



Asthma Medication Ratio (AMR)

HEDIS® Measurement Year 2020 & 2021 Measures

Measure Description: This measure captures the percentage of members 5–64 years of age who were identified as having persistent asthma and had a ratio of controller medications to total asthma medications of 0.50 or greater during the measurement year.

Eligible Population

Members ages 5-64 with medical and pharmacy benefits during the measurement year and the year prior. The following age stratifications are reported:

- 5-11 years
- 12-18 years
- 19-50 years
- 51-64 years
- Total

The Ratio

The ratio for the AMR measure is calculated by totaling the units of Controller Medications and dividing in to the total of all Asthma Medications for the year. The formula is as follows:

Units of Controller Medications/Units of Total Asthma Medications

Units of medications: count each individual medication, defined as an amount lasting 30 days or less, as one medication unit. One medication unit equals one inhaler canister, one injection, one infusion, or a 30-day or less supply of an oral medication.

Strategies for Managing Asthma and Medication Adherence

- Develop asthma action plans with patients and education on reduction of asthma triggers
- Ask the patient about their health goals and preferences.
 - Collaborate with the patient and customize the treatment to meet these goals.
 - Providing simple and clear instructions as low health literacy can impact a patient's health
 - Simplify treatment regimen
- Involve family in treatment planning if patient needs additional support
- Advise patients to incorporate inhalers in to daily routine – i.e. keep inhalers in the bathroom and utilize medication during morning routine.
- Offer assistance with utilizing inhalers when first prescribed
- Educate on potential side effects of controller medications and how to manage side effects

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Aetna Better Health® of Pennsylvania
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Measure Adherence

Adherence for the AMR measure is determined by the member remaining on their prescribed asthma medications and maintaining a controller ratio of at least 0.50 during the measurement year. This is determined by pharmacy claims data (the plan will capture data each time the member fills their prescription). The medications the NCQA lists in the HEDIS specifications are below. This is a general list and should not replace the advice or care you provide your patients regarding what is optimal to meet their healthcare needs.

Asthma Controller Medications

Description	Prescriptions	Route
Antiasthmatic combinations	Dyphylline-guaifenesin	Oral
Antibody inhibitors	Omalizumab	Injection
Anti-interleukin-4	Dupilumab	Injection
Anti-interleukin-5	Benralizumab	Injection
Anti-interleukin-5	Mepolizumab	Injection
Anti-interleukin-5	Reslizumab	Injection
Inhaled steroid combinations	Budesonide-formoterol	Inhalation
Inhaled steroid combinations	Fluticasone-salmeterol	Inhalation
Inhaled steroid combinations	Fluticasone-vilanterol	Inhalation
Inhaled steroid combinations	Formoterol-mometasone	Inhalation
Inhaled corticosteroids	Beclomethasone	Inhalation
Inhaled corticosteroids	Budesonide	Inhalation
Inhaled corticosteroids	Ciclesonide	Inhalation
Inhaled corticosteroids	Flunisolide	Inhalation
Inhaled corticosteroids	Fluticasone	Inhalation
Inhaled corticosteroids	Mometasone	Inhalation
Leukotriene modifiers	Montelukast	Oral
Leukotriene modifiers	Zafirlukast	Oral
Leukotriene modifiers	Zileuton	Oral
Methylxanthines	Theophylline	Oral

Asthma Reliever Medications

Description	Prescriptions	Route
Short-acting, inhaled beta-2 agonists	Albuterol	Inhalation
Short-acting, inhaled beta-2 agonists	Levalbuterol	Inhalation