VOLUME 2 | APRIL 2022

POPULATION HEALTH PHARMACY NEWSLETTER

What is new in *Population Health?*

- Pharmacy of Hope
- ACO Clinical Team Podcast
- Post Acute Opioid Committee

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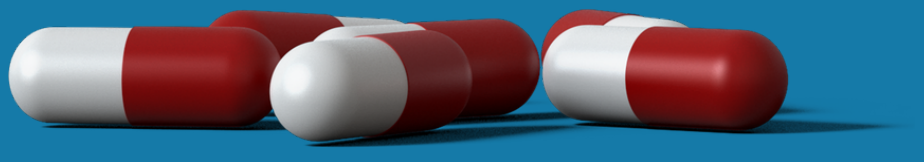
Upcoming Generic Drugs

BRAND NAME	GENERIC NAME	CONDITION	DOSAGE FORM	ANTICIPATED LAUNCH
Norvir (100mg) ®	Ritonavir	Used to treat HIV infection	Capsules	2022
Combigan ®	Brimonidine Tartrate and Timolol Maleate	Used to treat glaucoma and lower high eye pressure	Solution	2022
Toviaz (4mg) ®	Fesoterodine Fumarate	Used to treat overactive bladder	Tablets	2022
Revlimid (2.5, 5, 10, 15, 20, 25mg) ®	Lenalidomide (2.5, 5, 10, 15, 20, 25mg)	Used to treat multiple myeloma, lymphoma and MDS	Capsules	March 01, 2022
Vimpat (Injection; Solution; Tablet) ®	Lacosamide	Used to treat seizures	Injection, Solution or Tablets	March 17, 2022
Zipsor ®	Diclofenac Potassium	Used to ease pain, treats arthritis	Capsules	March 24, 2022
Lexiscan Injection®	Regadenoson	Used during a stress test of the heart	Injection	April 11, 2022
Velcade Injection ®	Bortezomib	Treats multiple myeloma and a type of lymphoma	Injection	May 01, 2022
Alimta (100, 500, 750, 1000 mg)®	Pemetrexed Disodium	Used to treat lung cancer and mesothelioma	Injection	May 25, 2022
Viibryd ®	Vilazodone Hydrochloride	Used to treat low mood (depression)	Tablets	June 04, 2022
Pradaxa (75, 110, 150mg) ®	Dabigatran Etexilate Mesylate	Used to treat or prevent blood clots	Capsules	June 30, 2022
Iressa ®	Gefitinib	Treats lung cancer	Tablets	July 13, 2022
Suprep ®	Magnesium Sulfate Anhydrous; Potassium Sulfate; Sodium Sulfate	Used to clean out the GI tract	Solution	September 1, 2022
Treanda (powder and solution) ®	Bendamustine Hydrochloride	Treats a type of leukemia	Injection	December 07, 2022
Rayos (1, 2, 5 mg) ®	Prednisone	Treats inflammation of the skin, joints, lungs, and other organs	Tablets	December 23, 2022
Cambia ®	Diclofenac Potassium	Treats migraine headaches	Powder	January 1, 2023
Noxafil (injection)®	Posaconazole	Used to prevent fungal infections	Injection	January 01, 2023
Trokendi XR ®	Topiramate	Used to treat seizures, prevents migraine headaches	Capsules	January 1, 2023
Xyrem ®	Sodium Oxybate	Treats loss of muscle tone and sleepiness during the day in patients with narcolepsy	Solution	January 1, 2023
Latuda ®	Lurasidone Hydrochloride	Treats schizophrenia and low mood	Tablets	February 20, 2023



Upcoming Generic Drugs- Continued

BRAND NAME	GENERIC NAME	CONDITION	DOSAGE FORM	ANTICIPATED LAUNCH
Ferriprox (1,000 mg)®	Deferiprone	Transfusional iron overload	Tablets	February 14, 2022
Sabril®	Vigabatrin	Infantile spasm, refractory complex partial seizures	Tablets	February 10, 2022
Restasis®	Cyclosporin	Keratoconjunctivitis sicca, vernal keratoconjunctivits	Opthalmic solution	February 7, 2022
Epiduo Forte®	Adapalene & benzoyl peroxide	Acne vulgaris	Topical	February 7, 2022
Dexilant (30, 60 mg)®	Dexlansoprazole	Gastroesophageal reflux disease	Capsules	January 3, 2022
Narcan®	Naloxone hydrochloride	Opioid overdose	Nasal spray	December 22, 2021

Five star quality rating

The Centers for Medicare & Medicaid Services (CMS) use a five-star quality rating system to measure Medicare beneficiaries' experience with their health plans and the health care system. A 5-star rating is considered excellent. The overall star rating is determined through numerous measures. Among those are *adherence to certain classes of medication*, *Statin Use in People with Diabetes*, and *Medication Therapy Management*. A patient's adherence to medication is determined using the *proportion of days covered (PDC) score* which measures the percentage of days a patient has medication on hand. For a patient to be considered adherent to their medication their PDC must be 80% or greater. Each patient's adherence score directly impacts the plans overall adherence score for their population. The three adherence measures are Diabetes, RAS, and Statin and their respective *5 Star Cutpoints* are 91%, 90%, and 91%. Once a patient has 2 fills of any antidiabetic, anti-hypertensive (ACE or ARB), or a statin, they are entered into the measure denominator and required to refill their prescriptions in a timely manner every month. There will come a point in the calendar year where a patient can no longer achieve 80% and become non-recoverable. These non-recoverable patients negatively impact the plan and contribute to lower STAR ratings.

Some *best practices* providers can take to help patients remain compliant are:

1. Request a 90-day supply for their medication rather than a 30-day supply
2. Ensure they have enough remaining refills on their prescriptions for the year or until their next office visit
3. If a request is submitted for refill from the pharmacy, send in a minimum of a 30 day supply to bridge the patients through their non-recoverable date, and until patients can be seen for follow up appointment, if needed.
4. Remind patients to fill and adhere to their medicines at every office visit
5. If medication directions change for patients, send in updated instructions to the pharmacy with notes indicating previous script cancellation
6. If patients' medications are discontinued, ensure their pharmacy is aware of the discontinuation
7. If a medication is not on the formulary or has a high member cost share, ensure a lower cost, formulary alternative is prescribed and a note is sent to the pharmacy to discontinue previous medication
8. If a medication requires a formulary exception, ensure necessary paperwork is submitted as soon as possible to avoid delays- typically includes rationale on why formulary alternatives are not appropriate or that patient has failed all formulary alternatives previously
9. Educate office staff and patients regarding STARS team outreach so that they may assist with closing the gaps
10. Contact your clinical population health pharmacist for additional support

Payer Formulary Updates

HORIZON

- Beginning on April 1, 2022, Semglee will be preferred over Lantus. Semglee is the biosimilar approved to be interchanged for Lantus. If the patient is a Horizon Commercial member, if clinically appropriate please convert Lantus to Semglee.
- BCBS members now have a new way to achieve their best health and save money on prescription medicines. RX Savings Solutions is a program that was launched in July for commercial, Medicare and Braven members. Rx Savings Solutions reviews claims data to identify members who may have a savings opportunity if they switch to a different prescription medicine(s).
- Savings opportunities are communicated to the member, if applicable, by email or text, and when the member is signed in at HorizonBlue.com and the Horizon Blue app. From their HorizonBlue Savings Solutions portal, they will see which of their prescriptions have a savings opportunity.
- Once the member activates their Rx Savings Solutions account and indicates they want to switch to the lower-cost medicine, Rx Savings Solutions will work directly with the prescriber and the member's pharmacy to discuss the opportunity.

CIGNA

- For "Natural Thyroid" medications, the preferred product is NP Thyroid (other alternatives WP Thyroid and Armour Thyroid will no longer be covered)
- For Albuterol HFA generics, the preferred products are the generic Proventil HFA and the generic ProAir HFA (the alternative Authorized generic for Ventolin HFA will no longer be covered).

AETNA

- High cost drugs listed under red symbol are currently not recommended to be prescribed. Clinicians are encouraged to review patient's current regimen and switch to drugs listed in yellow and green. (See Aetna formulary on next page)

Nonsteroidal anti-inflammatory agents (NSAIDs)

- **$ 2,418.47** Vimovo 500-20 (naproxen-esomeprazole)
- **$ 2,333.77** Duexis (ibuprofen-famotadine)
- **$ 2,229.08** Fenoprofen 200mg
- **$ 2,072.00** Naproxen-esomeprazole 500-20 (generic Vimovo)
- **$ 1,973.45** Ketoprofen cap 25mg
- **$ 1,949.77** Sprix spray (ketorolac)(8 day supply)
- **$ 1,387.79** Zipsor (diclofenac potassium)
- **$ 860.34** Vivlodex (meloxicam)
- **$ 704.60** Naprelan CR (naproxen)
- **$ 640.31** Zorvolex 35mg (diclofenac)
- **$ 525.13** Celebrex (celecoxib)
- **$ 463.34** Arthrotec (Diclofenac w/ Misoprostol)

- **$ 105.05** Diclofenac w/ Misoprostol (generic Arthrotec)
- **$ 74.69** Oxaprozen
- **$ 72.99** Ketorolac

Use this category of products to prescribe for value.

- **$ 60.86 Celecoxib**
- **$ 27.68 Diclofenac potassium**
- **$ 12.17 Sulindac**
- **$ 12.11 Diclofenac sodium**
- **$ 11.94 Nabumetone**
- **$ 8.93 Ibuprofen**
- **$ 4.37 Naproxen**
- **$ 2.65 Meloxicam**

Proton pump inhibitors

- **$4,098,74** Zegerid (omeprazole/NaBicarb)
- **$ 788.16** Omeprazole/NaBicarb (generic Zegerid)
- **$ 644.54** Aciphex (rabeprazole)
- **$ 600.66** Protonix (pantoprazole)
- **$ 499.39** Prevacid (lansoprazole)
- **$ 298.11** Dexilant (dexlansoprazole)[1]
- **$ 318.42** Nexium (esomeprazole)

- **$ 92.09** Esomeprazole (generic Nexium)
- **$ 71.26** Rabeprazole (generic Aciphex)

Use this category of products to prescribe for value.

- **$ 50.48 Lansoprazole (generic Prevacid)**
- **$ 6.93 Pantoprazole (generic Protonix)**
- **$ 6.87 Omeprazole (generic Prilosec)**

HMG CoA-reductase Inhibitors

- **$ 907.60** Altoprev (lovastatin)
- **$ 410.95** Lipitor (atorvastatin)
- **$ 263.72** Crestor (rosuvastatin)
- **$ 209.54** Zypitamag (pitavastatin magnesium)
- **$ 305.51** Livalo (pitavastatin calcium)
- **$ 221.66** Zocor (simvastatin)

- **$ 132.30** Pravachol (pravastatin)

Use this category of products to prescribe for value.

- **$ 85.63 Fluvastatin (generic Lescol)**
- **$ 27.27 Rosuvastatin (generic Crestor)**
- **$ 10.07 Atorvastatin (generic Lipitor)**
- **$ 7.28 Pravastatin (generic Pravachol)**
- **$ 6.85 Simvastatin (generic Zocor)**
- **$ 3.91 Lovastatin (generic Mevacor, Altoprev)**

Metformin

- **$ 6,334.46** Glumetza
- **$ 1,649.12** Metformin ER-Modi (generic Glumetza)
- **$ 532.11** Metformin ER - Osmo Tablet (generic Fortamet)

- **$ 42.85** Glucophage XR

Use this category of products to prescribe for value.

- **$ 5.50 Metformin ER (generic Glucophage XR)**
- **$ 4.26 Metformin tablet**

Deprescribing

Overview

As people age, the risk for developing chronic condition increases sharply. Consequently, patients will take multiple medications daily to treat these conditions. Nearly half of the older population takes 5 or more medications. In this population, polypharmacy is associated with increased mortality, adverse drug events, drug interactions, falls, low medication adherence, and greater health care costs. Deprescribing can be an effective way to reduce a patient's medication burden, decrease risks of adverse reactions, and increase quality of life.

What is deprescribing?

Deprescribing is the process of medication withdrawal, supervised by a healthcare professional, with the goal of managing polypharmacy and improving outcomes. Medications should be deprescribed when they no longer help patients meet their goals of care, when the risks outweigh the benefits, or in the event of duplicate therapy.

How to initiate deprescribing?

Many patients would like to take fewer medications if they could, but often rely on clinicians to initiate the conversation. These conversations should focus on helping patients understand that taking fewer medications could improve their quality of life by reducing adverse reactions while maintaining medication benefits.

Steps to individualize deprescribing

1. Identify potentially inappropriate medications
2. Determine if the medication dosage can be reduced or the medication can be stopped
3. Plan tapering process

Deprescribing

Steps to individualize deprescribing (cont.)

4. Monitor for discontinuation symptoms or the need to restart and support the patient
5. Document outcomes

Deprescribing Tools

There are a variety of tools available to guide you through the deprescribing process. The most widely used tools include the Beers Criteria and Screening Tool Of Older People's Prescriptions and Screening Tool to Alert doctors to the Right Treatment (STOPP-START). Additionally, guidelines and algorithms to help manage the deprescribing process are available on deprescribing.org

Clinical Considerations

When evaluating a patient's medication regimen, include over the counter medication and supplements (vitamins, herbals, and minerals) to obtain a complete picture of the patients medications. A good time for physicians to review a patient's medications is during their annual wellness exam. Collaboration with pharmacists can also be valuable due to their ability to monitor patients to ensure the success of an intervention and mitigate risk.

References:

1. Farrell B, Mangin D. Deprescribing Is an Essential Part of Good Prescribing. Am Fam Physician. 2019;99(1):7-9.
2. Maher RL, Hanlon J, Hajjar ER. Clinical consequences of polypharmacy in elderly. Expert Opin Drug Saf. 2014;13(1):57-65.
3. What is deprescribing? Deprescribing.org. https://deprescribing.org/what-is-deprescribing/. Published December 31, 2018. Accessed February 10, 2022.

Medication Safety

trulicity™
dulaglutide once-weekly injection

TRULICITY (dulaglutide)
TRULICITY (dulaglutide), a glucagon-like-peptide-1 (GLP-1) receptor agonist, is used as an adjunct to diet and exercise to improve glycemic control in adults with type 2 diabetes. It is available as a single dose solution pen in 4 strengths that is administered subcutaneously once weekly.

What can YOU do to prevent a medication error?
TRULICITY (dulaglutide) pens should never be primed unlike some of the other GLP-1 receptor agonist pens. Any attempt to prime a TRULICITY (dulaglutide) pen empties its contents and wastes the medication. To prevent this medication error, counsel your patients prior to prescribing TRULICITY.

Reference:
Institute for Safe Medication Practices (ISMP). *Medication Safety Alert! November 2021*. https://www.ismp.org/nursing/medication-safety-alert-november-2021