

## Statin Therapy for Patients with Diabetes

### Neighborhood News – October 2024

For individuals with diabetes, managing cholesterol is crucial due to their increased risk of atherosclerotic cardiovascular disease (ASCVD), a leading cause of health complications in this group. Effective cholesterol management can significantly reduce morbidity and mortality associated with diabetes.

#### HEDIS® Performance Metrics

- **Statin Therapy for Patients with Diabetes (Ages 40-75 without ASCVD)**
  - Our rate for prescribing at least one statin medication during the year decreased to 70.03% in Measurement Year (MY) 2023 for Medicaid members, down from 71.59% in MY 2022.
- **Statin Adherence 80% for Patients with Diabetes**
  - This measure assesses members who maintained a statin medication for at least 80% of the treatment period. We saw an improvement to 67.61% in MY 2023 for Medicaid members from 65.94% in MY2022.

#### Strategies to Improve Statin Therapy Adherence

- **Promote Consistent Medication Intake:** Educate your diabetic patients about the importance of taking their medications regularly to manage cholesterol levels effectively.
- **Manage Side Effects:** If patients report adverse reactions or side effects, consider adjusting their statin prescription to a different type that might be more tolerable.
- **Encourage Regular Follow-ups:** Remind patients to keep their appointments with their primary care providers to monitor their health and adjust treatment plans as needed.

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