

HEDIS^{®1}: Statin Therapy for Patients with Diabetes (SPD)

Description of the measure

According to the American Heart Association (ACC/AHA) 2019 Blood Cholesterol guidelines², patients with diabetes should start statin therapy for primary prevention of cardiovascular disease events and mortality. This measure is for people who meet the following:

- 40-75 years old
- Diagnosed with diabetes or had at least two refills of a diabetes medication
- Have not been diagnosed with atherosclerotic cardiovascular disease (ASCVD)

Exclusion(s)

Statin therapy is recommended for patients with a history of MI, CABG, IVD, PCI or other revascularization, but are not included in this measure. If the below contraindications were diagnosed during the current or prior year, please document in the patient's medical record:

- End-stage renal disease (ESRD)
- Cirrhosis
- Myalgia, myositis, myopathy or rhabdomyolysis during the current year
- Pregnancy
- In vitro fertilization
- Prescription of clomiphene
- Palliative care

Frequently asked questions

My patient has an LDL at treatment goal and does not need statin therapy. What should I do?

- This measure is based on recommendations for the vast majority of diabetic patients. You are still encouraged to follow the plan that is clinically appropriate for your patient.

Tips for best practice

- Diabetes as per AHA guidelines
- If not appropriate (see exclusions), please document the reason for non-indication in the chart
- Patients with a history of statin-associated myopathy may better tolerate medications with a lower incidence of muscle-related adverse events (e.g. Pravastatin or Fluvastatin)³
- Encourage your patients to adherence by prescribing a 90-day supply

1 —¹HEDIS[®] is a registered trademark of the National Committee for Quality Assurance (NCQA)

² www.acc.org/latest-in-cardiology/ten-points-to-remember/2019/03/07/16/00/2019-acc-aha-guideline-on-primary-prevention-gl-prevention

Description	Prescription of statin (mg)	
Low intensity	Simvastatin 10 Pravastatin 10-20 Lovastatin 20	Fluvastatin 20-40 Pitavastatin 1
Moderate intensity	Atorvastatin 10-20 Rosuvastatin 5-10 Simvastatin 20-40 Pravastatin 40-80	Lovastatin 40 Fluvastatin XL 80 Fluvastatin 40 BID Pitavastatin 2-4
High intensity	Atorvastatin 40-80	Rosuvastatin 20-40