

Opioid overutilization prevention programs for Community Plan of North Carolina

Quick reference guide

In response to the U.S. opioid epidemic, we've developed programs to help our members receive the care and treatment they need in safe and effective ways. We've based our measures on the Centers for Disease Control and Prevention's (CDC) opioid treatment guidelines to help prevent overuse of short-acting and long-acting opioid medications. Please use this quick reference guide to learn more about what we offer.

Concurrent Drug Utilization Review (cDUR) program

The cDUR program uses the pharmacy claims processing system to screen all prescriptions at the point of service and checks for possible inappropriate drug prescribing and utilization, as well as potentially dangerous medical implications or drug interactions. The program includes communication avenues through claims edits and messaging to the dispensing pharmacy at point of service. The pharmacist will need to address the clinical situation at the point of sale before entering appropriate National Council for Prescription Drug Programs (NCPDP) codes to receive an approved claim, unless otherwise stated below.

THERDOSE acetaminophen	<ul style="list-style-type: none">• Combination opioids plus acetaminophen (APAP) limit• Prevents doses of APAP greater than 4 grams per day
Duplicate Therapy – Short-Acting Opioids (SAOs)	<ul style="list-style-type: none">• Alerts to concurrent use of multiple SAOs
Duplicate Therapy – Long-Acting Opioids (LAOs)	<ul style="list-style-type: none">• Alerts to concurrent use of multiple LAOs
Drug-Drug Interaction – Opioids and Medication-Assisted Treatment (MAT)	<ul style="list-style-type: none">• Point-of-sale alert for concurrent use of opioids and MAT drugs
Drug-Drug Interaction – Opioids and Benzodiazepines	<ul style="list-style-type: none">• Point-of-sale alert for concurrent use of opioids and benzodiazepines
Drug-Drug Interaction – Opioids and Carisoprodol	<ul style="list-style-type: none">• Point-of-sale alert for concurrent use of opioids and carisoprodol
Drug-Drug Interaction – Opioids and Sedative Hypnotics	<ul style="list-style-type: none">• Point-of-sale alert for concurrent use of opioids and sedative hypnotics
Drug-Inferred Health State – Opioids and Prenatal Vitamins and Medications used in Pregnancy	<ul style="list-style-type: none">• Enhanced point-of-sale alert for concurrent use of opioids and prenatal vitamins and concurrent use of opioids and medications used in pregnancy (e.g., doxylamine/pyridoxine)• This custom message does not require the pharmacist to enter appropriate NCPDP codes to receive an approved claim

Retrospective Drug Utilization Review (rDUR) program

The rDUR program analyzes claims on a daily basis and sends communications to prescribers.

Abused medications DUR program

- Daily identification of members who are getting multiple opioid prescriptions from multiple prescribers and/or filling at multiple pharmacies
- Also identifies members with chronic early-refill attempts, overlapping LAOs, overlapping SAOs, high daily doses of opioids, a diagnosis of opioid overdose with an opioid fill, overlapping opioid and MAT medications, overlapping opioid and a benzodiazepine, overlapping opioid and an antipsychotic medication, overlapping opioid, muscle relaxant and benzodiazepine and overlapping opioid and opioid potentiator
- Patient-specific information sent to all prescribers with medication fill history for the last 4 months

Pharmacy lock-in program

- Pharmacy lock-in programs vary by state. However, all include filling of opioids by multiple prescribers as an inclusion criterion for the program.
- Members chosen for the program can be locked into one pharmacy and one prescriber for controlled substances

Utilization Management (UM) programs

UM programs promote appropriate use, reduce costs and, ultimately, help to improve health status of members.

Cumulative 90 morphine milligram equivalent (MME) limit

- Point-of-sale dosage limit for all opioid products up to 90 MME
- Prevents cumulative opioid doses above the preset threshold from processing
- Prior authorization required for doses above the preset threshold

LAO prior authorization and duration limit

- Prior authorization required for LAO when the member is opioid naïve (no opioids in the past 45 days)
 - Attestation of why an individual cannot use a short-acting opioid
- Point-of-sale limit of 7-day supply members who are not opioid naïve

SAO duration limits

- Point-of-sale limits of 5-day supply for acute pain and 7-day supply for postoperative pain
- Prior authorization required to exceed these quantities

Transmucosal fentanyl product prior authorization

- Prior authorization requires:
 - Documentation of pain due to cancer and patient is already receiving opioids

Overdose prevention (naloxone)

- No prior authorization is required for preferred naloxone products (Generic naloxone injection, Narcan® Nasal Spray)

Evidence-based prescribing programs

Focuses on outreach to prescribers identified as outliers.

Fraud/waste/abuse evaluation

- Retrospective controlled substance claims analysis
- Identifies outlier opioid prescribers

Miscellaneous

Substance use disorder helpline

- 24/7 helpline: 855-780-5955. For members or caregivers, staffed by licensed behavioral health providers.
- Reference: liveandworkwell.com

Miscellaneous – Drug Enforcement Agency (DEA) license edit

- Verifies DEA is active and matches scheduled medication in the claim

Miscellaneous – Refill-too-soon threshold

- Increases the refill-too-soon threshold to 85% on opioids and benzodiazepines

Abbreviations

APAP Acetaminophen**MME** Morphine milligram equivalent

CDC Centers for Disease Control and Prevention**PA** Prior authorization

cDUR Concurrent Drug Utilization Review**rDUR** Retrospective Drug Utilization Review

DEA Drug Enforcement Agency**SAOs** Short-acting opioids

LAOs Long-acting opioids**UM** Utilization Management

MAT Medication-assisted treatment

We're here to help

For more information, please call **855-258-1593**.

How to submit prior authorizations

- **Online:** Use the Prior Authorization and Notification tool on Link. For more information, go to UHCprovider.com/paan.
- **Phone:** Call **800-310-6826**
- **Fax:** Fax your completed form to 866-940-7328
- Pharmacy Prior Authorization forms are available at UHCprovider.com > Menu > Health Plans by State – Choose Your State > Medicaid (Community Plan) > **Prior Authorization and Notification**