

RX UPDATE

June 8, 2011

High-Risk Medications (HRM) for Medicare Members

Dear Abrazo Advantage Medical Provider:

All prescribers and health plan formularies strive to provide safe, appropriate, and effective drug therapies. The goal is to provide the right drug, for the right condition, for the right patient, at the right time. However, drugs may lead to adverse events even when used appropriately.

Attached is the current list of High-Risk Medications (HRM) from the National Committee for Quality Assurance (NCQA). The document is based on the “Beers List” which is an internationally recognized list of drugs that may be inappropriate for use in the elderly due to the potential risk of adverse events. You may wish to post a copy of this list in your patient examination rooms, as reminder when you are preparing electronic or hand-written prescriptions.

The Centers for Medicare and Medicaid Services (CMS) monitors the use of high-risk medications for Medicare Part D members, through its contractor Acumen LLC. The health plan receives a monthly report that identifies the medical and pharmacy provider involved with each HRM claim. AAHP will be forwarding you information regarding each of your patients receiving a high-risk medication.

AAHP appreciates your continued assistance in providing the best possible care to our members. If you have a question or need clarification, please telephone Kenneth J. Bykowski, AAHP Clinical Pharmacist, at 602.824.3899 or your Provider Relations Representative at 602.824.3700 or 800.747.7997.

Thank you!

High-Risk Medications to avoid in the elderly

Description	Prescription		
Antianxiety (includes combination drugs)	• aspirin-meprobamate	• meprobamate	
Antiemetics	• scopolamine	• trimethobenzamide	
Analgesics (includes combination drugs)	• ketorolac		
Antihistamines (includes combination drugs)	<ul style="list-style-type: none"> • APAP/dextromethorphan/diphenhydramine • APAP/diphenhydramine/phenylephrine • APAP/diphenhydramine/pseudoephedrine • acetaminophen-diphenhydramine • carbetapentane/diphenhydramine/phenylephrine • codeine/phenylephrine/promethazine • codeine-promethazine • cyproheptadine • dexchlorpheniramine • dexchlorpheniramine/dextromethorphan/PSE • dexchlorpheniramine/guaifenesin/PSE • dexchlorpheniramine/hydrocodone/phenylephrine 	<ul style="list-style-type: none"> • dexchlorpheniramine/methscopolamine/PSE • dexchlorpheniramine-pseudoephedrine • dextromethorphan-promethazine • diphenhydramine • diphenhydramine/hydrocodone/phenylephrine • diphenhydramine-magnesium salicylate • diphenhydramine-phenylephrine • diphenhydramine-pseudoephedrine • hydroxyzine hydrochloride • hydroxyzine pamoate • phenylephrine-promethazine • promethazine 	
Antipsychotic, typical	• thioridazine		
Amphetamines	<ul style="list-style-type: none"> • amphetamine-dextroamphetamine • benzphetamine • dexmethylphenidate 	<ul style="list-style-type: none"> • dextroamphetamine • diethylpropion • methamphetamine • methylphenidate 	<ul style="list-style-type: none"> • phendimetrazine • phentermine
Barbiturates	<ul style="list-style-type: none"> • butabarbital • mephobarbital • pentobarbital 	<ul style="list-style-type: none"> • phenobarbital • secobarbital 	
Long-acting benzodiazepines (includes combination drugs)	<ul style="list-style-type: none"> • amitriptyline-chlordiazepoxide • chlordiazepoxide 	<ul style="list-style-type: none"> • chlordiazepoxide-clidinium • diazepam 	<ul style="list-style-type: none"> • flurazepam
Calcium channel blockers	• nifedipine—short-acting only		
Gastrointestinal anti-spasmodics	• dicyclomine	• propantheline	
Belladonna alkaloids (includes combination drugs)	<ul style="list-style-type: none"> • atropine • atropine/CPM/hyoscyamine/PE/scopolamine • atropine/hyoscyamine/PB/scopolamine • atropine-difenoxin • atropine-diphenoxylate • atropine-edrophonium • belladonna 	<ul style="list-style-type: none"> • belladonna/ergotamine/phenobarbital • butabarbital/hyoscyamine/phenazopyridine • hyoscyamine • hyoscyamine/methenam/m-blue/phenyl salicyl 	
Skeletal muscle relaxants (includes combination drugs)	<ul style="list-style-type: none"> • ASA/caffeine/orphenadrine • ASA/carisoprodol/codeine • aspirin-carisoprodol • aspirin-methocarbamol 	<ul style="list-style-type: none"> • carisoprodol • chlorzoxazone • cyclobenzaprine • metaxalone 	<ul style="list-style-type: none"> • methocarbamol • orphenadrine
Oral estrogens (includes combination drugs)	<ul style="list-style-type: none"> • conjugated estrogen • conjugated estrogen-medroxyprogesterone 	<ul style="list-style-type: none"> • esterified estrogen • esterified estrogen-methyltestosterone 	<ul style="list-style-type: none"> • estropiate

High-Risk Medications to avoid in the elderly (continued)

Description	Prescription	
Oral hypoglycemics	<ul style="list-style-type: none"> • chlorpropamide 	
Narcotics (includes combination drugs)	<ul style="list-style-type: none"> • ASA/caffeine/propoxyphene • acetaminophen-pentazocine • acetaminophen-propoxyphene • belladonna-opium • meperidine 	<ul style="list-style-type: none"> • meperidine-promethazine • naloxone-pentazocine • pentazocine • propoxyphene hydrochloride • propoxyphene napsylate
Vasodilators	<ul style="list-style-type: none"> • dipyridamole—short-acting only • ergot mesyloid 	<ul style="list-style-type: none"> • isoxsuprine
Others (including androgens and anabolic steroids, thyroid drugs, urinary anti-infectives)	<ul style="list-style-type: none"> • methyltestosterone • nitrofurantoin • nitrofurantoin macrocrystals 	<ul style="list-style-type: none"> • nitrofurantoin macrocrystals-monohydrate • thyroid desiccated

Note: Includes all dosage forms. Medication list updated based on NCQA/Hedis Table DAE-A (Hedis 2011) list; available at: <http://www.ncqa.org/tabid/59/Default.aspx> (NDC list posted 11/15/10). Lisdexamfetamine was added to the PQA-HRM-A table (but is presently not on the NCQA/Hedis DAE-A drug table).