

Proportion of Days Covered: Diabetes Medications (PDC-DR)

Adherence to Diabetes Medications

By working together, we can improve health outcomes for your patients, our members. Pharmacy Quality Alliance (PQA) measures are used to assess prescription drug plans' quality and performance. Adherence measures are developed by PQA and endorsed by the National Quality Forum. This tip sheet provides key details of the adherence measure for Proportion of Days Covered: Diabetes Medications All Class (PDC-DR).

What Is the Measure?

This measure analyzes the percentage of members age 18 and older who adhere to their diabetes medication regimen. Adherence is measured by the proportion of days covered (PDC). Members with a PDC of **80% or higher** for their diabetes medications during the measurement period are considered adherent. The measurement period is limited to one year.

Note: The PDC is the percent of days in the measurement period covered by prescription claims for the same medication or another in its therapeutic category.

Exclusions

- One or more prescriptions for insulin
- Diagnosis of end-stage kidney disease
- Member in hospice
- Member with an inpatient or skilled nursing facility stay for the entire measurement period

Denominator

Eligible population: Members 18 years and older who filled at least two prescriptions for any diabetes medication on different dates of service during the measurement period.

- Members qualify for the measure with the second fill, but the adherence measurement episode starts with the date of the first fill and ends with an enrollment gap, death, or the measurement period end date.
- The first fill of medication must occur at least 91 days before the end of the adherence episode within the measurement period.

Numerator

Eligible members with a PDC of 80% or higher for the targeted drug class(es)

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Medication Class

- Biguanides (i.e., Metformin)
- DPP4 Inhibitors
- GLP-1 Receptor agonists
- Meglitinides
- SGLT2 Inhibitors
- Sulfonylureas
- Thiazolidinediones

Best Practices to Improve Adherence

- Discuss with members why they are on a specific medication. Reinforce the role and importance of their diabetes medication. Together, identify and resolve member-specific adherence barriers or concerns (health benefits, side effects, timely refills, and cost).
- Educate the member on taking the medication as directed on the prescription.
- Monitor members who are at risk for poor compliance; reach out prior to refill due date.
- Reach out to your patients and advise them to refill their prescription as soon as possible.
- Send updated prescription to the pharmacy for medication or dosage changes. Avoid long gaps in time between the first and second fill.
- If a member is eligible, consider a 90- or 100-day supply and switching to generic for improved adherence. Recommend PillPack for patients on complex medication regimens.
- Encourage members to use the automatic refill option and to use our pharmacy mail-order service to help with adherence.
- Encourage members to use their Florida Blue member card at the pharmacy to generate pharmacy claims and capture member compliance.

References

- PQAAlliance.org/Measures-Overview#PDC-DR
- CMS.gov/Files/Document/2024TechNotes20230929.pdf

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