

Persistence of Beta-Blocker Treatment After a Heart Attack (PBH)

Learn how to improve your HEDIS¹ rates. This tip sheet gives key details about the Persistence of Beta-Blocker Treatment After a Heart Attack (PBH) measure, best practices and more resources.



Measure

Percentage of patients ages 18 years and older during the measurement year who:

- Were hospitalized and discharged from July 1 of the year prior to the measurement year to June 30 of the measurement year with a diagnosis of acute myocardial infarction (AMI); and
- Received persistent beta-blocker treatment for six months after discharge.

Eligible population

Ages:	18 years and older as of December 31 of the measurement year.
Continuous enrollment:	Discharge date through 179 days after discharge.

¹HEDIS – Healthcare Effectiveness Data and Information Set.

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Beta-blocker medication list

Description	Prescription
Non-cardioselective beta-blockers	<ul style="list-style-type: none"> • Carvedilol • Labetalol • Nadolol • Pindolol • Propranolol • Timolol • Sotalol
Cardio selective beta-blockers	<ul style="list-style-type: none"> • Acebutolol • Atenolol • Betaxolol • Bisoprolol • Metoprolol • Nebivolol
Antihypertensive combinations	<ul style="list-style-type: none"> • Atenolol-chlorthalidone • Bendroflumethiazide-nadolol* • Bisoprolol-hydrochlorothiazide • Hydrochlorothiazide-metoprolol • Hydrochlorothiazide-propranolol*

*Non-formulary

Best practices

- Counsel patients that suddenly stopping medication can lead to complications such as heart attack, increased high blood pressure or increased anxiety.
- Create a medication schedule with each patient if they are on multiple medications that require them to be taken at different times.
- Recommend patients set up reminders or alarms for when medications are due.
- Discuss potential side effects and ways to treat the side effects of medications.
- Utilize pill boxes or organizers.
- Know and use appropriate diagnosis codes.
- Connect with Cozeva® to receive timely admission, discharge, transfer Admission Discharge Transfer Data (ADT) data from Health Net*, to identify members who recently discharged and had a principal diagnosis of acute myocardial infarction. Start patients on 90-day supply for better medication adherence and educate them on the benefits of a Beta-blocker and the importance of taking it as prescribed.
- Collaborate with the patient's cardiologist and pharmacist to help ensure consistent messaging, follow-up, and monitor medication adherence.
- Provide smoking cessation information and other appropriate health education programs to eliminate risk factors.
 - Health Net offers through Sharecare the Craving to Quit tobacco cessation program. It covers most types of tobacco, lets members talk with a quit coach for encouragement and support, and offers a personalized plan to quit. The innovative 21-day program teaches awareness of cravings and habits to help participants quit smoking or vaping. Members can access Craving to Quit by visiting healthnet.sharecare.com.

(continued)

Best practices

- Kick It California is a free program to help people quit using tobacco. It offers a range of services, from one-on-one quit coaching to text programs and self-help materials. Visit their website, kickitca.org, for more information.

Required exclusions

- Patients in hospice or using hospice services any time during the measurement year.
- Patients who died any time during the measurement year.
- Patients identified as having an intolerance or allergy to beta-blocker therapy.
- Patients identified with any of the following during the member’s history through the end of the continuous enrollment period criteria:
 - Asthma
 - COPD
 - Obstructive chronic bronchitis
 - Chronic respiratory conditions due to fumes and vapors
 - Hypotension, heart block > 1 degree or sinus bradycardia
 - A medication dispensing event indicative of a history of asthma (see table below).

Asthma exclusions medications

Description	Prescription
Bronchodilator combinations	<ul style="list-style-type: none">• Budesonide-formoterol• Fluticasone-vilanterol• Fluticasone-salmeterol• Formoterol-mometasone
Inhaled corticosteroids	<ul style="list-style-type: none">• Beclomethasone• Budesonide• Ciclesonide• Flunisolide• Fluticasone• Mometasone

Other exclusions

- Patients ages 66–80 years as of December 31 of the measurement year with frailty and advanced illness. Members must meet both frailty and advanced illness criteria to be excluded.
- Patients ages 81 years and older as of December 31 of the measurement year with at least two indications of frailty.
- During the measurement year or the year prior to the measurement year if dispensed dementia medication (see table below).

Dementia exclusion medications

Description	Medication
Cholinesterase inhibitors	<ul style="list-style-type: none">• Donepezil• Galantamine• Rivastigmine
Miscellaneous central nervous system agents	<ul style="list-style-type: none">• Memantine
Dementia combinations	<ul style="list-style-type: none">• Donepezil-memantine