



QI WEEKLY



Statins for CVD and Diabetes

Statin Use in Persons with Diabetes (SUPD)

Patient Population:

- Diabetics age 40-75 who have been dispensed at least two prescriptions for a hyperglycemic agent (including insulin)

Service Needed:

- Must receive at least one prescription of a statin medication per calendar year

Exclusions: Members in hospice; ESRD

Statin Therapy for Patients with Cardiovascular Disease (SPC)

Patient Population:

- Males: age 21-75 identified as having ASCVD **OR**
- Females: age 40-75 identified as having ASCVD

Service Needed:

- Must receive at least one prescription of a moderate to high intensity statin

Exclusions:

- Members in hospice
- Any of the following in 2019 or 2020:
 - Female members with a diagnosis of pregnancy
 - In vitro fertilization
 - Dispensed at least one prescription for clomiphene
 - ESRD
 - Cirrhosis
- Any of the following in the patient's history through 12/31/2020 (must be documented each calendar year):
 - Myalgia
 - Myositis
 - Myopathy
 - Rhabdomyolysis

Statin Side Effects: Tips for Patient Conversations

- Newer, water-soluble statins can have fewer side effects so encourage patients to try them if they have previously experienced statin-related muscle pain.
- A high or moderate dose statin is required to close the gap for patients with CVD.; however, there is no statin dosage requirement for patients with diabetes.
 - Some of our providers have tried prescribing statins at a very low dose, i.e., only taking a few pills a week, as research has shown that even smaller doses have cardioprotective benefits.