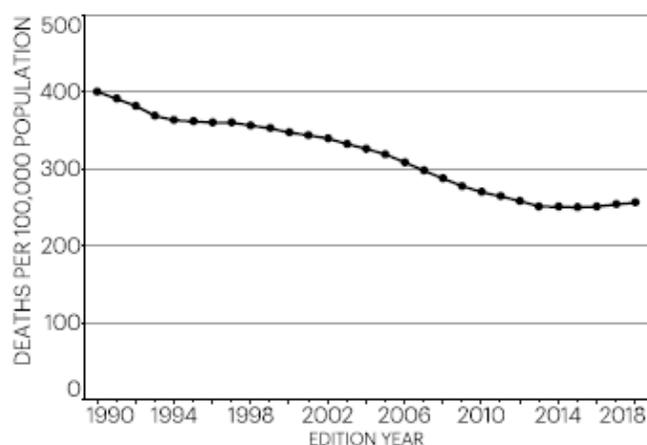


May 2019

## Topic: Statin Therapy for the Prevention and Treatment of Cardiovascular Disease

### Cardiovascular Disease in Kentucky

The 2018 America's Health Rankings report indicates that for year 2017, for the third consecutive year, that the cardiovascular death rate has increased. An estimated 92.1 million adults in the United States have at least one type of cardiovascular disease. The two most common are heart disease and stroke.



Smoking is a major cause of heart disease and a contributing factor to preventable hospitalizations. Although there has been a slight decline in the number of adults who smoke nationally, Kentucky ranks 50<sup>th</sup> in both smoking and preventable hospitalizations. Other contributors to heart disease include:

- **Physical Activity** | Kentucky ranks 50<sup>th</sup>
- **Obesity** | In the past year, obesity decreased slightly from 34.6% to 34.3%
- **Diabetes** | Over the last three years, diabetes decreased from 12.9% to 10.5%

### ACO Measure #42

Developed by CMS in collaboration with the Million Hearts Initiative, the measure reports the percentage of ACO beneficiaries who were prescribed or already using statin medication therapy during the measurement year and fall into any of three categories (reporting criteria below).

### Quality Reporting Criteria for Statin Therapy Measure

#### Denominator

- High-risk adult patients ( $\geq 21$ ) who were previously diagnosed with or currently have an active diagnosis of clinical atherosclerotic cardiovascular disease;
- Adult patients ( $\geq 21$ ) with any direct or fasting LDL cholesterol level  $\geq 190$ mg/dL;
- Patients aged 40-75 with a diagnosis of diabetes with a fasting LDL cholesterol of 70-189 mg/dL who were prescribed or were already on statin medication therapy during the measurement year

#### Numerator

Patients who are statin therapy users during the measurement period or who receive an order (prescription) to receive statin therapy at any point during the measurement period

### How can we impact Kentucky's health?

Evidence-based Medicine tells us that "Prevention is the best medicine." Prevention for heart disease includes not smoking, increased physical activity, healthy diet, healthy weight, blood pressure within normal limits, and cholesterol management. Research tells us that diseases of the heart are controllable in some cases with lifestyle changes. In addition to the preventive strategies for heart disease, we are in a position to help heart disease diagnosed patients manage their disease and increase their quality of life.

This segment brought to you by CHI Saint Joseph Health Partners and CHI Saint Joseph Health Medical Group in partnership for quality.

#### For More Information:

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# QUALITY Matters



May 2019

## Impact on CIN Network Providers

As a participant in CHS Saint Joseph Health Partners, your Clinically Integrated Network, providers are responsible for following the latest Evidence Based guidelines.

As we prepare to enter into a CMS contract for MSSP once again, it is important to note that only CIN providers caring for ACO-MSSP patients are required to report on the Statin Therapy for the Prevention and Treatment of Cardiovascular Disease.

ACO-MSSP measures are very specific regarding what satisfies the measure. Incentives are only offered by CMS for completely completing the measures.

### For any additional questions, please call:

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## Reporting on Statin Therapy for Prevention and Treatment of Cardiovascular Disease

MSSP states exactly what is necessary for the Medicare patients in order to satisfy the measures regarding statin therapy.

In the health record, electronic or paper:

1. Is the documentation written clearly in the record and/or in the proper place for easy retrieval and reporting?
2. For the statin measure, evidence of the statin being on the medication list and/or that a prescription was written during the reporting period (2019) is required.
3. Also, refer to this month's *Documentation Tips* for more information on proper documentation.

## Quality Improvement

How can you help your provider with taking care of the patients who have a heart-related disease?

As mentioned, patients with a heart related diagnosis will more than likely be on a prescribed medication.

**Step 1:** Take a few minutes to consider how important the actual taking of a heart medication is for a patient with a heart related diagnosis.

**Step 2:** Think about what you can do to help your provider with their "heart" patients.

**You are in a great position, whether at the front desk or in the exam room with the patient. You can be the ears and eyes for the provider. Some patients are much more comfortable talking with you.**

When you can, ask the patient about getting their prescriptions filled and the actual taking of the medication.

- Does the patient have problems affording the medication or copays?
- Does the patient know how to take the medication as prescribed?
- Is the patient taking the medication as prescribed or just when they think about it?

Be sure to share any information with your provider that the patient might share with you. Sometimes the patients forget or choose not to tell the provider about symptoms. For example, side effects from a medication.

Ask any questions you can think of that might help the patient.

**Most importantly:** Stress that heart medication must be taken as directed by the provider for it to work effectively.

Sources: [www.americashealthrankings.org](http://www.americashealthrankings.org)  
[www.CMS.gov](http://www.CMS.gov)  
[www.KY.gov](http://www.KY.gov)  
[www.cdc.gov](http://www.cdc.gov)  
[www.AmericanHeartAssociation.org](http://www.AmericanHeartAssociation.org)

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