

# ADDRESS POLYPHARMACY TO IMPROVE PATIENT SAFETY

## Medicare Advantage provider's guide to the use of multiple anticholinergic medications for adults age 65+

The Centers for Medicare & Medicaid Services (CMS) monitors the risks associated with concurrent use of multiple anticholinergic medications (Poly-ACH) to treat conditions such as urinary tract infection, overactive bladder and chronic obstructive pulmonary disorder.

### What is the Poly-ACH measure?



*Note: A lower percentage indicates better performance.*

*Exclusion: Enrollment in hospice at any time during measurement year.*

### What are the risks of taking multiple anticholinergic medications concurrently for adults age 65+?

- › Increased risk of impaired cognitive function, physical function and falls.\*
- › Greater risk of adverse drug reactions due to metabolic changes and reduced drug clearance associated with aging.\*\*

### What strategies can help reduce polypharmacy?

- › Conduct medication reconciliations.
- › Review medications for concomitant anticholinergic use.
- › Coordinate care with other providers or specialists to determine which anticholinergic requires de-prescribing.
- › Utilize RationalMed® as a resource. RationalMed is an enhanced gaps in care program that delivers real-time electronic alerts to providers within their workflow. It focuses on pharmacy-specific alerts, which appear directly in the electronic medical record.

## ANTICHOLINERGIC MEDICATIONS

<b>Antihistamines</b>	<ul style="list-style-type: none"> <li>• brompheniramine</li> <li>• carbinoxamine</li> <li>• chlorpheniramine</li> <li>• clemastine</li> <li>• cyproheptadine</li> <li>• dexbrompheniramine</li> <li>• dexchlorpheniramine</li> </ul>	<ul style="list-style-type: none"> <li>• dimenhydrinate</li> <li>• diphenhydramine (oral)</li> <li>• doxylamine</li> <li>• hydroxyzine</li> <li>• meclizine</li> <li>• pyrilamine</li> <li>• triprolidine</li> </ul>
<b>Antiparkinsonian Agents</b>	<ul style="list-style-type: none"> <li>• benztropine</li> </ul>	<ul style="list-style-type: none"> <li>• trihexyphenidyl</li> </ul>
<b>Skeletal Muscle Relaxants</b>	<ul style="list-style-type: none"> <li>• cyclobenzaprine</li> </ul>	<ul style="list-style-type: none"> <li>• orphenadrine</li> </ul>
<b>Antidepressants</b>	<ul style="list-style-type: none"> <li>• amitriptyline</li> <li>• amoxapine</li> <li>• clomipramine</li> <li>• desipramine</li> <li>• doxepin (&gt;6 mg/day)</li> </ul>	<ul style="list-style-type: none"> <li>• imipramine</li> <li>• nortriptyline</li> <li>• paroxetine</li> <li>• protriptyline</li> <li>• trimipramine</li> </ul>
<b>Antipsychotics</b>	<ul style="list-style-type: none"> <li>• chlorpromazine</li> <li>• clozapine</li> <li>• loxapine</li> <li>• olanzapine</li> </ul>	<ul style="list-style-type: none"> <li>• perphenazine</li> <li>• thioridazine</li> <li>• trifluoperazine</li> </ul>
<b>Antiarrhythmic</b>	<ul style="list-style-type: none"> <li>• disopyramide</li> </ul>	
<b>Antimuscarinics (Urinary Incontinence)</b>	<ul style="list-style-type: none"> <li>• darifenacin</li> <li>• fesoterodine</li> <li>• flavoxate</li> <li>• oxybutynin</li> </ul>	<ul style="list-style-type: none"> <li>• solifenacin</li> <li>• tolterodine</li> <li>• trospium</li> </ul>
<b>Antispasmodics</b>	<ul style="list-style-type: none"> <li>• atropine (excludes ophthalmic)</li> <li>• belladonna alkaloids</li> <li>• clidinium-chlordiazepoxide</li> <li>• dicyclomine</li> <li>• homatropine (excludes ophthalmic)</li> </ul>	<ul style="list-style-type: none"> <li>• hyoscyamine</li> <li>• methscopolamine</li> <li>• propantheline</li> <li>• scopolamine (excludes ophthalmic)</li> </ul>
<b>Antiemetics</b>	<ul style="list-style-type: none"> <li>• prochlorperazine</li> </ul>	<ul style="list-style-type: none"> <li>• promethazine</li> </ul>



**If you need additional information, please contact your Cigna representative.**



\*Whitman, A. M., DeGregory, K. A., Morris, A. L., & Ramsdale E. E. (2016). A Comprehensive Look at Polypharmacy and Medication Screening Tools for the Older Cancer Patient. *The Oncologist*, 21(6), 723–730. <https://doi.org/10.1634/theoncologist.2015-0492>

\*\*Dagli, R.J., Sharma, A. Polypharmacy: A Global Risk Factor for Elderly People. *Journal of International Oral Health*. 2014;6(6):i-ii. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4295469>

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