

# Statin use in Patients with Diabetes (SUPD)

## Why it Matters

Diabetes is manageable but even when glucose levels are under control, these patients have a significantly increased risk of heart disease and stroke. Individuals with insulin resistance or diabetes in combination with one or more risk factors (e.g., obesity, smoking, high blood pressure, lack of physical activity) are at even greater risk. With the combination of statin use and management of risk factors, patients may delay or avoid the development of heart and blood vessel disease.<sup>1</sup>

## Description of Measure

Percentage of patients 40 – 75 years of age with diabetes, who receive at least 1 fill of a statin medication in the measurement year.<sup>11</sup>

<b>Statins</b>	<ul style="list-style-type: none"> <li>■ Atorvastatin (+/- amlodipine)</li> <li>■ Lovastatin (+/- niacin)</li> <li>■ Pitavastatin</li> <li>■ Simvastatin (+/- ezetimibe, niacin)</li> </ul>	<ul style="list-style-type: none"> <li>■ Pravastatin</li> <li>■ Rosuvastatin (+/- ezetimibe)</li> <li>■ Fluvastatin</li> </ul>
<b>Exclusions</b>	<p>Patients are excluded if they:</p> <ul style="list-style-type: none"> <li>■ Received hospice care during the measurement year</li> <li>■ ESRD / dialysis</li> <li>■ Pregnancy, lactation, or fertility</li> <li>■ Pre-diabetes</li> <li>■ PCOS</li> <li>■ Cirrhosis</li> <li>■ Rhabdomyolysis or myopathy</li> </ul>	

Exclusion	ICD 10
<b>Myopathy</b>	G72.0, G72.89, G72.9
<b>Myositis</b>	M60.80, M60.819, M60.829, M60.839, M60.849, M60.859, M60.869, M60.879, M60.9
<b>Rhabdomyolysis</b>	M62.82
<b>Cirrhosis</b>	K70.30, K70.31, K71.7, K74.3 -5, K74.60, K74.69
<b>ESRD</b>	I12.0, I13.11, I13.2, N18.5, N18.6, N19, Z91.15, Z99.2

<b>Tips for Success</b>	<ul style="list-style-type: none"> <li>■ ‘Start low, go slow’ when starting patients on a statin to reduce potential for side effects and improve adherence.</li> <li>■ Look for unwanted side effects of statins, such as myalgias or drug-to-drug interactions. If it is desired to keep the patient on a statin, consider switching to pravastatin or Fluvastatin.</li> </ul>
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## Resources

- I. American Heart Association, Cardiovascular Disease and Diabetes, [www.heart.org/en/health-topics/diabetes/diabetes-complications-and-risks/cardiovascular-disease-diabetes](http://www.heart.org/en/health-topics/diabetes/diabetes-complications-and-risks/cardiovascular-disease-diabetes)
- II. Pharmacy Quality Alliance, April 19, 2022, *PQA Measure Measure Overview*, November 22, 2023, [www.pqaalliance.org](http://www.pqaalliance.org)

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