OPTIMA HEALTH COMMUNITY CARE

PHARMACY PRIOR AUTHORIZATION/STEP-EDIT REQUEST*

Directions: ***The prescribing physician must sign and clearly print name (preprinted stamps not valid) on this request. All other information may be filled in by office staff; fax to 1-800-319-5003. No additional phone calls will be necessary if all information (including phone and fax #s) on this form is correct.***

If the following information is not complete, correct, or legible, the PA process can be delayed. Use one form per member please.

Drug Requested: **Opioids *(All Preferred and Non-Preferred)*** **MEDICAID**

Prior Authorization is required for:

1) **All Long Acting Opioids**
2) **Any Short-Acting Opioid prescribed for > 7 days or two (2) 7-day supplies in a in a 60 day period. *The Virginia BOM Regulations limit the treatment of acute pain with opioids to 7 days and post-op pain to no more than 14 days*.**
3) **Any cumulative opioid prescription exceeding 120 morphine milligram equivalents (MME) per day. Quantity limits apply to each drug. (https://providers.optimahealth.com/pharmacy/pages/formularies.aspx)**

Long-Acting Opioids (LAOs): LAOs are indicated for patients with chronic, moderate to severe pain who require daily, around-the-clock, chronic opioid treatment and require a PA. Consider non-pharmacologic and non-opioid pain treatments prior to treatment with opioids. Patients should be considered for buprenorphine analgesic treatment with buprenorphine topical patch since these products have a ceiling effect with less risk of respiratory depression than other opioids

This REQUEST is for:

DRUG INFORMATION

THIS REQUEST IS FOR: ☐ **SHORT-ACTING OPIOID** ☐ **LONG-ACTING OPIOID** ☐ **BOTH** **(CHECK *ALL* THAT APPLY)**

DRUG NAME/FORM: _____ **STRENGTH:** _____ **TOTAL DAILY DOSE:** _____

DIRECTIONS: _____ **LENGTH OF THERAPY:** _____ **QUANTITY REQUESTED** _____

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DIRECTIONS: _____ **LENGTH OF THERAPY:** _____ **QUANTITY REQUESTED** _____

Alternative Therapy to Schedule II Opioids: Based on the Virginia Board of Medicine's Opioid Prescribing Regulations, Opioids are *NOT* recommended as first line treatment for acute or chronic pain. For additional information please see:
https://www.dhp.virginia.gov/medicine/medicine_laws_regs.htm

Preferred Pain Relievers available without PA include NSAIDS topical and oral, SNRIs, Tricyclic Antidepressants, Gabapentin, Baclofen, Capsaicin topical cream 0.025% and Lidocaine 5% Patch. Pregabalin (Lyrica®) is available after a trial and failure of gabapentin and duloxetine. Consider alternative therapies to Schedule II opioid drugs due to their high potential for abuse and misuse. A complete list of Health Plan's covered drugs can be found at: **https://providers.optimahealth.com/pharmacy/Pages/Formularies.aspx**

PLEASE ANSWER THE FOLLOWING QUESTIONS AND SIGN.

Q1. Does prescriber attest that the patient has intractable pain associated with active cancer, palliative care (treatment of symptoms associated with life limiting illnesses) or hospice care? **(IF YES, PLEASE SIGN AND SUBMIT, NO FURTHER INFORMATION REQUIRED *unless* a non-preferred/non-formulary drug is prescribed. See Q6 if non-formulary drug is prescribed.)**	☐ YES ☐ NO
Q2. Is patient in remission from cancer and prescriber is safely weaning patient off of opioids with a tapering plan? **(IF YES, PLEASE SIGN AND SUBMIT, NO FURTHER INFORMATION REQUIRED unless a non-preferred/non-formulary drug is prescribed. See Q6 if non-formulary drug is prescribed.)**	☐ YES ☐ NO
Q3. Is patient in a long-term care facility? **(IF YES, PLEASE SIGN AND SUBMIT, NO FURTHER INFORMATION REQUIRED unless a non-preferred/non-formulary drug is prescribed. See Q6 if non-formulary drug is prescribed.)**	☐ YES ☐ NO

Continued on next page. Signature MUST be submitted on page 3.

Q4. Is this medication used to treat: ❑ Acute Pain (less than 90 days) ❑ Post-operative Pain ❑ Chronic Pain (90 days or greater)	☐ YES ☐ NO
Q5. REQUIRED: Please indicate if the patient has tried and failed any of the following drugs covered ***without*** PA ***(select all that apply)***: ❑ Baclofen ❑ NSAIDs (oral) ❑ Gabapentin ❑ Duloxetine ❑ Tricyclic Antidepressant (e.g. nortriptyline) ❑ Capsaicin Gel ❑ Lidocaine 5% Patch ❑ Other_____	
Q6. REQUIRED: **If requesting a *non-preferred* product:** *(i.e. Avinza®, Kadian®, Embeda®)* **Has patient tried and failed an adequate trial of 2 different preferred products?** If yes please list drug name, length of trial, and reason for discontinuation: Drug Failure: _____ Drug Failure:_____ Drug Failure:_____ Drug Failure: _____	☐ N/A product is preferred ☐ YES ☐ NO
Q7. **REQUIRED**: Please provide the patient's Active Daily MME from the PMP: _____ https://virginia.pmpaware.net/login If patient's Active Daily MME greater than or equal to 120, does the prescriber attest that he/she will be managing the patient's opioid therapy long term, has reviewed the Virginia BOM Regulations for Opioid Prescribing, has prescribed naloxone, and acknowledges the warnings associated with high dose opioid therapy including fatal overdose, and that therapy is medically necessary for this patient? **(*See PUMS Program info on last page)***	(Document MME) _____ ☐ YES ☐ NO ☐ N/A, MME is less than 120
Q8. REQUIRED: Please provide patient's last fill date of Opioid prescription from the PMP:_____	(Document Date)
Q9. **REQUIRED:** Please provide patient's last fill date of Benzodiazepine prescription from the PMP:_____ If benzodiazepine filled in past 30 days, does the prescriber attest that he/she has counseled the patient on the FDA black box warning on the dangers of prescribing Opioids and Benzodiazepines including fatal overdose, has documented that the therapy is medically necessary, and has recorded a tapering plan to achieve the lowest possible effective doses of both opioids and benzodiazepines per the Board of Medicine Opioid Prescribing Regulations? ***(See PUMS Program info on last page)***	(Document Date) _____ ☐ YES ☐ NO ☐ N/A, no benzodiazepine therapy
Q10. **REQUIRED:** Has naloxone been prescribed for patients with risk factors of prior overdose, substance use disorder, doses in excess of 120 MME/day, or concomitant benzodiazepine?	☐ YES ☐ NO ☐ N/A
Q11. If patient is female between 18-45 years old, has the prescriber discussed risk of neonatal abstinence syndrome and provided counseling on contraceptive options?	☐ YES ☐ NO ☐ N/A

Q12. REQUIRED: For **chronic pain**, prescriber attests that a treatment plan with goals that address benefits and harm has been established with patient and there is a **SIGNED AGREEMENT** with the patient. (This will be reviewed with the patient within 1 to 4 weeks of starting opioid therapy for chronic pain, with dose escalation and is reviewed every 3 months or more frequently) **Sample Physician/Patient Agreement**: www.drugabuse.gov/sites/default/files/files/SamplePatientAgreementForms.pdf If no, please explain:_____ _____	☐ YES ☐ NO _____ ☐ N/A, acute or post-op pain
Q13. **REQUIRED:** For **chronic pain**, has the prescriber ordered and reviewed a urine drug screen (UDS) or serum medication level prior to initiating treatment with short or long-acting opioids?	☐ YES ☐ NO ☐ N/A, acute or post-op pain
Q14. REQUIRED: For PA renewals, has the prescriber ordered and reviewed a urine drug screen (UDS) or serium medication level ***at least every 3 months for the first year*** of treatment and at least ***every 6 months thereafter*** to ensure adherence?	☐ YES ☐ NO ☐ N/A, acute or post-op pain

***Note*:**

- ***Authorizations for acute/post-op pain will be for a period of 30 days.***
- ***Authorizations for breakthrough pain associated with chronic pain will be for a period of 6 months.***

****Use of samples to initiate therapy does not meet step-edit/preauthorization criteria.****

Previous therapies will be verified through pharmacy paid claims or submitted chart notes.

Patient Name: _____

Member Optima #: _____ Member Date of Birth: _____

Prescriber Name: _____

Prescriber Signature: _____ Date: _____

Office Contact Name: _____

Phone Number: _____ Fax Number: _____

DEA OR NPI #: _____

REVISED/UPDATED : ~~7/5/2017;~~ **8/9/2017**

Patient Utilization Management and Safety (PUMS) Program

Optima Health Plan has a Patient Utilization Management & Safety (PUMS) program in place. The program makes sure that members are getting the proper health care, especially when it comes to patient safety.

PUMS Program Goal:

PUMS deals with prescription drugs as well as other kinds of health care, making certain the member is getting treatment that is proper and safe. Optima Health's clinical staff reviews our members' use of health care services to see whether they should be in the PUMS program. For members in the PUMS program, Optima Health takes extra steps to make sure they use services safely.

Being considered for PUMS does NOT mean a member has done anything wrong.

For any member who may be at risk for unsafe services, Optima Health must review whether the member should be in the PUMS program. In cases involving buprenorphine use, the member will automatically enrolled in the PUMS program.

How Might PUMS Change a Member's Care?

Optima Health may offer case management services. Optima Health could set a single doctor for controlled substances to see the member, or a single pharmacy to provide controlled substance prescription drugs.

PUMS Member Rights: Optima Health will send every PUMS member a letter about the program. The letter will make clear how the member can get emergency care. The letter will also tell them how they can appeal being placed in the PUMS program.

PLEASE NOTE: Optima Health doctors and pharmacists now use the Prescription Monitoring Program (PMP). The PMP helps them make sure that prescription drugs are used safely. Among other Patient Utilization Management & Safety (PUMS) triggers we review patients who have:

High Average Daily Dose: ≥ 120 cumulative morphine milligram equivalents (MME) per day over the past 90 days.

And/Or

Concurrent use of Opioids and Benzodiazepines – at least 1 Opioid claim and 14 day supply of Benzo (in any order)

Our approach is to work collaboratively with patients and providers to ensure safe and appropriate use of controlled substances. We utilize and promote:

A) PMP Checks
B) Letters to Doctor & Member
C) Soft and Hard Pharmacy edits for Benzodiazepine and Opioid utilization
D) Following CDC Opioid Guidelines
E) Case Management as appropriate

We greatly appreciate your collaboration and Health Care service to our members. As part of our PUMS safety review we hope to collaborate with you for complete patient information with the goal of validating safe and appropriate controlled substance use and coordinated patient care.

RESPECTFULLY,

Optima Health Plan CLINICAL STAFF

Non-opioid Treatment Options for Common Chronic Pain Conditions

Non-invasive Low back pain treatment recommendations:[i]

- Acute (with or without radiculopathy):
  - 1st Line (Non-pharmacologic): Keep in mind excellent natural history of disease. Acupuncture, massage, superficial heat shown to improve pain or function. Also consider pilates, tai-chi, yoga, psychology referral.
  - 2nd Line (pharmacologic): NSAIDs, skeletal muscle relaxer
- Chronic (with or without radiculopathy):
  - 1st Line (Non-pharmacologic): Exercise, motor control exercises, tai-chi, yoga, psychology referral, multi-disciplinary rehabilitation, acupuncture, massage
  - 2nd Line (pharmacologic): NSAIDs, duloxetine

Post-herpetic neuralgia:[ii]

- Topical (1st line for mild pain): 5% lidocaine patch, capsaicin cream or patch
- Systemic: gabapentin, pregabalin*, amitriptyline, nortriptyline

Diabetic neuropathy:[iii]

- 1st Line: pregabalin
- 2nd Line: gabapentin, venlafaxine (SNRI), duloxetine, amitriptyline (TCA), capsaicin 0.075% cream

Fibromyalgia:[iv]

- Non-pharmacologic: Patient education (pertaining to lack of disease progression, lack of tissue damage), cognitive behavioral therapy (CBT), and cardiovascular exercise
- Pharmacologic: amitriptyline and cyclobenzaprine (TCAs), duloxetine (SNRI), gabapentin, pregabalin* (gabapentinoids), fluoxetine, sertraline, paroxetine (SSRIs)
- No evidence for use of opiates in fibromyalgia

Migraines:[v]

- Acute Treatment
  - Mild – Moderate: acetaminophen, NSAIDs, caffeine, anti-emetics
  - Severe: triptans, ergots, prochlorperazine, promethazine
- Preventative Treatment
  - Propranolol, timolol, divalproex sodium, topiramate (Level A efficacy)
  - Opiates can cause medication overuse headache

Osteoarthritis:[vi]

- Non-pharmacologic: Exercise, weight loss, water-based exercise, wedged insoles, walking aides, splints
- Pharmacologic: Topical capsaicin, topical NSAIDs (preferred age > 75), oral NSAIDs (non-selective or COX-2 selective), intraarticular corticosteroid injection, consider duloxetine

*Pregabalin requires a trial and failure of gabapentin and duloxetine

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[i] Qaseem A, Wilt TJ, McLean RM, Forciea MA, for the Clinical Guidelines Committee of the American College of Physicians. Noninvasive Treatments for Acute, Subacute, and Chronic Low Back Pain: A Clinical Practice Guideline From the American College of Physicians. Ann Intern Med. 2017;166:514-530. doi: 10.7326/M16-2367

[ii] Johnson RW, Rice ASC. Clinical Practice: Postherpetic Neuralgia. N Engl J Med 2014;371:1526-33.

[iii] Griebeler ML, Morey-Vargas OL, Brito JP, Tsapas A, Wang Z, Carranza Leon BG, et al. Pharmacologic Interventions for Painful Diabetic Neuropathy: An Umbrella Systematic Review and Comparative Effectiveness Network Meta-analysis. Ann Intern Med. 2014;161:639-649. doi: 10.7326/M14-0511

[3] Bril V, England J, Franklin GM, et al. Evidence-based guideline: Treatment of painful diabetic neuropathy: Report of the American Academy of Neurology, the American Association of Neuromuscular and Electrodiagnostic Medicine, and the American Academy of Physical Medicine and Rehabilitation . Neurology. 2011;76(20):1758-1765. doi:10.1212/WNL.0b013e3182166ebe.

[iv] Clauw DJ. FibromyalgiaA Clinical Review. JAMA. 2014;311(15):1547-1555. doi:10.1001/jama.2014.3266

[v] MacGregor EA. Migraine. Ann Intern Med. 2013;159:ITC5-1. doi: 10.7326/0003-4819-159-9-201311050-01005

[vi] Hochberg MC, Altman RD, April KT, et al. American College of Rheumatology 2012 recommendations for the use of nonpharmacologic and pharmacologic therapies in osteoarthritis of the hand, hip, and knee. Arthritis Care Res (Hoboken). 2012 Apr;64(4):465-74