



Polypharmacy: Use of Multiple Anticholinergic ACH Medications in Older Adults **(Poly-ACH) Tip Sheet**

What is the CMS Star Rating Program?
CMS uses a five-star quality rating system to measure the experiences Medicare beneficiaries have with their health plan and health care system – the Star Rating Program. Health plans are rated on a scale of 1 to 5 stars, with 5 being the highest. These ratings are then published on the Medicare Plan Finder at www.medicare.gov to raise the quality of care for Medicare beneficiaries, strengthen beneficiary protections and help consumers compare health plans more easily.

Measure Description	Weight: 1
The percentage of continuously enrolled CE Medicare Part D beneficiaries, 65 years or older, with concurrent use of two or more unique ACH medications during the measurement period.	

Measure Source
<ul style="list-style-type: none">• Prescription Drug Event data from CMS.• 1/1 – 12/31.

Stars/Quality Specifications
<ul style="list-style-type: none">• The percentage of continuously enrolled CE Medicare Part D beneficiaries, 65 years or older, with concurrent use of two or more unique ACH medications during the measurement period.

Strategies for Success
Anticholinergic Medications include: <ul style="list-style-type: none">• Antihistamines.• Antiparkinsonian agents.• Skeletal muscle relaxants.• Antidepressants.• Antipsychotics.• Antimuscarinics (urinary incontinence).• Antispasmodics.• Antiemetics.

Coding and Documentation Tips
Exclusions: <ul style="list-style-type: none">• Members who elect to receive hospice care with at least one day of hospice coverage during the measurement period.

If you have questions, please contact your provider relations specialist.