



## Star measure (polypharmacy): Use of multiple anticholinergic (ACH) medications in older adults

This measure tracks the number of older adults (age 65 and older) prescribed two or more unique ACH medications with fills for two or more 30-day supplies. Example patient is prescribed two different anticholinergic (ACH) medications. This patient has an increased safety risk. This can affect the overall Star rating.

- **Amitriptyline** (for sleep): Filled 30 tablets on January 5 and 30 tablets on February 5.
- **Oxybutynin** (for bladder issues): Filled 30 tablets on January 10 and 30 tablets on February 10.

The use of multiple ACH medications puts older adults at increased risk of cognitive decline.

### ACH medications\*<sup>#</sup>

Class	ACH medications	Potentially Safer Alternatives
Antihistamines	Brompheniramine, carboxamine, chlorpheniramine, clemastine, cyproheptadine, dexchlorpheniramine, dimenhydrinate, diphenhydramine (oral), doxylamine, hydroxyzine, meclizine, triprolidine	Allergies: nasal saline, nasal steroid, 2nd generation antihistamine (desloratadine, levocetirizine, loratadine). Insomnia: nondrug strategies; melatonin, low-dose doxepin, ramelteon
Antiparkinsonian	Benztropine, trihexyphenidyl	Carbidopa/levodopa
Skeletal Muscle Relaxants	Cyclobenzaprine, orphenadrine	Acetaminophen, NSAID $\beta$ , physical therapy
Antidepressants	Amitriptyline, amoxapine, clomipramine, desipramine, doxepin (>6 mg/day), imipramine, nortriptyline, paroxetine, protriptyline, timipramine	Recommend lowest effective dose while avoiding other ACH medications where possible.

Antipsychotics	Chlorpromazine, clozapine, loxapine, olanzapine, perphenazine, thioridazine, trifluoperazine	Recommend lowest effective dose while avoiding other ACH medications where possible.
Antimuscarinics	Darifenacin, fesoterodine, flavoxate, oxybutynin, solifenacin, tolterodine, trospium	Mirabegron, vibegron
Antispasmodics	Atropine (excludes ophthalmic), belladonna alkaloids, clidinium-chlordiazepoxide <sup>α</sup> , dicyclomine, homatropine (excludes ophthalmic), hyoscyamine, methscopolamine, scopolamine (excludes ophthalmic)	Constipation: PEG3350, psyllium Diarrhea: loperamide
Antiemetics	Prochlorperazine, promethazine	ondansetron

\* Includes combination products. Injectable and inhalation routes of administration are not included.

# Not a complete list of possible medications that have anticholinergic activity.

α Chlordiazepoxide is not a target medication as a single drug.

β Ibuprofen or naproxen if no heart or kidney failure, with gastroprotection if used for >7 days.

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