



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	dimenhydrinate	hydroxyzine
chlorpheniramine	diphenhydramine (oral)	meclizine
cyproheptadine	doxylamine	triprolidine

Antiparkinsonian agent medications

benztropine	trihexyphenidyl
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Skeletal muscle relaxant medications

cyclobenzaprine	orphenadrine
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Antidepressant medications

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

Antimuscarinics (urinary incontinence) medications

darifenacin	oxybutynin	tolterodine
fesoterodine	solifenacin	trospium
flavoxate		

Antispasmodic medications

atropine (excludes ophthalmic)	dicyclomine	hyoscyamine
clidinium chlordiazepoxide	homatropine (excludes ophthalmic)	scopolamine (excludes ophthalmic)

Antiemetic medications

prochlorperazine	promethazine
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Antipsychotic medications

chlorpromazine	olanzapine
clozapine	perphenazine

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).