Colorado and Opiates

Judy Zerzan, MD, MPH
November 3, 2014
Who We Are
Department of Health Care Policy and Financing

Our mission: **Improving** health care access and outcomes for **people** we serve while demonstrating sound stewardship of financial resources

- **49%** Children & Adolescents
- **37%** Adults
- **8%** Disabled
- **7%** Elderly

April 2014
The Problem in Colorado

• Overdose deaths from opioid painkillers: 17,000 nationally and 300 in Colorado

• For every 1 overdose death there are:
  – 32 people who visit Emergency Rooms due to overdose
  – 130 people who are addicted to opioids
  – 825 people who admit nonmedical use of opioids
Gov’s Task Force/NGA Academy

• 225,000 Coloradans misusing opiates
• By 2016 prevent 92,000 from misusing
• Established Sept 2013
  – Provider education
  – PDMP
  – Disposal
  – Public awareness
  – Data and analysis
Opiate Analysis in Medicaid

• Claims from July 1, 2012-June 30, 2013
• 90.3% of prescriptions for short acting opiates
• 11.6% of clients receiving >100mg/day morphine equivalents
  – 1/3 2 opiates
  – 18% 3 opiates
  – 8% 4 opiates
  – 4% 5+ opiates
• 14.6% under 18 years old
<table>
<thead>
<tr>
<th>Type of Beneficiary</th>
<th>Number of Unique Patients</th>
<th>Number of Unique Prescribers</th>
<th>Number of Unique Pharmacies</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Beneficiaries</td>
<td>71,486</td>
<td>9,819</td>
<td>822</td>
</tr>
<tr>
<td>Beneficiaries with &gt; 100 mg/day Morphine Dose Equivalent</td>
<td>2,610</td>
<td>2,864</td>
<td>713</td>
</tr>
</tbody>
</table>
# Prescriber Type

<table>
<thead>
<tr>
<th>Prescriber Type</th>
<th>Count</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physician</td>
<td>6,501</td>
<td>62.6%</td>
</tr>
<tr>
<td>Dentist</td>
<td>806</td>
<td>7.8%</td>
</tr>
<tr>
<td>Nurse Practitioner</td>
<td>841</td>
<td>8.1%</td>
</tr>
<tr>
<td>Physician Assistant</td>
<td>1,203</td>
<td>11.6%</td>
</tr>
<tr>
<td>Podiatrist</td>
<td>104</td>
<td>1.0%</td>
</tr>
<tr>
<td>Osteopath</td>
<td>672</td>
<td>6.5%</td>
</tr>
<tr>
<td>Other/Missing</td>
<td>262</td>
<td>2.5%</td>
</tr>
</tbody>
</table>
# Top 10 Conditions

<table>
<thead>
<tr>
<th>ICD-9 code</th>
<th>Description</th>
<th>Percent of Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>338.4</td>
<td>CHRONIC PAIN SYNDROME</td>
<td>58.1%</td>
</tr>
<tr>
<td>724.2</td>
<td>LUMBAGO</td>
<td>49.6%</td>
</tr>
<tr>
<td>338.29</td>
<td>OTHER CHRONIC PAIN</td>
<td>41.5%</td>
</tr>
<tr>
<td>724.5</td>
<td>BACKACHE NOS</td>
<td>35.1%</td>
</tr>
<tr>
<td>729.5</td>
<td>PAIN IN LIMB</td>
<td>31.7%</td>
</tr>
<tr>
<td>722.52</td>
<td>LUMB/LUMBOSAC DISC DEGEN</td>
<td>24.6%</td>
</tr>
<tr>
<td>723.1</td>
<td>CERVICALGIA</td>
<td>22.1%</td>
</tr>
<tr>
<td>729.1</td>
<td>MYALGIA AND MYOSITIS NOS</td>
<td>21.6%</td>
</tr>
<tr>
<td>719.46</td>
<td>JOINT PAIN-L/LEG</td>
<td>19.1%</td>
</tr>
<tr>
<td>724.4</td>
<td>LUMBOSACRAL NEURITIS NOS</td>
<td>16.9%</td>
</tr>
</tbody>
</table>
Risk for Overdose

• Risk factors if within the last year:
  • At least one opioid prescription morphine daily dose equivalence is $\geq 300$ mg
    – 15.5 fold risk
  • At least 3 unique pharmacies used
    – 6.3 fold risk
  • At least 300 days supplied of opioid prescriptions
    – 8.6 fold risk
Targeting the Highest Risk
Actions to Address

• Aug 1, 2014 limit on short-acting opiates of 120 pills in 30 days
  – Exceptions for acute pain, terminal illness and sickle cell anemia
• Created a pain management resource page
• Jan 1, 2014 expanded outpatient substance use benefit
• Considering morphine equivalent limit
Delivery System Transformation
Accountable Care Collaborative

Care Coordination

Data and Analytics

Specialty Care
Behavioral Health
Patient Centered Medical Home
Public Health
Colorado Results

• CO decreased from #2 in the nation (2010/2011) to #16 (2011/2012)
• Colorado youth rate decreased and is below the national average
• 25-34 year olds make up the largest group of users
• Alcohol is still the top substance for misuse and abuse
Prescription Drug Monitoring Program (PDMP)
Statewide Data

Prescriptions Dispensed in Colorado

- Oxycodone
- Hydrocodone
- Methadone

Next Steps

• Compare to other states for benchmark
• PDMP access
• More refinement of policies
  – NAMD report has lots of suggestions
Thank You!

Questions?

Judy.Zerzan@state.co.us