New Guidelines for Prescribing Opioids
Keeping Your Claimants Safe

Presented by:
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The Opioid Challenge Today
How We Got Here
National Response
CDC Guidelines
Impact and Recommendations
Addiction in America Today
259 Million Opioid Prescriptions in ’12
= 1 Bottle for Every Adult in the US
2014 Record Number of Drug Deaths
61% from Opioids
Every 19 Minutes Someone Dies from Opioid Abuse
Opioid Epidemic in Workers Compensation

$6B
Spent in WC on Prescription Drugs

50%
For Pain Management

70%
of Those are Opioids
How Did We Get Here?
How Did We Get Here?

Portenoy, “less than 1% of patients prescribed opioids for chronic pain become addicted.” —Pain, 1986
How Did We Get Here?

Conflict of Interest?
Portenoy received grant funding from...
How Did We Get Here?

Misleading Physicians
No Studies Support
• Effectiveness of Opioids
• Risk of Addiction was Actually Greater

$600 million in fines
National Impact

Opioid Overdoses

Heroin is cheaper and easier to get

4/5 New Heroin Users Started with Opioids

2000

6% Annual Increase

2013

37% Annual Increase
Common Factors
Frequency + Amounts
Increasingly Restrictive
Disparity Guidelines

50 MED
80 MED
100 MED
Daily Dosage Contraction

CDC Recommendations Continues to Decrease MED Recommendations
“Tackling Opioid Abuse is as important as combating the threat of terrorism.”
Outcome-CDC Guidelines

CDC Guideline Highlights

1. Prescribe no more than needed
2. Use immediate release opioids to start
3. Assess risks with >50 MED Avoid >90 MED
4. Start low, Go slow, Do not prescribe ER/LA
5. Avoid concurrent benzodiazepine and opioids
Reviewed
3.9 Million Prescriptions
815K Claimants
DOI After 06.01.11
Applied CDC Guidelines
CDC Guidelines

Guideline 1
Prescribe no more than needed
• 3 days or less
• Rarely >7 days

Days Supply at First Fill
- 32% Less than 3 days
- 36% Days Supply 3–7
- 32% Greater than 7 days
CDC Guidelines

Guideline 1
Prescribe no more than needed

Interesting:
OxyContin made the top 10 for first prescriptions with 7+ days supply. Chronic pain patient with a new injury? New claim?

<table>
<thead>
<tr>
<th>DRUG</th>
<th>% &gt;7 DAYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>HYDROCODONE/ACETAMINOPHEN/VICODIN</td>
<td>36.7%</td>
</tr>
<tr>
<td>TRAMADOL HCL</td>
<td>35.0%</td>
</tr>
<tr>
<td>OXYCODONE/ACETAMINOPHEN</td>
<td>8.9%</td>
</tr>
<tr>
<td>TRAMADOL HYDROCHLORIDE/AC</td>
<td>5.6%</td>
</tr>
<tr>
<td>ACETAMINOPHEN/CODEINE #3</td>
<td>4.6%</td>
</tr>
<tr>
<td>OXYCODONE HCL</td>
<td>2.0%</td>
</tr>
<tr>
<td>ACETAMINOPHEN/CODEINE PHO</td>
<td>1.9%</td>
</tr>
<tr>
<td>HYDROCODONE BITARTRATE/AC</td>
<td>0.9%</td>
</tr>
<tr>
<td>TRAMADOL HCL ER</td>
<td>0.8%</td>
</tr>
<tr>
<td>OXYCONTIN</td>
<td>0.6%</td>
</tr>
</tbody>
</table>
Guideline 2
Use immediate release opioids to start

CDC Guidelines

Percent ER/LA at First Fill

.2%
Guideline 2
Use immediate release opioids to start

Impact:
Of long acting opioids used for the first prescription, 90% were Oxycontin

<table>
<thead>
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<th>DRUG</th>
<th>% &gt;7 DAYS</th>
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</thead>
<tbody>
<tr>
<td>OXYCONTIN</td>
<td>90%</td>
</tr>
<tr>
<td>OPANA ER (CRUSH RESISTANT)</td>
<td>4%</td>
</tr>
<tr>
<td>HYSINGLA ER</td>
<td>2%</td>
</tr>
<tr>
<td>OXYCODONE HCL ER</td>
<td>3%</td>
</tr>
<tr>
<td>HYDROMORPHONE HCL ER</td>
<td>1%</td>
</tr>
</tbody>
</table>
CDC Guidelines

**Guideline 3**
Assess risks with >50 MED and avoid >90 MED

<table>
<thead>
<tr>
<th>MED</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;50 MME</td>
<td>60.2%</td>
</tr>
<tr>
<td>50–90 MME</td>
<td>26.2%</td>
</tr>
<tr>
<td>&gt;90</td>
<td>13.6%</td>
</tr>
</tbody>
</table>

MED Calculation by Claimant

- <50 MED: 60.2%
- 50–90 MED: 26.2%
- >90 MED: 13.6%
CDC Guidelines

**Guideline 3**
Assess risks

**Impact:**
Jump to 13.6% by CLAIMANT

This highlights the importance of monitoring not just by drug and dosage but also the ENTIRE claim.
CDC Guidelines

**Guideline 4**
Start low
Go slow
Do not prescribe ER/LA
CDC Guidelines

Guideline 4
Start low, go slow

Impact:
Good news here only 0.3% of claimants received a long acting opioid in the first 30 days post injury.

.3% = 941 people
Guideline 5
Avoid concurrent benzodiazepine and opioids

CDC Guidelines

Concurrent Prescriptions

- 2.00%
- 1.50%
- 1.00%
- 0.50%
- 0.00%
- .7%
Guideline 5
Avoid concurrent benzodiazepine and opioids

Impact:
Only 0.7% of those receiving an opioid were simultaneously prescribed a benzodiazepine
What’s an Insurer to Do?
What Should Insurers Do?

Challenges
- Physician Workload
- Enforcement
- State Regulations
What Should Insurers Do?

Opportunities
Monitoring
Communications
What Should Insurers Do?

Opportunities

Critical Points

• Set Up - Formularies
• Early - First Fill
• During - Blocks, MED, Risk Calculation
• After - Managed Care
Impact What Matters
Questions
(m)powering better outcomes