Statins Therapy for Patients with Diabetes (SUPD)

To lower the risk of developing heart disease, most people with diabetes should start taking cholesterol medication once they turn 40 years old. The American Diabetes Association (ADA) and American College of Cardiology/ American Heart Association (ACC/AHA) guidelines recommend moderate-to-high intensity statins be used as atherosclerotic cardiovascular disease (ASCVD) prevention on type 1 and type 2 diabetes patients.\(^1\)

Research shows that women are less likely than men to be treated with cholesterol-lowering statins or, if they do, are less likely to get them prescribed at guideline-recommended intensity levels.\(^2\)

**MEASURE DESCRIPTION**

Percentage of patients 40-75 years of age who were dispensed at least two diabetes medication fills and who received a statin medication fill during the measurement period.\(^3\)

<table>
<thead>
<tr>
<th>Statin Medications</th>
<th>Statin Combination Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Atorvastatin</td>
<td>• Lovastatin</td>
</tr>
<tr>
<td>• Rosuvastatin</td>
<td>• Fluvastatin</td>
</tr>
<tr>
<td>• Simvastatin</td>
<td>• Pitavastatin</td>
</tr>
<tr>
<td>• Pravastatin</td>
<td>• Atorvastatin-Amlodipine*</td>
</tr>
<tr>
<td></td>
<td>• Simvastatin-Ezetimibe*</td>
</tr>
<tr>
<td>*not covered under 2021 formulary</td>
<td></td>
</tr>
</tbody>
</table>

**APPLICABLE LINES OF BUSINESS**

• Medicare

**EXCLUSIONS**

• For exclusions, use the appropriate ICD-10-CM code.\(^4\)

<table>
<thead>
<tr>
<th>Condition</th>
<th>ICD-10-CM Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>ESRD</td>
<td>I12.0, I13.11, I13.2, N18.5, N18.6, N19, Z91.15, Z99.2</td>
</tr>
<tr>
<td>Prediabetes</td>
<td>R73.03, R73.09</td>
</tr>
<tr>
<td>Rhabdomyolysis-Myopathy</td>
<td>G72.0, G72.89, G72.9, M60.80, M60.9, M62.82, T46.6X5A</td>
</tr>
</tbody>
</table>

Patients are also excluded if they have any of the following during the measurement year:

• Hospice care
• Liver disease
• Polycystic ovary syndrome (PCOS)
• Pregnancy, lactation, fertility diagnosis, and/or medication for fertility

TIPS FOR SUCCESS

Prescribing
• Educate patients on the importance of statin medications for diabetic patients in reducing cardiovascular risk, regardless of cholesterol levels.
• Demonstrate risk for patients using a risk calculator tool, such as http://tools.acc.org/ASCVD-Risk-Estimator-Plus
• Identify and resolve patient-specific adherence barriers or concerns, such as the statin’s health benefits, side effects, cost, and timely refills
• Consider prescribing a low-cost generic statin medication to reduce patient financial burden
• Communicate that statin use should always be accompanied by lifestyle modifications focused on diet and weight loss to improve cholesterol reduction
• Be aware that medication samples, when given, interfere with pharmacy claims and produce false non-adherence results
• Encourage the use of pill boxes or medication organizers

Symptom Management
Although muscle symptoms may occur, true statin intolerance is uncommon. Given the benefits of statins in ASCVD risk reduction for patients with diabetes, clinicians should partner with the patient to gain a thorough symptom history and determine if he or she is truly statin intolerant. Recommendations for statin intolerance issues include:
• Employ a statin intolerance tool, such as http://tools.acc.org/StatinIntolerance/
• Consider dose, frequency, or prescribing changes and rechallenge strategies if symptoms are reported
• Remind patients to contact you if they think they are experiencing adverse effects to statins.
• Once patients demonstrate they can tolerate statin therapy, encourage them to obtain 90-day supplies at their pharmacy
• Develop a medication adherence plan with patient and advise them to set up reminders

1 https://www.pqaalliance.org/measures-overview#supd
3 Medicare 2021 Part C & D Star Ratings Technical Notes (centers for Medicare and Medicaid Services) pp82-84
4 ICD-10-CM created by the National Center for Health Statistics (NCHS), under authorization by the World Health Organization. World Health Organization-copyright holder.