189mg/dl. All in all, the benefits of statins in prevention of fatal myocardial infarctions, stroke and CVD mortality outweighs any potential harm related to the statin (Stone et al., 2013). Please take the time to evaluate your patients' statin status at least once per year.

A few points to consider:

- If your patient has any issues prohibiting them from taking the statin, such as cirrhosis, ESRD and muscle pain and disease, make sure to document with an exclusion code once a year.
- Try different statins till the right one is found.
- Encourage patients to present their Blue Cross Blue Shield of Michigan ID card when filling the prescription at the pharmacy. For many of the generic drugs, the BCBSM cost is less than the \$4 charged by the pharmacy.

Look for additional tips coming from the Beaumont ACO on the statin measures.