

Statin Use in Persons with Diabetes (SUPD)

APPLICABLE LINES OF BUSINESS

- Medicare

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 periodⁱ.

Statin Medications	Statin Combination Products
<ul style="list-style-type: none"> • Atorvastatin • Rosuvastatin • Simvastatin • Pravastatin 	<ul style="list-style-type: none"> • Lovastatin • Fluvastatin* • Pitavastatin*
	<ul style="list-style-type: none"> • Atorvastatin-Amlodipine • Simvastatin-Ezetimibe • Atorvastatin-Ezetimibe** • Ezetimibe-Rosuvastatin**
<i>*step therapy required</i>	<i>**not covered under 2024 Formulary</i>

EXCLUSIONS

For exclusions, use the appropriate ICD-10-CM codeⁱⁱ.

Condition	ICD-10-CM Code
Cirrhosis	K70.3, K70.31, K71.7, K74.3, K74.4, K74.5, K74.60, K74.69
Polycystic Ovarian Syndrome	E28.2
ESRD	I12.0, I13.11, I13.2, N18.5, N18.6, N19, Z91.15, Z99.2
Prediabetes	R73.03
Other Abnormal Blood Glucose	R73.09
Rhabdomyolysis, Myopathy, Myositis	G72.0, G72.89, G72.9, M60.80, M60.819-79, M60.9, M62.82

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

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

Myalgia is **not** an exclusion code for SUPD. Consider coding for myopathy instead.

- The Cleveland Clinic defines statin related myopathy as: when a toxin or medication interferes with muscle structure or function. Medications such as statins can cause myopathyⁱⁱⁱ.
- No labs are required for a myopathy diagnosis.

TIPS FOR SUCCESS

Prescribing Statins

- Any patient aged 75 during the measurement year, including those turning 76, is eligible for this measure.
- Provide education on the importance of statin medications for reducing cardiovascular risk, regardless of cholesterol levels in patients with diabetes.
- Demonstrate the risk for patients using a risk calculator tool, such as the American College of Cardiology (ACC) [ASCVD Risk Estimator Plus](#)^{iv}.
- Begin with a low dose prescription and gradually move to a higher dose to avoid side effects.
- Identify and resolve patient-specific adherence barriers or concerns, such as the statin medication's health benefits, side effects, cost, and timely refills.
- 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.
- If a member continues to be intolerant of statin use and experiences muscle pain, consider discontinuation of medication. If myopathy is assessed, document and code the diagnosis in the encounter note and ensure the code is submitted on a claim. This will exclude the member from the SUPD measure for the remainder of the year. Note that myalgia is not a valid SUPD exclusion diagnosis (see exclusion table, above).

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 understand their symptom history and determine if they are statin intolerant. Recommendations for addressing statin intolerance issues include:

- Employing a statin intolerance tool, such as [ACC's Statin Intolerance Tool](#)^v.
- Considering the dose, frequency, or prescribing changes and rechallenge strategies if symptoms are reported.
- Reminding patients to contact you if they think they are experiencing adverse effects to statins.
- Once patients demonstrate they can tolerate statin therapy, encouraging them to obtain 90-day supplies at their pharmacy.
- Developing a medication adherence plan with your patients and advise them to set up reminders.

ⁱPQA Quality Medication Use. 2024 PQA Measure Manual February 2024, 79-82

ⁱⁱ ICD-10-CM created by the National Center for Health Statistics (NCHS), under authorization by the World Health Organization (WHO). WHO-copyright holder

ⁱⁱⁱ Cleveland Clinic. 1/20/2022. Myopathy. Retrieved from <https://my.clevelandclinic.org/health/diseases/17256-myopathy>

^{iv} American College of Cardiology. N.D. ASCVD Risk Estimate Plus. Retrieved from <https://tools.acc.org/ASCVD-Risk-Estimator-Plus/#!/calculate/estimate/>

^vAmerican College of Cardiology. N.D. ACC's Statin Intolerance Tool. Retrieved from <https://tools.acc.org/StatinIntolerance/#!/>