



State of Vermont

Department of Vermont Health Access

NOB 1 South, 280 State Drive

Waterbury, VT 05671-1010

Agency of Human Services

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Dear (Provider First, Last Name),

The Drug Utilization Review (DUR) Board is composed of practicing Vermont pharmacists and physicians who are responsible for reviewing and advising the Department of Vermont Health Access (DVHA) about drug utilization for Vermont Medicaid enrollees. The Retrospective Drug Utilization Review (Retro DUR) program is an educational program designed to improve the quality of patient care. A review of pharmacy dispensing data from 2020 and 2021 identified your patient(s) as potentially using more than 1 short acting beta-adrenergic inhaler (e.g. albuterol sulfate HFA) per month without being on a long-term asthma controller medication, such as an inhaled corticosteroid.

National Heart, Lung, and Blood Institute guidelines state that the frequency of short acting beta-adrenergic inhaler (SABA) use can be clinically useful as a measure of disease activity since increased use of a SABA has been associated with increased risk for death or near death in patients who have asthma. Use of more than one SABA canister every one to two months is also associated with an increased risk of an acute exacerbation. Therefore, the use of more than one SABA canister (e.g., albuterol 200 puffs per canister) during a one-month period most likely indicates over reliance on this drug and suggests inadequate control of asthma.

If there are no contraindications, please consider the addition of a long-term controller medication for your patient. Alternatively, SMART therapy (Single Maintenance and Reliever Therapy) may be used for patients who need combination treatment. This included an ICS and an inhaled long-acting beta-2 agonist (LABA) and allows the patient to use one inhaler for both maintenance and reliever therapy. This combination is currently available as budesonide/formoterol (Symbicort®) or mometasone/formoterol (Dulera®).

If you have not provided care to this patient, we apologize for your receipt of this information. Please destroy this communication as you would any confidential patient information. We appreciate all you do to improve the health of Vermont Medicaid enrollees and welcome any questions or concerns you may have. The DVHA pharmacy team can be reached at ahs.dvhaph@vermont.gov.