



MEDICATION POLICY

Generic Name: Chronic Opioid

Therapeutic Class or Brand Name: Chronic Opioid

Applicable Drugs (if Therapeutic Class): N/A

Date of Origin: 6/15/15

Date Last Reviewed/Revised: 8/29/16

GPI Code: 65

Prior Authorization Criteria (may be considered medically necessary when criterion I is met):

- I. Documented diagnosis of one of the following conditions A or B AND must meet criteria listed under applicable diagnosis:
 - A. The patient has a current diagnosis of cancer, is enrolled in a hospice program, or meets hospice criteria.
 - B. The patient is being treated for chronic noncancer pain AND all of criteria 1 through 5 are met:
 1. Documentation that the prescriber has obtained and evaluated the patient's medical history and physical examination. Documentation must include the following a through d:
 - a. Diagnosis including a description of the nature and intensity of the pain.
 - b. Current and past treatments that have been tried but were inadequate to meet the goals of pain management, including i through ii:
 - i. Nonpharmacologic therapy (i.e. physical therapy, exercise, cognitive behavioral therapy).
 - ii. Non-opioid medications (i.e. NSAIDs, antidepressants, antiepileptics). Must include the name of medication(s), date(s), and duration of treatment.
 - c. The effect of the pain on physical and psychological function.
 - d. The risk for aberrant behavior has been assessed.
 2. Documentation of a written treatment plan that defines goals that will be used to determine treatment success. Treatment plan should include method being used for tracking and documenting of pain relief, functional improvement, and adverse reactions and a follow-up plan with specific time intervals to monitor treatment. Documentation of pain levels and functional status at baseline and during treatment should be objective and should consistently measure the same elements to adequately determine the degree of progress.

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MEDICATION POLICY

3. Documentation of an informed consent and treatment agreement for chronic opioid therapy (example may be accessed at <http://www.lni.wa.gov/Forms/pdf/F252-095-000.pdf>) signed by the prescriber and patient that includes the following a through b:

 - a. The risks and benefits of using opioid therapy.
 - b. Patient responsibilities including the following i through iv:
 - i. Patient should only receive prescriptions from one prescriber and one pharmacy whenever possible. Patients who demonstrate the inability to or have failed to comply with this will be required to be restricted to only one prescriber and one pharmacy.
 - ii. Patient should expect and allow routine urine drug testing when requested.
 - iii. Complying with appropriate frequency of all prescription refills.
 - iv. Reasons for which drug therapy may be discontinued (i.e. violation of agreement).

4. Opioid doses and/or frequencies greater than the standard approved by the FDA require both of the following a AND b:
 - a. Documented trial and failure of the standard FDA approved dose and frequency.
 - b. Written medical justification supported by appropriate medical literature as to why greater than the FDA approved dose and/or frequency is required.
5. Opioid doses exceeding the recommended morphine equivalent dose (MED) of 120mg per day require appropriate written medical justification as to why such doses are required. The lowest possible effective dose should be used. The total daily dose of opioids should not be increased above 120mg oral morphine equivalent dose (MED) per day without either the patient demonstrating improvement in function and pain or first obtaining a consultation from a practitioner qualified in chronic pain management. Risks substantially increase at doses at or above 100mg so early attention to the 120mg MED benchmark dose is worthwhile. See Appendix for more information.

Exclusion Criteria:

- N/A

Other Criteria:

- N/A

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MEDICATION POLICY

Quantity/Days Supply Restrictions:

- The quantity is limited to a maximum of a 30 day supply per fill.

Approval Length:

- **Authorization:** Up to 6 months.
- **Re-Authorization:** An updated letter of medical necessity or progress notes showing current medical necessity criteria are met and that the medication is effective for pain.
 - For a diagnosis of chronic noncancer pain, the following a through d must also be documented:
 - Objective progress towards treatment plan goals with chronic opioid therapy. Patient should show both functional improvement and pain relief.
 - Medication records (including date, name of medication, dosage, and quantity prescribed) that correspond with medical reasons for continuing or modifying opioid therapy.
 - Physical, behavioral, and non-opioid therapies (i.e. physical therapy, exercise, cognitive behavioral therapy, NSAIDs, antidepressants, antiepileptics) are used as indicated in combination with chronic opioid therapy.
 - A random urine drug screening has been performed within the past 12 months (more often for patients determined to be at higher risk of aberrant behavior).

Appendix:

| Morphine Equivalent Dosing For CNCP for Selected Opioids | | | |
|--|---|---|---|
| Opioid | Approx. Equianalgesic Dose (Oral & Transdermal) | Recommended Daily Dose Threshold for pain consult (not equianalgesic) | Recommended starting dose for opioid naïve patients |
| Morphine (<i>Reference</i>) | 30mg | 120mg | I.R. = 10mg q 4 hours S.R. = 15mg q 12 hours |
| Codeine | 200mg | 800 | 30mg q 4-6 hours |
| Fentanyl Transdermal | 12.5mcg/hour | 50mcg/hour | Use only in opioid tolerant patients on ≥ 60 MED daily for a week or more |
| Hydrocodone | 30mg | 120mg | 5 -10mg q 4-6 hours |
| Hydromorphone | 7.5mg | 30mg | 2mg q 4-6 hours |
| Methadone | Chronic: 4mg | 40mg | 2.5 – 5mg bid - tid |

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| Morphine Equivalent Dosing For CNCP for Selected Opioids | | | |
|---|------|------|---|
| Oxycodone | 20mg | 80mg | I.R. = 5mg q 4-6 hours S.R. = 10mg q 12 hours |
| Oxymorphone | 10mg | 40mg | I.R. = 5 – 10mg q 4-6 hours S.R. = 10mg q 12 hours |

CNCP = Chronic noncancer pain; I.R. = Immediate release; S.R.= Sustain release
Meperidine and propoxyphene should not be prescribed for CNCP.
MED calculator on-line may be accessed at
<http://agencymeddirectors.wa.gov/Calculator/DoseCalculator.htm>.

| Maximum Acetaminophen Dosing for Adults is 4,000mg/24 hour |
|--|
| Hepatotoxicity can result from prolonged use or doses in excess of the recommended maximum daily dose of acetaminophen, including over-the-counter products. |

References:

1. <http://www.agencymeddirectors.wa.gov/Files/2015AMDGOpioidGuideline.pdf>.
2. <http://www.agencymeddirectors.wa.gov/Files/OpioidGdline.pdf>.
3. <http://www.painpolicy.wisc.edu/sites/www.painpolicy.wisc.edu/files/model04.pdf>.
4. Ayonride OT et al. The Rediscovering of Methadone for Cancer Pain Management. Med J Aust 2000 Nov. 20;173;(10):538 – 540.
5. FDA Guidance on acetaminophen.
<http://www.fda.gov/downloads/Drugs/GuidanceComplianceRegulatoryInformation/Guidances/UCM310477.pdf>. Accessed August 29, 2016.
6. <http://blue.regence.com/trgmedpol/drugs/dru084.pdf>.
7. Medi-Span.

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| Historical Tracking Of Changes Made To Policy | |
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| 8/29/2016 | <ol style="list-style-type: none">1. Added “http://www.agencymeddirectors.wa.gov/Files/2015AMDGOpioidGuideline.pdf” under References.2. Changed “I. B. 3. Documentation of an informed consent and treatment agreement for chronic opioid therapy (example may be accessed at http://www.agencymeddirectors.wa.gov/Files/OpioidGdline.pdf, Appendix G)...” to “I. B. 3. Documentation of an informed consent and treatment agreement for chronic opioid therapy (example may be accessed at http://www.lni.wa.gov/Forms/pdf/F252-095-000.pdf)...” under Prior Authorization Criteria.3. Updated “http://www.agencymeddirectors.wa.gov/mobile.html” to “http://www.agencymeddirectors.wa.gov/Calculator/DoseCalculator.htm” following “MED calculator on-line may be accessed at” under Appendix.4. Updated “FDA Draft Guidance on acetaminophen. http://www.fda.gov/downloads/Drugs/GuidanceComplianceRegulatoryInformation/Guidances/UCM310477.pdf. Accessed June 1, 2015” to “FDA Guidance on acetaminophen. http://www.fda.gov/downloads/Drugs/GuidanceComplianceRegulatoryInformation/Guidances/UCM310477.pdf. Accessed August 29, 2016” under References. |

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