

PREVENTING OPIOID MISUSE

Providers' Guide to proposed Medicare Star measures.



81,000+ overdose deaths
in the U.S. in one year*



~\$78.5 billion a year
U.S. economic burden**

The **Centers for Medicare & Medicaid Services (CMS)** is considering adding measures to the Star Ratings program to reduce the overuse and misuse of prescription opioids: from multiple providers, at high dosage and concurrent use of opioids and benzodiazepines.

	Opioid-Multiple Providers	Opioid-High Dose	Concurrent Use of Opioids and Benzodiazepines
Who is impacted?	Medicare Part D beneficiaries and individuals age 18+		
Qualifications	<ul style="list-style-type: none"> 4+ prescribers AND 4+ pharmacies within 180 days or less 2+ unique opioid prescription claims 15+ cumulative day supply 	<ul style="list-style-type: none"> Average daily dose of 90+ MME¹ among patients treated for 90+ days 2+ unique opioid prescription claims 15+ cumulative day supply 	<ul style="list-style-type: none"> 2+ unique benzodiazepine claims 30+ days of concurrent use of opioids and benzodiazepines
Exclusions	Hospice, Cancer and Sickle Cell Anemia		

Specifications subject to change before formal adoption.

1. MME = Morphine Milligram Equivalent



Providers' Checklist for preventing opioid misuse and overuse.

Opioid Multiple Providers

- ✓ Check state prescription drug monitoring programs (PDMP's) prior to prescribing opioids.
- ✓ Counsel the patient on the need to obtain opioids from a single provider.
- ✓ Coordinate care with their other providers to improve safety.

Opioid-High Dose

- ✓ Refer patient to Cigna Pain Management (see tools below).
- ✓ Consider implementing non-pharmacological techniques, such as meditation, physical therapy, etc.
- ✓ Adjuvant therapy options (ibuprofen, naproxen, indomethacin and other NSAIDs) can be used synergistically with opioids.

Concurrent Use of Opioids and Benzodiazepines

- ✓ Consider de-prescribing either the benzodiazepine or opioid prescription.
- ✓ Weigh risk of concurrent opioid and benzodiazepine use.
- ✓ Counsel patient on adverse events and then consider tapering to a reduced opioid dosage or discontinuation.



Access opioid tools and resources at [CignaForHCP.com/Opioids](https://www.cigna.com/ForHCP.com/Opioids).



*In the 12 months ending May 2020 – the highest number of overdose deaths recorded. <https://www.cdc.gov/media/releases/2020/p1218-overdose-deaths-covid-19.html>

**Costs of healthcare, lost productivity, addiction treatment, and criminal justice involvement. <https://www.drugabuse.gov/news-events/nida-notes/2018/07/opioid-use-disorders-increased-prescriptions-treatment-did-not-keep-pace>