

NEWS&NOTES

The Newsletter for EmblemHealth, GHI and HIP Providers

LATE SUMMER 2013

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UPDATE DIRECTORY INFORMATION ▶

[Review your information](#) now to ensure you are correctly listed in our EmblemHealth directories. If any of your information has changed or is inaccurate, just follow our simple instructions to update your profile online. Can't update your information online? Fax your changes to our Provider Modifications team at **1-877-889-9061**.

High Risk Medications for Elderly Patients

The Centers for Medicare & Medicaid Services (CMS) continues to work to improve and drive the quality of care that Medicare beneficiaries receive from their physicians and health plans. Certain drugs with high risk of side effects should be avoided in the Medicare population when there may be safer drug choices. Decreasing the rate of usage of high risk medications will directly aid in improvement of clinical outcomes, improvement in quality of life, reduction of morbidity and mortality and lower health care costs.



How can you reduce inappropriate prescribing in the elderly?

1. Determine whether drug therapy is truly necessary.
2. Review patients' medications at every visit.
3. Educate your patients.
4. Avoid inappropriate medications and choose safer alternatives.

EmblemHealth recently updated the high risk medication list to reflect CMS updates. To help keep our members safe, please evaluate your patients' drug treatment regimens and continue to discuss the risk factors associated with these high risk medications. Here are the top 24 utilized high risk medications:

CMS: High Risk Medications for Patients Over Age 65

Amitriptyline	Doxepin	Glyburide/Metformin	Methocarbamol
Benzotropine	Estradiol	Hydroxyzine HCl	Nitrofurantoin Macrocrystal
Carisoprodol	Estrogen w/ Progesterone	Hydroxyzine Pamoate	Nitrofurantoin Monohydrate
Clomipramine	Estrogens, conjugated	Imipramine	Promethazine
Cyclobenzaprine	Eszopiclone	Indomethacin	Trihexyphenidyl
Digoxin	Glyburide	Megestrol	Zolpidem

We have published a [comprehensive list](#) of high risk medications with additional information and suggested alternatives. You may also review the complete [NCQA List](#) on their [Web site](#).

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