

New Star Part D Quality Measure Alert

Polypharmacy- Use of Multiple Anticholinergic Medications in Older Adults

Patients aged 65 and older who are prescribed ≥ 2 anticholinergic medications are at increased risk for adverse outcomes, including **blurred vision, cognitive decline, confusion, delirium, dizziness, falls, urinary retention, and higher rates of hospitalization and mortality.**

To reduce these risks and improve patient outcomes, providers are encouraged to routinely review medication regimens, assess the cumulative anticholinergic burden, and consider **safer alternatives** when appropriate.

Elderplan is partnering with CVS Caremark (PBM)-Integrated Stars Solutions (ISS) to support safer prescribing by flagging anticholinergic medications and suggesting safer alternative options. You may receive EHR or fax alerts, with follow up phone calls from Elderplan or CVS clinical pharmacists as needed.

Anticholinergic Agents and their Safer Alternatives		
Drug Class	Avoid	Safer Alternatives
Antihistamine	Brompheniramine Chlorpheniramine Cyproheptadine Dimenhydramine Diphenhydramine Doxylamine Hydroxyzine Meclizine	Levocetirizine Azelastine nasal spray Fluticasone Nasal Spray Flunisolide Nasal Spray Sleep Aids: Melatonin
Antiparkinsonian	Benztropine Trihexyphenidyl	Carbidopa-Levodopa Entacapone Amantadine
Antidepressants	Amitriptyline Anoxapine Clomipramine Desipramine Doxepin >6 mg/day Imipramine Nortriptyline Paroxetine	Citalopram Escitalopram Sertraline Busprione Mirtazapine Bupropion Venlafaxine Duloxetine
Antiemetic	Prochlorperazine Promethazine Meclizine	Ondansetron
Antimuscarinic Agents	Oxybutynin Solifenacin Tolteridine Trospium	Myrbetriq Gemtesa
Skeletal Muscle Relaxants	Cyclobenzaprine Orphenadine	Baclofen Tizanidine Methocarbamol