

BENEFIT NEWS

WVCH Provider Education and Support: COPD Treatment Options

July 1, 2018

COPD Treatment Options

New GOLD Guidelines recommend using a LABA/LAMA combination medication earlier in treatment strategies for COPD patients. This new recommendation suggests introducing these medications on the GOLD B classification of patients (patients exhibiting more symptoms, but still low exacerbations). This provides the benefit of two long-acting agents in one inhaler which improves, adherence and outcomes. This also enables the inhaled corticosteroids component of therapy to be moved in and out of therapy when necessary, and allows the lowest possible dosing to assist in reducing undesired long-term effects of treatment.

Willamette Valley Community Health currently has two LABA/LAMA combination inhaler products on the formulary that require **NO** Prior Authorization for: Stiolto Respimat and Anoro Ellipta.

“Understanding what COPD medications are available allows me to give the most comprehensive and sustainable care to my patients.”

- WVCH Provider

Product	Provider information	Patient information
 <p>Stiolto Respimat</p>	<p><u>Active Ingredients:</u> Tiotropium (LAMA– same as Spiriva) Olodaterol (LABA)</p> <p><u>Dosing:</u> 2 puffs by mouth once daily</p> <p>Administered as a primed fine mist dosing</p>	<p>The canister must be put into the inhaler prior to use the first time and can be difficult for those with poor dexterity.</p> <p>Each twist loads a dose that is dispensed when the button is pushed, therefore the cap should not be removed prior to twisting the inhaler.</p>
 <p>Anoro Ellipta</p>	<p><u>Active Ingredients:</u> Umeclidinium (LAMA– same as Incruse Ellipta) Vilanterol (LABA)</p> <p><u>Dosing:</u> 1 puff by mouth once daily</p> <p>Administered as a metered dose powder</p>	<p>Each time the cap is opened a dose is metered, if it is opened twice without breathing the dose the dose is lost, it will not dispense a double dose.</p> <p>Do not cover the air vents on the front and back of the inhaler as this helps pull the powder into the mouth.</p>

Willamette Valley Community Health

Pharmacy Services 503-371-7701

For Formulary and Prior Authorization Criteria visit

<http://wvchealth.org/medicaid-ohp/for-providers/>

In This Issue

- Best Treatments for COPD
- The Gold Guidelines
- Cost Analysis of Inhalers (attached)



BENEFIT NEWS

The Gold Guidelines: www.goldcopd.org

Grade A: (CAT score < 10 and 0-1 exacerbation not leading to hospital admission) start SABA or LABA, then evaluate treatment and either continue current therapy or try alternative in the same classes.

Grade B: (CAT score \geq 10 and 0-1 exacerbation not leading to hospital admission) try a LABA or LAMA alone, but if exacerbations/symptoms persist change to combo LAMA/LABA.

Grade C: (CAT score < 10 and more than 2 exacerbations or at least one that has lead to hospital admission) can start with LAMA alone, but is continued/further exacerbations change to combo LAMA/LABA or less preferred LABA/ICS (inhaled corticosteroids)

Grade D: (CAT score \geq 10 and more than 2 exacerbations or at least one that has lead to hospital admission) can start with LAMA, but if further exacerbations change to LAMA/LABA combo or LAMA/ICS (less preferred, if persistent exacerbation LAMA/LABA/ICS combo and may need to add macrolides and/or add roflumilast

Cost of Inhalers for Asthma and COPD

Inhalers can range in cost widely, even within a specific class. The attached table provides a comparison of inhalers for WVCH and most significantly the comparison of cost per day for each inhaler as some inhalers are not a true 30 day supply.

This will enable you to select not only the most therapeutically appropriate medication, but also the most cost effective for your patients.

The chart will provide the Classification, Brand Name, Generic Name, Total Cost/Inhaler, Avg Day Supply/Inhaler, and the Cost/Day of Use of Inhaler.

LABA: long-acting beta-agonist LAMA: long-acting muscarinic-agonist SABA: short-acting beta-agonist
SAMA: short-acting muscarinic-agonist ICS: inhaled corticosteroids CAT: COPD Assessment Test