

# Medication Adherence Diabetes

## Description of Measure

The percentage of individuals 18 years and older who met the Proportion of Days Covered threshold of 80 percent for any of the diabetes medications during the measurement year (MY).

A higher rate indicates better performance.

Individuals who have  $\geq 2$  diabetes medications dispensed on different dates of service in the treatment period.

Treatment period starts with the first prescription claim for any diabetes medication, referred to as the index prescription start date, and ends with the last day of the measurement year, death, or disenrollment, whichever comes first. The treatment must be at least 91 days to be included in the denominator.

| Drug Category                  | Medications                                                                                        |                                                                                    |
|--------------------------------|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| <b>Biguanides</b>              | ■ Metformin (Glucophage)                                                                           |                                                                                    |
| <b>DPP-4 inhibitors</b>        | ■ Sitagliptin (Januvia, Zituvio)<br>■ Saxagliptin (Onglyza)                                        | ■ Linagliptin (Tradjenta)<br>■ Alogliptin (Nesina)                                 |
| <b>GLP-1 receptor agonists</b> | ■ Albiglutide<br>■ Dulaglutide<br>■ Exenatide<br>■ Liraglutide                                     | ■ Lixisenatide<br>■ Semaglutide<br>■ Tirzepatide                                   |
| <b>Meglitinides</b>            | ■ Repaglinide (Prandin)                                                                            | ■ Nateglinide (Starlix)                                                            |
| <b>SGLT2 inhibitors</b>        | ■ Bexagliflozin (Brenzavvy)<br>■ Canagliflozin (Farxiga)<br>■ Dapagliflozin                        | ■ Empagliflozin (Jardiance)<br>■ Ertugliflozin (Steglatro)                         |
| <b>Sulfonylureas</b>           | ■ Chlorpropamide (Diabinese)<br>■ Glipizide (Glucotrol and Glucotrol XL)<br>■ Glimepiride (Amaryl) | ■ Glyburide (DiaBeta, Glynase, Glycron)<br>■ Tolbutamide (Tol-Tab)<br>■ Tolazamide |
| <b>Thiazolidinediones</b>      | ■ Pioglitazone (Actos)                                                                             | ■ Rosiglitazone (Avandia)                                                          |



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## Exclusions

| Exclusions                                                                                                                                                        | Time limit                            |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|
| <ul style="list-style-type: none"><li>Members who use hospice services or elect to use</li><li>Members who died</li><li>ESRD</li><li>Members on insulin</li></ul> | Any time during measurement year (MY) |

## Strategies for Success

- Schedule a 30-day follow-up when prescribing a new medication to assess how the medication is working. Schedule follow-up visits while the patient is still in the office.
- Write 100-day supply of medications.
- Encourage patients to use mail order pharmacies with automatic refills.
- Discuss medication adherence barriers at each visit and ask open ended questions about concerns related to health benefits, side effects and costs.
- Encourage patients to call provider if they experience side effects to discuss alternative medications.
- Recommend members to use weekly or monthly pillboxes, medication reminder alerts, and placing medications in a visible area for patients who forget to take their medications.

## Resources

- Pharmacy Quality Alliance, [www.pqaalliance.org](http://www.pqaalliance.org)

