

# Cardio-Protective Medication Bundle

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# Objectives

1. Discuss cardio-protective medication bundle and the reason it is needed
2. Review medications consisted within the bundle
3. Review the aims of improved population health and lowered costs
4. Discuss previous successful efforts and outcomes with cardio-protective medication use
5. Discuss health plan's role in helping facilitate the use of a bundle

# What is Cardio-Protective Medication Bundle?

- Therapy proposed by the Right Care Initiative research team
- A statin and ACE-inhibitor should be prescribed to patients who have diabetes and over age 55
- High risk for heart attacks and strokes
- Have suffered a heart attack or stroke
- Aspirin used as secondary prevention



AT THE **HEART** OF **DIABETES** Diabetes & Heart Disease  
By The #s

U.S. DIABETES PATIENTS HAVE:



**2-3x**

increased risk  
for heart disease



**30%**

of coronary stents  
implanted in 2011



**280,000**

heart attacks  
annually



**2-4x**

higher heart disease  
morbidity and mortality rates



**60%**

chance of dying  
from heart disease

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# The Importance of Treating Diabetes

- An estimated 30.3 million people of all ages—or 9.4% of the U.S. population—had diabetes in 2015.
- Of the 30.3 million adults with diabetes, 23.1 million were diagnosed, and 7.2 million were undiagnosed.
- 1.5 million Americans are diagnosed with diabetes every year
- The percentage of Americans age 65 and older remains high, at 25.2%, or 12.0 million seniors (diagnosed and undiagnosed).
- Diabetes remains the 7th leading cause of death in the United States in 2015, with 79,535 death certificates listing it as the underlying cause of death, and a total of 252,806 death certificates listing diabetes as an underlying or contributing cause of death.

# The Importance of Treating Cardiovascular Disease

- In 2011–2012, 78 million U.S. adults (nearly 37%) had low-density lipoprotein cholesterol levels that fall in the range where experts recommend cholesterol medicine or had other health conditions putting them at high risk for heart disease and stroke.
- 95 million U.S. adults age 20 or older have total cholesterol levels greater than 200 mg/dL. Nearly 29 million adult Americans have total cholesterol levels higher than 240 mg/dL.
- Having high blood cholesterol raises the risk for heart disease, the leading cause of death, and for stroke, the fifth leading cause of death.

# The Importance of Treating Cardiovascular Disease

## cont'd

- About 75 million American adults (32%) have high blood pressure—that's 1 in every 3 adults.
- Only about half (54%) of people with high blood pressure have their condition under control.
- High blood pressure was a primary or contributing cause of death for more than 410,000 Americans in 2014—that's more than 1,100 deaths each day.

# Kaiser's ALL and PHASE medication bundle

## ALL

- Aspirin, Lisinopril, and a lipid lowering statin

## PHASE

- Included the ALL protocol and the addition to a beta blocker

- Among 47,268 “low exposure” individuals who used the medication bundle <1 year, 726 fewer heart attacks and strokes occurred (reduction in hospitalization for heart attack or stroke by 15 per 1,000 members).
- Among the 21,292 “high exposure” individuals who used the medication bundle 1-2 year, 545 fewer heart attacks and strokes occurred (reduction in hospitalization for heart attack or stroke by 26 per 1,000 members).
- For those that took the medication bundle less than one year, the bundle reduced heart attack and stroke hospitalizations by 60% compared to those that never took the medication bundle.



# Costs at a glance for Kaiser's ALL protocol

- The medication bundle protocol saved their health plan about \$300 per patient per year.
- The medication bundle utilizes inexpensive generic medications, costing just \$8/patient/month total.
- According to CDC “In 2010, the total costs of cardiovascular diseases in the United States were estimated to be \$444 billion. Treatment of these diseases accounts for about \$1 of every \$6 spent on health care in this country. Preventing and controlling high blood pressure and high cholesterol play a significant role in cardiovascular health.”

# HEDIS measures potentially impacted

Comprehensive Diabetes Care (CDC)

Persistence of Beta-Blocker Treatment After a Heart Attack (PBH)

Statin Therapy for Patients with Diabetes (SPD)

Statin Therapy for Patients with Cardiovascular Disease (SPC)

Controlling Blood Pressure (CBP)

Annual Monitoring for Patients on Persistent Medications (MPM)

- Implementation of a cardio-protective medication bundle protocol may greatly improve clinical outcomes such as:
  - Blood pressure control for patients with hypertension
  - Lipid control for both heart disease and diabetic members.
- Decrease in annual drug spend.