

## **SelectHealth Pharmacy Narcotic Management**

### **Executive Summary**

It is estimated in 2010, 7 million people age 12 and older used prescription medications for a non-medical use. Of this population it is estimated that approximately 1 million met the criteria for abuse/dependence. The main categories of abused prescriptions include pain relievers, tranquilizers, stimulants and sedatives. SelectHealth started programs to curb narcotic abuse in 1998. These programs continue today along with increased efforts by Intermountain Healthcare and the local community.

SelectHealth programs directed at prescription abuse include:

- Educational programs for physicians and pharmacist
- Case management of potential narcotic abusers
- Enhanced clinical editing in the pharmacy claims system
- Reporting and monitoring of physicians and pharmacies

### **Educational Programs**

SelectHealth has partnered with Reckitt Benckiser Pharmaceuticals to provide all interested physicians and pharmacists with access to an eight hour training program on drug abuse and treatment. The program meets the requirements to treat drug dependency that were established in the Drug Addiction Treatment Act of 2000. The program is approved by the Substance Abuse and Mental Health Services Administration (SAMHSA) and provides physicians with 9 hours of approved CME training. SAMHSA maintains a database of physicians that are trained and approved to prescribe certain products in the treatment of drug dependence. There are currently 250 physicians in the State of Utah that have completed SAMHSA certified training.

SelectHealth pharmacists have also provided training to physicians, pharmacies and employers on this topic. Currently training is done for employers on an as needed basis.

### **Case Management of Potential Narcotic Abusers**

SelectHealth has established workflows and algorithms for the identification of potential abusers of narcotic and controlled substance prescriptions. Patients are identified for care management based on excessive quantities, multiple prescriptions, multiple physicians and multiple pharmacies. As part of the case management of patients for narcotic overuse, patients are required to sign a Medication Management Agreement (MMA). The MMA requires patients to select one physician and one pharmacy for their treatment. The MMA defines how and when prescription refills will be covered. The agreement is signed by both the patient and their physician. There are currently 250 patients with active MMA's in place. Since the beginning of the program, over 1500 MMA's have been put in place. There are currently another 350

members that have not responded to requests to sign an MMA. Controlled substance prescriptions are blocked from payment in the system until a signed MMA is received.

### **Enhanced Clinical Editing**

Within the pharmacy system controlled substance prescriptions undergo the following edits: quantity limits, quantity per days supply edits, duplicative therapy edits, dose optimization and physician certification. Patients that have signed an MMA are also restricted to one pharmacy and one physician within the claims system. All physician ID's are verified against the SAMHSA database on prescription for the treatment of opioid dependence. Edits are reviewed annually by the Pharmacy and Therapeutics Committee. In 2011, clinical editing stopped over 37,000 prescriptions from processing, avoiding charges of over \$9,000,000.00.

### **Reporting and Monitoring of Physicians and Pharmacies**

Quarterly reports are run to monitor physicians and pharmacies. These reports are designed to monitor key metrics and help identify any outliers. In addition to these quarterly reports, reports are monitored on monthly bases that include comments and details from patients about the prescriptions that have been filled under their plan. The Pharmacy Help Desk also monitors and takes calls from pharmacies, physicians and members about potential areas of abuse. Quarterly reports are reviewed each quarter with the Pharmacy Operations Committee.