

# Asthma Medication Ratio (AMR)

## APPLICABLE LINES OF BUSINESS

- Commercial
- Exchange

## MEASURE DESCRIPTION

- The percentage of patients 5-64 years of age who have been 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.<sup>i</sup>
- Patients with one of the following are included in the measure:
  - At least one emergency department visit with a principal diagnosis of asthma.
  - At least one acute inpatient encounter, with a principal diagnosis of asthma.
  - At least one acute inpatient discharge with a principal diagnosis of asthma on the discharge claim.
  - At least four outpatient visits, observation visits, telephone visits, e-visits, or virtual check-ins on different dates of service, with any diagnosis of asthma and at least two asthma medication dispensing events for any controller medication or reliever medication.
  - At least four asthma medication-dispensing events for any controller or reliever medications.

### Asthma Controller Medications

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

## EXCLUSIONS

Patients are excluded if they:

- Had a diagnosis that required a different treatment approach than patients with asthma at any time during the patient's history through December 31 of the measurement year.
- Had no asthma controller or reliever medications dispensed during the measurement year.
- Use hospice services or elect to use a hospice benefit any time during the measurement year.
- Died during the measurement year.

## TIPS FOR SUCCESS

### Patient Care

- Prescribe controller medications to patients with persistent asthma for better asthma control and to decrease their reliance on rescue medications.
- Educate patients on how to correctly use their inhalers.
- Educate patients on the difference between controller (long acting) and rescue medications/inhalers.
- Ask the patient if they have any barrier to filling the prescription.
- Emphasize the importance of smoking cessation, avoidance of environmental tobacco exposure, gastroesophageal reflux disease, and medications that worsen asthma symptoms.
- Help patients to identify their asthma triggers.

### Documentation and Coding

- Partner with your health plan payers to submit electronic data from your EMR.
- Document medical and surgical history in the medical record with dates in structured fields so your EMR can include these in reporting. This will allow the corresponding code to be included in electronic reporting, including claims, to health plans.
- Code for exclusions.

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<sup>i</sup> National Committee for Quality Assurance. HEDIS® Measurement Year 2024 Volume 2 Technical Specifications for Health Plans (2024), 124-130.