



## **AAO 24: Percentage of patients with allergic rhinitis who do not receive leukotriene inhibitors**

This measure is intended to decrease inappropriate prescription of leukotriene inhibitors to patients with allergic rhinitis who do not have asthma.

**Quality Domain:** Effective Clinical Care

Avoid ineffective or less effective therapy, strive for cost saving, and decrease variations in care. Montelukast has traditionally been more expensive than oral antihistamines although the cost differential has been lessened with the introduction of generic montelukast. Because montelukast is currently more expensive and equally as effective as or less effective than oral antihistamines for AR, and because it is less effective than INS, clinicians should not routinely offer an LTRA as primary therapy for patients with AR. The panel was concerned with the cost of this medication in combination with the evidence that it is less effective than first-line medications. However, there may be a subset of patients who have AR and asthma who may benefit from this medication. Montelukast is generally well tolerated and is not associated with drowsiness. In placebo-controlled trials, behavior-related adverse events were infrequent. However, some post marketing reports have demonstrated rare drug-induced neuropsychiatric events (including aggression, depression, suicidal thinking, and behavior). Suicidal ideation was reported in 1 of 9929 patients (0.01%) in clinical trials treated with montelukast. Systematic literature reviews and meta-analyses (predominantly based on controlled studies of montelukast in adults with seasonal AR) conclude that LTRAs are more effective at controlling symptoms and improving quality of life than placebo. There may be a subset of patients who would benefit from this medication (eg, patients with both AR and asthma).

**Denominator:** Patients with allergic rhinitis seen for an ambulatory visit with a diagnosis of allergic rhinitis who do not have an active order (prescription or reported over the counter use) of intranasal corticosteroids or second generation antihistamines.

**Denominator Exclusions:** Patients with asthma.

**Denominator Exceptions:** Patients with allergy to intranasal corticosteroids, allergy to second generation antihistamines, or prostate issues (due to concern for intolerance of primary therapy options)

**Numerator:** Patients who do not receive leukotriene inhibitors.

**Measure Type:** Process, Traditional, Proportional, High Priority

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