Use of Pharmacotherapy for Opioid Use Disorder (OUD-AD)

Measurement Year 2021 Performance Measures

For members 18 to 64 years old with an opioid use disorder who filled a prescription for or were administered or dispensed an FDA-approved medication for the disorder during the measurement year

Five rates will be reported: a total rate including any medications used in medication assisted treatment of opioid dependence and addiction, and four separate rates representing the following FDA-approved drug products: (1) Buprenorphine, (2) Oral naltrexone, (3) Long-acting, injectable naltrexone, and (4) Methadone.

Eligible Population

Members age 18 to 64 years as of January 1 of the measurement year

Members must have at least one encounter with a diagnosis of opioid abuse, dependence, or remission (primary or other) at any time during the measurement year

The Following Rates Are to Be Reported

- Individuals from the denominator with evidence of at least one prescription filled, or who were administered or dispensed an FDA-approved medication for OUD during the measurement year.

- Individuals with evidence of at least one prescription for buprenorphine at any point during the measurement year

- Individuals with evidence of at least one prescription for oral naltrexone at any point during the measurement year

- Individuals with evidence of at least one prescription for long-acting, injectable naltrexone at any point during the measurement year.

- Individuals with at least one dose of methadone at any point during the measurement year.

How is Care Captured for the OUD-AD Measure?

Pharmacy claims

Quality Measure Toolkit

AetnaBetterHealth.com/Pennsylvania

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What is Medication-Assisted Treatment (MAT)

- The use of medications, in combination with counseling and behavioral therapies, to provide a "whole-patient" approach to the treatment of substance use disorders. (SAMHSA – Substance Abuse and Mental Health Services Administration)

- Treatment programs are comprehensive and individualized based on patient need.
  - Type of behavioral therapy needed
  - Type of medication
    - Opioid Dependence Medications-Buprenorphine, methadone, and naltrexone
    - Opioid Overdose Prevention Medication - Naloxone

Medications used in MAT are also medications used to capture care for the OUD-AD Performance Measure

- Medications prescribed in MAT normalize brain chemistry, block the euphoric effects of opioids, relieve physiological cravings, and normalize body functions without the negative and euphoric effects of the substance used (SAMHSA – Substance Abuse and Mental Health Services Administration)

- MAT has been shown to:
  - Improve patient survival
  - Increase retention in treatment
  - Decrease illicit opiate use and other criminal activity among people with substance use disorders
  - Increase patients' ability to gain and maintain employment
  - Improve birth outcomes among women who have substance use disorders and are pregnant

*For more information on MAT please visit SAMHSA's website at samhsa.gov/medication-assisted-treatment

What Else Can You Do?

In addition to MAT you can also:

- Work with patients who are ready to cut down on use to develop a treatment plan (these patients may not need a formal treatment program): Avoid situations where they may be pressured to use opioids or feel uncomfortable being around others who may have opioids

- Have patients list in writing reasons to stop opioid use (getting healthy, sleeping better, improving relationships, having a successful job)

- Set a goal with your patients for reducing and stopping use (how much they will cut down and the date they wish to stop use completely) Use a diary to track use as they are cutting back

- Incorporate drug free days into the treatment plan

- Have patient remove all drugs from their house

- Encourage exercise and keeping busy

- Encourage connecting with a peer support group