

STATINS AND OTHER CHOLESTEROL-LOWERING THERAPY:

Shared Decision-Making Resource for Providers & Patients

In shared decision-making, healthcare providers and patients work together to make the best possible healthcare decisions. These decisions consider evidence about available options, the clinician's experience, and the patient's values and preferences. There is evidence that shared decision-making contributes to improvements in health. This resource is a guide for healthcare providers and patients to engage in shared decision-making about statins and additional cholesterol-lowering treatments using the SHARED approach.

STEPS OF SHARED DECISION MAKING

SAMPLE TALKING POINTS

S

Seek Your Patient's Participation

I've had side effects. When this happens, I don't take the statin.

Your lab results show that your cholesterol levels are still quite high even though you have been taking a statin for some time now. I'd like to explore how we can lower your cholesterol more to lower your risk for heart attack.

H

Help Your Patient Explore and Compare Treatment Options

Let's discuss your side effects and see how it affects how you take your medicine.

A

Assess Your Patient's Values and Preferences

Is there another medicine I can take that does not have side effects?

Yes. We can try another statin to see if it works better for you. There is also non-statin therapy that can help lower your cholesterol.

R

Reach A Decision with Your Patient

Let's discuss your options and decide on a new treatment plan.

E

Evaluate Your Patient's Decision

Ok, but what if I have problems with the new treatment?

If you are still having trouble with this new treatment, I can refer you to a cholesterol specialist to determine a treatment plan that would work best for you.

D

Decide Which Resources Can Support the Patient

Find this resource online at <http://bit.do/shareddecisions>.

This guide is intended for patients already on statin treatment and who may be experiencing side effects.



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Statins and Additional Cholesterol-Lowering Therapy: Shared Decision-Making Guide

S

Step 1: Seek Your Patient's Participation

- "Your lab results show that your cholesterol is still high. Having too much cholesterol in the blood can lead to heart attack and stroke."
- "I'd like to explore why the statin you are taking is not lowering your cholesterol levels to a healthy level. We can decide together if different or additional treatment may help."

H

Step 2: Help Your Patient Explore and Compare Treatment Options

Discussing options with your patient can help you build a trusting relationship.

- "If you have any issues taking your statin, we can try a different medicine or change the dose (amount) you are taking."
- "Other therapies are sometimes considered for patients who are unable to take a statin."

Use the "**Statin and Other Treatment Planning Worksheet**" (page 3 of this document) and patient handout, "**Statin and Other Treatments to Lower Cholesterol**" (page 4), to help guide the discussion about treatment options, intolerance and adherence. Additional resources are:

- National Lipid Association: <https://www.learnyourlipids.com/lipid-lowering-medications>
- American College of Cardiology Statin Intolerance Tool: <https://tools.acc.org/StatinIntolerance/#/>
- Mayo Clinic Statin Choice Decision Aid: <https://statindecisionaid.mayoclinic.org/statin/index>

A

Step 3: Assess Your Patient's Values and Preferences

- "What are the benefits of trying a different treatment for you?"
- "Which of the options fits best with the treatment goals we've discussed?"

Assess your patient's medication adherence using the Morisky 8-item medication adherence scale.

R

Step 4: Reach a Decision With Your Patient

- "What additional questions do you have for me to help you make your decision?"
- "Now that we have discussed your treatment options, which do you think is right for you?"

E

Step 5: Evaluate Your Patient's Decision

Make plans to review the decision in the future: "After starting this new treatment plan, we will check your cholesterol levels to see how well the treatment is working."

D

Decide Which Local Resources Will Effectively Support the Patient

Share resources to support patients, including their cardiovascular care team (e.g. pharmacist, registered dietitian). Give contact information for each resource.

If a patient has failed two statins, consider consulting a lipid (cholesterol) specialist. Find a lipid specialist at: <https://www.learnyourlipids.com/find-a-clinician/>.

Statin and Other Treatment Planning Worksheet

Visit date:		Patient name:	
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LDL Cholesterol Level

Current:		Goal:	
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Treatment Plan

Name:		Name:	
Dose:		Dose:	
How often?		How often?	
How to store:		How to store:	

Healthy Lifestyle Goals

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Treatment Adherence Plan Treatment Coverage

<input type="checkbox"/> Pillbox <input type="checkbox"/> Make part of morning/evening routine	<input type="checkbox"/> Calendar alerts <input type="checkbox"/> Other:	<input type="checkbox"/> Health insurance <input type="checkbox"/> Patient assistance program <input type="checkbox"/> Other:
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Side Effects

Symptom	Where do you feel it?	When did it start?	How tolerable is it?	
Muscle ache*			<input type="checkbox"/> Mild/moderate/tolerable	<input type="checkbox"/> Severe/intolerable
Muscle weakness*			<input type="checkbox"/> Mild/moderate/tolerable	<input type="checkbox"/> Severe/intolerable
Muscle soreness			<input type="checkbox"/> Mild/moderate/tolerable	<input type="checkbox"/> Severe/intolerable
Muscle stiffness			<input type="checkbox"/> Mild/moderate/tolerable	<input type="checkbox"/> Severe/intolerable
Muscle cramping			<input type="checkbox"/> Mild/moderate/tolerable	<input type="checkbox"/> Severe/intolerable
General fatigue			<input type="checkbox"/> Mild/moderate/tolerable	<input type="checkbox"/> Severe/intolerable

*If you experience severe muscle pain or weakness, or dark or decreased urination, stop your statin and call your doctor right away.

Upcoming Medical Appointments

Date:		Date:	
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Statins and Other Treatments to Lower Cholesterol



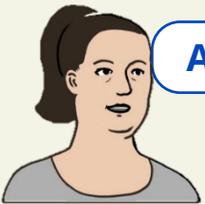
Why should I take a statin?

Statins are safe and effective medications that can help lower your risk for heart attack and stroke. They work by lowering the amount of cholesterol in the blood.



Can I take a different statin than the one I started with?

Yes, there are seven statins available. We can try a different statin than the one you started with. Statins must be taken every day to better protect you from heart disease, so it's important to choose a statin that you feel comfortable taking every day.



Are there other treatments for high cholesterol?

Yes, non-statin therapy may be recommended:

- To lower your heart disease risk more
- If your cholesterol remains high even when taking a statin
- If you are unable to take a statin (for example, due to side effects or interactions with other medications you take)



Examples of non-statin therapy

Treatment	Type	Can lower LDL cholesterol
Ezetimibe	Pill taken daily	18 to 25%
PCSK9 inhibitors	Injection 1-2 times a month	40 to 65%
Bempedoic acid	Pill taken daily	15 to 25%
Bile acid-binding resins/sequestrants	Pill usually taken daily	18 to 25%
Inclisiran	Injection every 6 months (after starter shots)	50% or more

To learn more, visit:

- learnyourlipids.com/lipid-lowering-medications
- cardiosmart.org/topics/high-cholesterol/treatment/beyond-statins-other-ldl-lowering-treatments