

Polypharmacy-Use of Multiple Anticholinergics Medications in Older Adults (Poly-ACH)

CMS Weight

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Why it Matters

The concurrent use of multiple anticholinergics at the same time increases the risk of dangerous side effects and complications. These drugs should be prescribed cautiously with close monitoring.

Definition

Percentage of patients 65 and older with concurrent use of 2 or more unique anticholinergic (ACH) medications.

Note: Patients with at least 2 fills of each medication on different dates of service in the targeted drug class during the measurement year. Concurrent use is defined as overlapping days' supply for at least 30 cumulative days during the measurement year.

Compliance

Patients are considered complaint with this measure when concurrent use of 2 or more anticholinergics must be limited to less than 30 cumulative overlapping days during the measurement period.

Drug Classes

Drug Class	Medication		
Antihistamines	Brompheniramine Dimenhydrinate Hydroxyzine	Chlorpheniramine Diphenhydramine Meclizine	Cyproheptadine Doxylamine Triprolidine
Antiparkinsonian Agents	Benztropine	Triexphenidyl	
Skeletal Muscle Relaxants	Cyclobenzaprine	Orphenadrine	
Antidepressants	Amitriptyline Amoxapine Nortriptyline	Doxepin (>6 mg/day) Imipramine Desipramine	Paroxetine
Antipsychotics	Chlorpromazine Perphenazine	Olanzapine	Clozapine
Antispasmodics	Atropine (excludes ophthalmic) Clidinium-chlordiazepoxide Hyoscyamine	Dicyclomine Homatropine (excludes ophthalmic)	Scopolamine (excludes ophthalmic)
Antiemetics	Prochlorperazine	Promethazine	



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Gap Closure Methods

CPT II Codes	Structure Data	Documentation Submission
No	No	No

*Pharmacy claims only

Tips and Best Practices for Poly-ACH

- Educate patients on the risk of taking 2 or more anticholinergic medications
- Review therapies, duration and evaluate potential risk of continued therapy verse the benefits
- Discontinue medications as appropriate or consider safer alternatives

Polypharmacy-Use of Multiple Anticholinergics Medications in Older Adults Exclusions

Required Exclusions

Exclusion	Timeframe for Exclusion
• Patients with at least 1 day of hospice care	Any time during the measurement year

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