



# Southcentral Foundation

*Alaska Native People Shaping Health Care*

## Opioid Guidelines

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Southcentral  
Foundation



# Opioid Guidelines

- Developed out of the need to better manage chronic pain in our primary care setting
- Designed to provide training, support, and standard of practice around the prescribing of opioid medications
- Based on the most recent evidence-based industry research
  - University of Washington
  - CDC
  - Current work with Institute for Healthcare Improvement (IHI)

# Outcomes

## Consistency

Training our providers on these expectations and the broader guideline will create consistency to avoid customers changing panels due to medication seeking behavior

## Safety

Increase appropriate use (and reduction of misuse) of opioid medications

## Efficiency

Better use of our system resources to address chronic pain  
Broader reliance on the whole integrated care team

# Key System Components

- Pain Assessment by Behavioral Health Consultant (BHC)
- Opiate Review Committee (ORC)
- Multidisciplinary Pain Team (MPT)
- Controlled Medication Agreement & Wellness Care Plan (WCP)

# Key Expectations Overview

- Controlled Medication Agreement for prescriptions
  - >500 pills prescribed in 6 month period
  - 90 days of consecutive prescriptions
  - Prescriptions of 90 mg morphine equivalent per day
- When on a Controlled Medication Agreement, must be on a WCP
  - If switch providers, Controlled Medication Agreement is void
  - WCP will stay in place until new team can evaluate and update
  - Receive handout of Risks/Benefits of Opioid Medication

# Key Expectations Overview

- Doses over 90mg morphine equivalent should be avoided, and will prompt a review by the ORC
- Providers should not prescribe controlled substances to somebody that has been deemed opioid ineligible
  - Exceptions may occur and will be reviewed individually
- List of “red flags” is provided, and when to refer to ORC and/or stop medication

# Data Tracking

## ■ **Controlled Medication Action List – 12 month snapshot**

- Allows our system to track customer-owners with 5 or more prescriptions of any controlled medication written at our system
- Can drill down to medication, quantity prescribed, and how prescribed the medication.
- Use as an FYI and help identify and track patterns

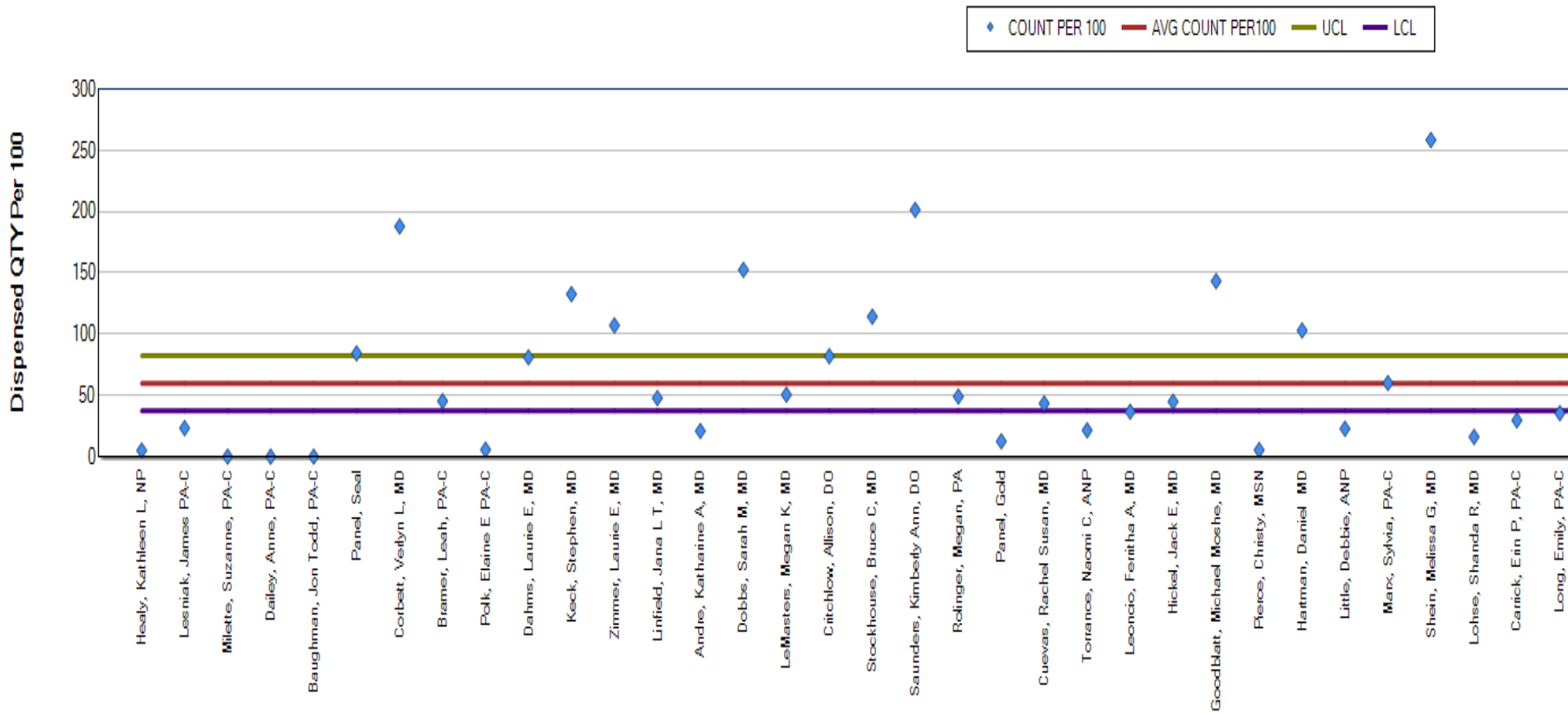
## ■ **Controlled Medication Agreement**

- Shows customer-owners on a PCPs panel who have met the threshold for a controlled medication agreement
- Identifies what medication, quantity and highlights upper control limits
- Column to quickly highlight if an agreement and WCP are established
- Teams use to help manage their panel and management uses for accountability

# Tracking Rates per Provider

Quantity Dispensed and Prescribed by PCP per 100 on Panel

As of 7/2/2016

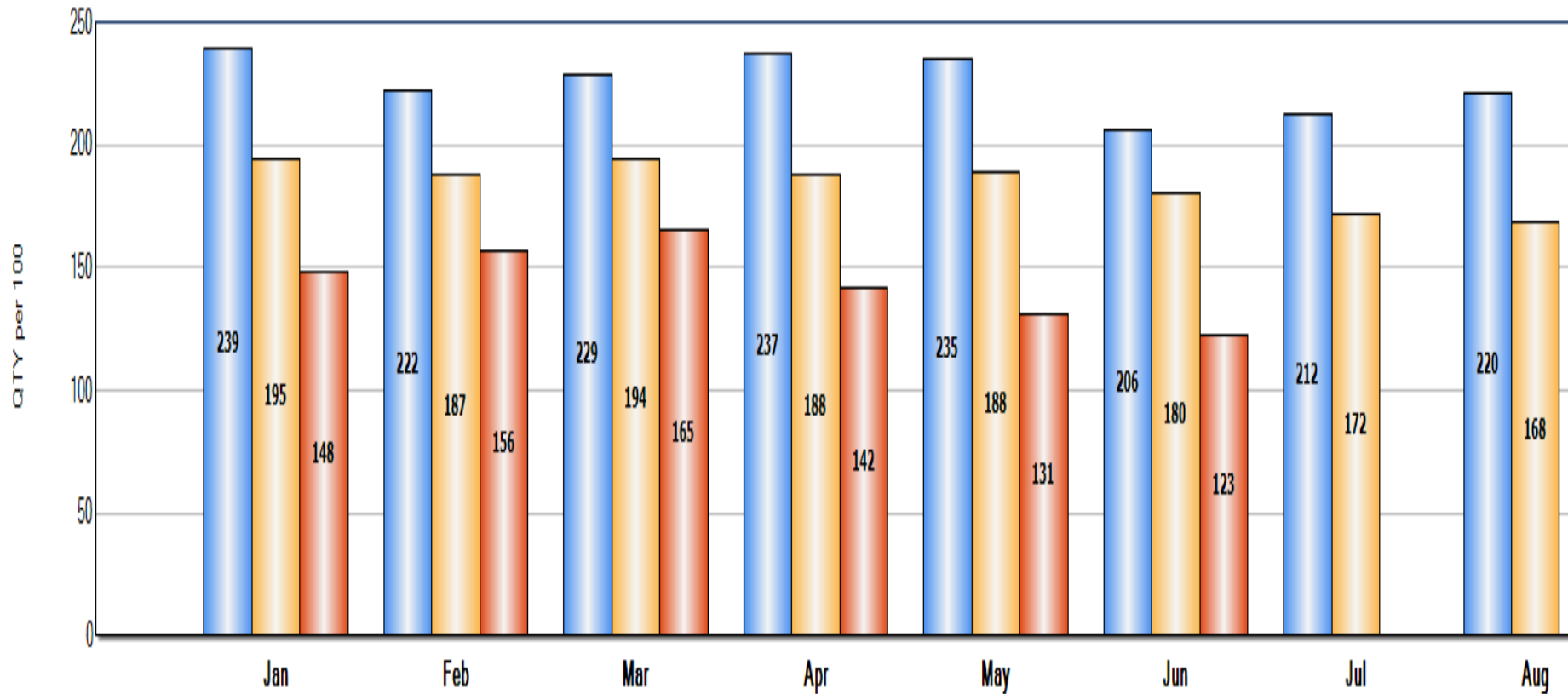




# Trending System Rates

ANPCC QTY Dispensed per 100 on Panels

As of 6/30/2016



2014 QTY per 100: 2,540    2015 QTY per 100: 1,970    2016 QTY per 100 (YTD): 840

# Questions?

# Thank You!

**Qaġaasakung**  
*Aleut*

**Quyanaq**  
*Inupiaq*

**'Awa'ahdah**  
*Eyak*

**Mahsi'**  
*Gwich'in Athabascan*

**Igamsiqanaghalek**  
*Siberian Yupik*

**Háw'aa**  
*Haida*

**Quyana**  
*Yup'ik*

**T'oyaxsm**  
*Tsimshian*

**Gunalchéesh**  
*Tlingit*

**Tsin'aen**  
*Ahtna Athabascan*

**Quyanaa**  
*Alutiiq*

**Chin'an**  
*Dena'ina Athabascan*