



One in a series of tip sheets that look at key Healthcare Effectiveness Data and Information Set measures, commonly referred to as HEDIS® measures.

## Medication management for people with asthma

This measure is used to assess the percentage of members ages 5 to 85 who were identified as having persistent asthma and who were dispensed an asthma controller medication that they remained on for at least 50 to 75 percent of their treatment period.

### Improving HEDIS scores

- **Code properly.** This measure is calculated solely through pharmaceutical claims data; therefore, it's important that proper diagnosis and procedure codes are used and submitted in a timely manner. Following are the ICD-10 codes for asthma:

J45.20-22, J45.30-32, J45.40-42,  
J45.50-52, J45.901, J45.902, J45.909,  
J45.990, J45.991, J45.998

- **Partner.** Long-term adherence is essential for successful medication management. Encourage a sense of partnership and self-empowerment through open communication.

- **Educate:**

- Patient education is a continual and personalized process. Changes in clinical research, as well as patient's life status, require frequent assessment and additional education.
- Explain the nature of long-term medication; e.g., the need for it to be taken every day even if the symptoms are not being experienced at the time. Emphasize the difference between long-term medication (used as a preventative measure) and short-term medication (used as a rescue measure when symptoms arise).

### Did you know?

- Adherence to asthma medication is reported to be as low as 30 to 70 percent.
- Up to three-quarters of the total cost associated with asthma may be due to poor asthma control.
- Factors associated with nonadherence to medications include difficulties with inhaler devices, complex regimens, side effects, cost of medications and location of pharmacies.
- Michigan school children are allowed by law to carry and self-administer prescribed asthma medication on school grounds and during school-sponsored activity and programs.

*continued*

# Tip:

Avoid giving free samples when possible. If patients are given free samples, they'll appear to be noncompliant.

## Helpful HEDIS hints

Following are asthma controller medications to keep in mind:

Description	Prescription
<b>Antiasthmatic combinations</b>	<ul style="list-style-type: none"><li>• Dyphylline guaifenesin</li><li>• Guaifenesin theophylline</li></ul>
<b>Antibody inhibitor</b>	<ul style="list-style-type: none"><li>• Omalizumab</li></ul>
<b>Inhaled corticosteroids</b>	<ul style="list-style-type: none"><li>• Beclomethasone</li><li>• Budesonide</li><li>• Ciclesonide</li><li>• Flunisolide</li><li>• Flunisolide CFC free</li><li>• Mometasone</li></ul>
<b>Inhaled steroid combinations</b>	<ul style="list-style-type: none"><li>• Budesonide-formoterol</li><li>• Fluticasone-salmeterol</li><li>• Fluticasone-vilanterol</li><li>• Mometasone-formoterol</li></ul>
<b>Leukotriene modifiers</b>	<ul style="list-style-type: none"><li>• Montelukast</li><li>• Zafirlukast</li><li>• Zileuton</li></ul>
<b>Mast cell stabilizers</b>	<ul style="list-style-type: none"><li>• Cromolyn</li></ul>
<b>Methylxanthines</b>	<ul style="list-style-type: none"><li>• Aminophylline</li><li>• Dyphylline</li><li>• Theophylline</li></ul>

*HEDIS®*, which stands for *Healthcare Effectiveness Data and Information Set*, is a registered trademark of the National Committee for Quality Assurance, or NCQA.

No portion of this document may be copied without the express written permission of Blue Cross Blue Shield of Michigan, except that BCBSM participating health care providers may make copies for their personal use. In no event may any portion of this publication be copied or reprinted and used for commercial purposes by any party other than BCBSM. None of the information included herein is intended to be legal advice and, as such, it remains the provider's responsibility to ensure that all coding and documentation are done in accordance with all applicable state and federal laws and regulations.

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

This measure applies to commercial members only.