



Medicare Part D Star Measure

Polypharmacy: Use of Multiple Anticholinergic Medications in Older Adults (POLY-ACH)

What is measured?

The measure looks at patients 65 or older with two or more claims for anticholinergic medications on different dates of service during the measurement year, with concurrent use for 30 or more days of two or more anticholinergics. Lower rates mean better performance.

Why is it important?

The American Geriatrics Society Beers Criteria® includes a list of medications that are potentially inappropriate for older adults. There is greater risk of adverse drug reactions due to metabolic changes and reduced drug clearance associated with aging.

Anticholinergic medications can cause confusion, dry mouth, blurred vision, constipation, and urinary retention. These can lead to increased risk of impaired cognitive and physical function, as well as falls.

Exclusions:

- Patients enrolled in hospice at any time during the measurement period

Tips for success

- Utilize Electronic Medical Record (EMR) to identify high-risk anticholinergic medications, along with safer alternatives, as they are being prescribed.
- Review the indication and duration of each anticholinergic medication at every visit. Work to transition to safer alternatives, or discontinue any medications in which potential harm outweighs benefits.

Questions?

We're here to help.

Email

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Antihistamine medications

brompheniramine	dexbrompheniramine	hydroxyzine
carbinoxamine	dexchlorpheniramine	meclizine
chlorpheniramine	dimenhydrinate	pyrilamine
clemastine	diphenhydramine (oral)	triprolidine
cyproheptadine	doxylamine	

Antiparkinsonian agent medications

benztropine	trihexyphenidyl
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Skeletal muscle relaxant medications

cyclobenzaprine	orphenadrine
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Antidepressant medications

amitriptyline	doxepin (>6 mg/day)	paroxetine
amoxapine	imipramine	protriptyline
clomipramine	nortriptyline	trimipramine

Antiarrhythmic medications

disopyramide

Antimuscarinics (urinary incontinence) medications

darifenacin	oxybutynin	tolterodine
fesoterodine	solifenacin	tropium
flavoxate		

Antispasmodic medications

atropine (excludes ophthalmic)	dicyclomine	methscopolamine
belladonna alkaloids	homatropine (excludes ophthalmic)	propantheline
clidinium chlordiazepoxide	hyoscyamine	scopolamine (excludes ophthalmic)

Antiemetic medications

prochlorperazine	promethazine
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Antipsychotic medications

chlorpromazine	olanzapine	thioridazine
clozapine	perphenazine	trifluoperazine
loxapine		

Not all listed medications may be on the health plan formulary. Our Medicare formulary is at [Medicare.PacificSource.com/Search/Drug](https://www.pacificsource.com/Search/Drug).