Safely Reducing the Use of Antipsychotic Medications
An Overview
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The Quality Initiative

American Healthcare Association (AHCA) and CMS Triple Aim:

1. Better Health: Good for the Residents
2. Better Quality: Good for the Nursing Center
3. Reduce Costs: Possibly Future Impact
What is the Initiative?

- AHCA Quality Initiative Goal:
  - Safely reduce the off-label use of antipsychotic drugs by 15%
  - (3 year initiative started in 2012)

CMS is to reduce the off-label use of antipsychotic medication
Antipsychotic Medications:

- Olanzapine (Zyprexa)
- Aripiprazole (Abilify)
- Risperidone (Risperdal)
- Quetiapine (Seroquel)
- Clozapine (Clozaril)
- Ziprasidone (Geodon)
- Haloperidol (Haldol)*
- Thioridazine (Mellaril)*
- Chlorpromazine (Thorazine)*
- Prochlorperazine (Compazine)*
- Loxapine (Loxitane)*
- Molindone (Moban)
- Thiothixene (Navane)*
- Pimozide (Orap)*
- Mesoridazine (Serentil)
- Fluphenazine (Prolixin)*
- Trifluoperazine (Stelazine)*
- Promazine (Sparine)*
- Triflupromazine (Vesprin)*
- Iloperidone (Fanapt)
- Lurasidone (Latuda)
- Perphenazine (Trilafon)*
- Clozapine (FazaClo)
- Paliperidone (Invega)

*First Generation Antipsychotics; all others would be considered “Second Generation Antipsychotics”
What is CMS measuring?

- **Short-Stay Incidence**
  - % of individuals who have an antipsychotic drug initiated for an off-label use within the first 100 days of a nursing facility stay

**Exclusions:**
1. Antipsychotic use identified on the initial assessment - OR -
2. Diagnosis of: Schizophrenia, Huntington’s Disease or Tourette’s Syndrome
What is CMS measuring?

- Long-Stay Prevalence
  % of long-stay residents with an off-label use of an antipsychotic drug

Exclusions: Diagnosis of Schizophrenia, Huntington’s Disease or Tourette’s Syndrome.
Why reduce off-label use of antipsychotic medication?

- CMS expectation
- Expenses related to use of antipsychotic medications and increased prevalence of use
- Lack of efficacy
- Quality of Life and Person-Centered Care
CMS Efforts

- Increase focus on reviewing use of antipsychotic drugs and publicly report use
  - On QIQMs, thus part of 5 star rating

Initiative to reduce use of off-label antipsychotic medications
  - Hand in Hand Training for Person-Centered Care
  - Surveyor training for compliance
CMS Efforts

- CMS
  - Updated interpretive guidelines F309, F329
  - Provided tools for survey process (QIS/traditional)
  - Surveyor training programs
  - Local learning networks with LANES and QIOs to disseminate information – Colorado Coalition to Improve Dementia Care in Nursing Homes
Expenses related to Antipsychotic Medications

- Expense of antipsychotic medication since 2000
- U.S sales (2000-2011) $5.4 billion - $12.6 billion
- Prescriptions ('00-'05) 29.9 million to 54 million
- 29% of prescriptions dispensed by LTC pharmacies in 2011 (~1 Rx per every LTC resident)
- Medicaid spends more money on antipsychotics than it does on antibiotics or heart medications
- 40 new antipsychotic drugs in development

G. Allen Power, M.D.
Risks related to antipsychotic medications

Risks of antipsychotic drug use
- Sedation, lethargy
- Gait disturbance, falls
- Rigidity and other movement disorders
- Constipation, poor intake
- Weight gain
- Elevated blood sugar
- Increase risk of pneumonia
- Increased risk of stroke

Ballard et al. (2009): Double mortality rate (at least 18 studies now show increased mortality)
How do nursing homes accomplish reduction?

- Staff retention and Consistent Assignment
- Tracking Systems
- Collaboration
- Education
- Alternative interventions
Staff Retention and Consistent Assignment

- The same staff caring for the same residents will develop relationships
- Educational efforts are more successful
Tracking Systems

- LTC Trend Tracker through AHCA or Advancing Excellence tracking forms
- Daily Telephone Order review
- List from pharmacy with residents on antipsychotic medications with diagnosis
- Psychotropic Medication committee
- Champion in building – all new orders for antipsychotic medications go through them
- Bring data of antipsychotic use to QA&A meeting
Collaboration

- Work with peers in LTC community
- Share best practice
- AHCA, CHCA, CFMC (Colorado’s QIO)
- CMS, CDHC PF, CDPHE, Ombudsmen
- Colorado Coalition to Improve Dementia Care in Nursing Homes
- Alzheimer’s Association
- Pioneer Network
Education

- Training
  - Administration
  - Physicians
  - Staff (clinical and non-clinical)
  - Resident/Family/ Responsible Party
- Training on providing care for individuals with dementia
  - Hand in Hand CMS Training module
Alternative and Non-pharmacological Interventions

- Environment (sound levels, temperatures)
- Proper Assessment (is the issue one of voiding, pain, thirst? Is there a medical issue such as infection?)
- Aromatherapy
- Exercise
- Touch therapies
- Alternative healing modalities
Challenges with Initiative

- Nursing Homes are currently the only provider mandated to reduce the off-label use of anti-psychotic medications
- Admissions from hospitals, homes
- Physicians write the orders, nursing homes challenged to find providers
- No additional funding for compliance
Challenges with Initiative

- Gradual Dose Reduction are not captured
- Newly admitted residents using antipsychotics
- Family education and fears
- Closure of inpatient geropsych facility in Denver
Colorado Results

- We are improving

- Graphs represent information from Q1 2011 through Q4 2012
## Regional Summary for Facility Antipsychotic Quality Measures

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Most Current Information

- Off-label antipsychotic use released October 2013 for Q1 2013
- National Average 21.71%
- Region 8 18.92%
- Colorado 18.5%
- Colorado ranked 13th lowest use in nation
CMS has released two new S&C Memoranda (with attachments) related to new guidance on improving care for persons with dementia and reducing antipsychotic drug use in nursing facilities:


Resources Surveyor Training

2. Click on the "I am a Provider" tab
3. Click on the "Reduction in Unnecessary Medications in Nursing Homes" at the menu at the top of the screen
4. Click on the program that you wish to view.
Resources CHCA

Colorado Healthcare Association

- Task Force to Safely Reduce the Off-label Use of Antipsychotic Medications - Third Tuesday of Every Month 1:15-2:45pm, CHCA offices

Website resources – Members only – Log-in First
- CHCA Website
- About CoHCA
- CoHCA Committees
- Reducing Psychotropic Drugs
Resources AHCA

- American Healthcare Association
  http://www.ahcancal.org

- Quality Improvement
- AHCA/NCAL Quality Initiative
- Safely Reduce the Off-Label Use of Antipsychotics (member log-in required)
Resources

- Advancing Excellence In America’s Nursing Homes
  http://www.nhqualitycampaign.org/

- Colorado Foundation for Medical Care (Colorado QIO) www.cfmc.org

- Colorado Coalition to Improve Dementia Care In Nursing Homes – meets 3rd Thursday of month at CDPHE
Questions?

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