Controlled Substance Drug Utilization Review Program: Improving Patient Outcomes and Reducing Costs through Prime Therapeutics GuidedHealth® Program

Background

- According to the 2010 National Survey on Drug Use and Health, 15.8 million Americans were misusing prescription drugs in 2010, a 2000–2010 increase of 80% from the 8.6 million people (4.3 million adults and 4.3 million adolescents) who used prescription drugs nonmedically in 2000.
- In an effort to identify members with inappropriate patterns of opioid use, a group of studies identified areas of concern for opioid use and opioid misuse.
- A growing number of states have increased penalties for doctors who write or renew prescriptions for opioids.
- There is evidence that opioid prescription patterns are related to opioid abuse.
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Objective & Purpose

- The Prime Therapeutics’ GuidedHealth® (GH) DUR program is a large-scale program aimed at reducing inappropriate prescription opioid use.
- The purpose of this study was to determine the effectiveness of the Prime Therapeutics’ GH DUR program and the cost savings it achieved.

Methods

- The Prime Therapeutics’ GH DUR program includes pharmacy claims data and medical records to identify members who appear to be at risk of drug misuse.
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Results

- Florida Blue had 147,295 (19.9%) members with a high CS score rated in the comparison cohort, with 25,971 members rated in the intervention cohort.
- Members with a prescription for a controlled substance (CS) drug had a significantly lower CS score reduction in the intervention cohort (p = 0.005).
- The mean change in the average member’s number of CS claims was 1.89 in the control group and 0.72 in the intervention group.
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Limitations

- This is a DUR prescription letter program was effective in reducing the CS score and claims, with overall savings in the CS area.
- The Florida Blue Prescription Drug Monitoring (PDM) program had a significant impact on the number of members with a high CS score.
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- The Prime Therapeutics’ GH DUR program was effective in reducing the CS score and claims, with overall savings in the CS area.

Conclusions

- The Prime Therapeutics’ GH DUR program was effective in reducing the CS score and claims, with overall savings in the CS area.
- The Florida Blue Prescription Drug Monitoring (PDM) program had a significant impact on the number of members with a high CS score.
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References