



MANAGED HEALTHCARE NORTHWEST, INC.

422 E. BURNSIDE, SUITE 215, PO BOX 4629, PORTLAND, OREGON 97208-4629
(503) 413-5800 FAX (503) 413-5801

IMPORTANT CONTRACT INFORMATION CAREMARK COMP OPIOID MANAGEMENT PROGRAM

Effective September 1, 2011

For SAIF Injured Workers Enrolled in CareMark Comp

August 15, 2011

To Participating Prescribing Physicians and Providers:

This is the third in the series of mailings we have sent to prescribing physicians and providers since June 2011. This mailing is coming to you and your practice manager because you are an MD, DO, oral surgeon, DC, DPM, ND, PA or ANP; that is, a physician or provider who functions in an “attending” role in the Oregon workers’ compensation system and can prescribe opioids for injured workers for the treatment of pain.

Effective September 1, 2011, for CareMark Comp enrolled injured workers insured by SAIF Corporation, you must obtain precertification approval from CareMark Comp under the following circumstances:

- Before initiating Long-Acting Opioids (LAO) for enrolled workers (whether or not the worker is already on Short-Acting Opioids (SAO)).
- Before prescribing Long-Acting Opioids (LAO) for post-surgery pain for enrolled workers beyond 1 week post-surgery.
- Before increasing the dosage above 120 mg MED for the worker who is already on Long-Acting Opioids (LAO) at a dosage at or below 120 mg MED.
- Before increasing the dosage above 120 mg MED for the worker who is already on Short-Acting Opioids (SAO) at a dosage at or below 120 mg MED.
- Before increasing even higher, the dosage of a worker who is already on Long-Acting Opioids (LAO) or Short-Acting Opioids (SAO) at a dosage above 120 mg MED.

(Precertification is ***not*** required for enrolled workers on Short-Acting Opioids at a dosage at or below 120 mg MED, for enrolled workers prescribed Long-Acting Opioids for up to 1 week post surgery, or for enrolled workers already on Long-Acting Opioids at a dosage at or below 120 mg MED.)

There are two opioid precertification request forms. Examples of both forms are enclosed. **Precertification Request Form for Initiating Long-Acting Opioid Use** is required to request precertification before initiating Long-Acting Opioids, including prescribing LAO beyond 1 week post-surgery. **Precertification Request Form for Increasing Opioid Dosage Above 120 mg MED** is required to request precertification for increasing dosage above 120 mg MED for LAO or SAO.

Opioid precertification requires a urine drug analysis performed by Legacy Laboratory Services, LLC. The billing code of the required urine drug analysis is **CCLAO**, an acronym for **CareMark Comp Long-Acting Opioid (LAO) Panel**. This is how it will be identified by insurers for CareMark Comp enrolled workers. (Internally, Legacy Lab refers to the panel as MedManager, which you will see on some of the lab’s enclosed materials.) With this letter, we have enclosed examples of the **CareMark Comp Long Acting Opioid Program (6770) order form**, **Caremark Comp Long Acting Opioid Program Urine Specimen Collection Instructions**, a one-page summary that is headed **MedManager Urine Drug Analysis for Patients Prescribed Long Acting Opioids**, and **Legacy Laboratory Services Understanding your MedManager results**. Legacy Lab is in the process of reaching out to CareMark Comp providers with whom there is not an established business relationship. If you have not yet had contact with Legacy Lab, please feel free to call them at 1-877-270-5566 and select Option 1-Medical Client Services. Urine drug analysis will be required to be repeated at least annually, or sooner if there is a material change, such as a change in the worker’s prescribed opioid drug or increasing dosage above 120 mg MED for the worker for whom precertification had previously been obtained to initiate LAO.

Opioid precertification requires a Pain Physician Consultation; that is, the worker must be evaluated by one of three pain management specialists before increasing opioid dosage above 120 mg MED for LAO or SAO or further increasing the dosage for the worker whose dosage is already above 120 mg MED. The three pain management specialists are Bradford Lorber, MD, Matthew McGehee, MD, and Thomas Schrattenholzer, MD. We have enclosed a copy of the **Opioid Pain Evaluation Referral Form** for you to submit to one of the three pain management specialists to initiate the required Pain Physician Consultation.

All of the forms and other materials described above will be found on MHN's website at www.mhninc.com. In addition, the items required as documentation to be submitted with the applicable opioid precertification request will be found there as well. On the website, first select **For Physicians** on the left side of the home screen. Next hit the **CareMark Comp** button. Finally, hit the button applicable to the opioid precertification request: either hit the button labeled **LAO Opioid Precert Packet** or the button labeled **Increased Opioid Dosage Precert Packet**. Depending on which button you hit, it will bring up, for you to print and complete, the entire set of forms and instructions needed to submit an opioid precertification request to CareMark Comp.

Included with this letter is all of the following:

- A letter from Franklin Wong, MD, MHN Medical Director
- CareMark Comp Opioid Management Program Precertification Table
- Legacy Laboratory Services, LLC - Summary, Sample Report, and Instructions for Ordering CareMark Comp LAO Panel
- Long-Acting Opioid Precert Packet – Required Documentation for Long-Acting Opioid Precertification
 - Precertification Request Form for Initiating Long-Acting Opioid Use
 - Opioid Risk Assessment
 - Medication Agreement (*must be signed by worker*)
 - Material Risk Notice (*must be signed by worker*)
 - VAS/Functional Assessment
 - CareMark Comp LAO Panel Order Form (*for required urine drug analysis*)
- Increased Opioid Dosage Precert Packet – Required Documentation for Increasing Opioid Dosage above 120 mg MED
 - Precertification Request Form for Increasing Opioid Dosage Above 120 mg MED
 - Opioid Risk Assessment
 - Medication Agreement (*must be signed by worker*)
 - Material Risk Notice (*must be signed by worker*)
 - VAS/Functional Assessment
 - CareMark Comp LAO Panel Order Form (*for required urine drug analysis*)
 - Opioid Pain Evaluation Referral Form

Our intention is to expand the Opioid Management Program to include other CareMark Comp insurers/employers and their enrolled workers in the future. The complexity of the program necessitates initiating the program with a willing insurer partner which is why it will include only SAIF enrolled workers beginning September 1, 2011.

Please feel free to call MHN and ask for Dolores Russell or Jennifer Harvey if you have any questions.

Sincerely,



Dolores Russell
President/CEO

Enclosure



MANAGED HEALTHCARE NORTHWEST, INC.

422 E. BURNSIDE, SUITE 215, PO BOX 4629, PORTLAND, OREGON 97208-4629
(503) 413-5800 FAX (503) 413-5801

August 15, 2011

Opioids: Trouble in Paradise Part III Implementation of Opioid Management Program

Caremark Comp is completing the final preparations for the implementation of the Treatment Standard for Long-acting Opioid Medication for Non-cancer Pain effective September 1, 2011. The Standard recognizes the importance of utilizing opioid medications in the management of acute pain, and it provides the physician and other providers who prescribe opioids for injured workers a template to insure the efficacy and safety of the use of long-acting opioids.

The implementation of this Treatment Standard was driven by the growing evidence that while opioid medications are effective for short-term pain management there is little clinical evidence to support the long-term use of these medications. They are also associated with significant risk with long-term use and at higher doses.

In summary, here are the key points addressed in my previous Newsletters to you leading up to this implementation:

- Chronic opioid medication treatment of chronic pain is not supported by strong medical evidence.
- Workers can develop physical dependence and tolerance over a period of days or weeks.
- Long-acting opioids have not been proven to be safer or more effective than short-acting opioids.
- There are no clinical studies that show that high doses of opioids are effective for chronic non-cancer pain. And for many workers with chronic pain, analgesic efficacy is not maintained over long time periods.
- Workers who develop physical dependence in opioids cannot be easily tapered off.

The new Standard provides a structure to allow an appropriate assessment of a worker prior to the institution of the long-acting opioid, monitoring of the benefit of the treatment, and determination of whether the opioid should continue, be increased, or discontinued. It also establishes that there are no clinical studies to support doses of opioids [short-acting or long-acting] in excess of a MED of 120 mg.

Effective September 1, 2011, all new prescriptions for long-acting opioids for CareMark Comp SAIF-enrolled workers will need to be pre-certified. And all enrolled workers already on long-acting or short-acting opioids will require a Pain Physician Consultation prior to increasing the opioid[s] in excess of a MED of 120 mg. This process is delineated in detail with the accompanying enclosures.

And finally, please contact us if we can address concerns but, more importantly, assist you in addressing the utilization of opioids in chronic pain management of injured workers.

Sincerely,

Franklin Wong, M.D.
Medical Director