



Medicaid Programs That Improve The Safety of Opioid Use

Spotlight on Iowa

To minimize overdoses and other harm associated with the misuse of prescription drugs, public and private insurance plans use patient review and restriction (PRR) programs to encourage the safe use of opioids and other controlled substances. Through PRRs, insurers assign patients who are at risk for substance use disorder (SUD) to predesignated pharmacies and prescribers to obtain these drugs. This fact sheet presents key features of Iowa's Medicaid fee-for-service (FFS) PRR program that were acquired from a 2015 survey and literature review by The Pew Charitable Trusts. The nationwide survey of Medicaid PRR programs captured information on program characteristics, structures, and trends. Of the 41 states that responded (plus the District of Columbia and Puerto Rico), 38 operate an FFS PRR. For more information on state responses, visit www.pewtrusts.org/PRRreport.

PRR program initiation

PRR programs have been in operation in Medicaid FFS programs in the United States since the early 1970s. Iowa's PRR program was launched in 1984.

Designated provider structure for PRRs

PRRs require patients to receive controlled substance prescriptions and related care from designated pharmacies, prescribers, hospitals, and/or other providers, such as dentists or pain management specialists. Patients enrolled in Iowa's PRR are assigned to a designated pharmacy, prescriber, and hospital. The chart below compares Iowa's PRR program design with that of other programs.

	Assign patients to a pharmacy only	Assign patients to both a pharmacy and prescriber	Assign patients to a pharmacy, prescriber, and hospital
Number of responding programs (%) n = 38	13 (34%)	17 (45%)	8 (21%)
Iowa's PRR			✓

Criteria used to identify at-risk patients for PRR enrollment*

Programs use specific, predetermined criteria to identify potentially at-risk beneficiaries for enrollment in a PRR. Iowa's specific criteria are checked below:

	Filling a certain number of controlled substance prescriptions
✓	Filling a certain number of other prescriptions Receipt of treatments, drugs, medical supplies, or other Medicaid benefits from one or multiple providers of service in an amount, duration, or scope in excess of that which would reasonably be expected to result in a medical or health benefit to the patient.
✓	Utilizing a certain number of pharmacies to obtain controlled substances See the section on the number of other prescriptions above for additional details.
✓	Visiting a certain number of prescribers to obtain controlled substances See the section on the number of other prescriptions above for additional details.
✓	Visiting a certain number of emergency rooms
✓	Obtaining a certain number of controlled substances in the same therapeutic class
✓	Referral/recommendation Referrals shall be made when utilization data generated by the Medicaid Management Information System reflect that a Medicaid member's outpatient visits to physicians, advanced registered nurse practitioners, federally qualified health centers, rural health centers, other clinics, and emergency rooms exceed 24 visits in any 12-month period.

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* With the exception of referrals/recommendations, these criteria are based on use over a specified time period. These time periods may vary between criteria and are specified where known. When publicly available, specific numbers triggering potential identification as at-risk are provided for the listed criteria.



Other

Review utilization data generated by the Surveillance and Utilization Review Subsystem of the Medicaid Management Information System, which employs an exception-reporting technique to identify the members most likely to be program overutilizers by reporting cases in which the utilization exceeds the statistical average.

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Patients automatically excluded from PRR enrollment

Some beneficiaries with pain that is difficult to manage are typically excluded from PRRs. Based on survey results from the District of Columbia and the 37 states with an FFS PRR, the most common reasons for automatic exclusion were that patients are:

- Receiving treatment for certain types of cancer (15 states).
- In long-term care (14 states).
- In hospice care (13 states).
- In skilled nursing facilities (10 states).

71%

Twenty-seven of the 37 states and DC automatically exclude at least one patient population from PRR enrollment to help ensure that these patients have access to effective pain management. Of these, 63% exclude more than one patient population.

29%

Eleven responding states do not automatically exclude patients, although they may choose to do so after performing a clinical review.

Iowa automatically excludes patients who are in hospice and long-term care, and those who are minors or receiving cancer treatment, from PRR enrollment.

Process for patient notification of PRR enrollment

Information was not available about Iowa's time frame for providing beneficiaries' notification prior to PRR enrollment. Sixteen programs (46 percent of those responding^{*}) provide beneficiaries with less than 30 days' notice before PRR enrollment. Fourteen states (40 percent) provide 30 days' notice, and five states (14 percent) provide beneficiaries with more than 30 days' notice before PRR enrollment.

* These data represent 34 states and DC. This includes states with FFS PRR programs that either confirmed this information or make it publicly available.

Process for patient appeal of PRR enrollment

Iowa and 31 other states (over 86 percent of those responding^{*}) provide beneficiaries with 30 or more days from notification to appeal the decision to enroll them in the FFS PRR program. Specifically, Iowa allows beneficiaries 90 days to appeal upon receiving notification of PRR enrollment. Five programs (almost 14 percent) provide beneficiaries with less than 30 days to appeal the decision.

Selection of designated providers

Thirty-six programs (95 percent of those responding), including Iowa's PRR, allow for beneficiary input when selecting providers. Specifically, Iowa chooses beneficiaries' most frequently visited pharmacies and prescribers with the option for beneficiaries to change selections.

Drugs managed through the PRR

Forty-five percent of FFS PRR programs, including Iowa's PRR, require patients to receive controlled substances in Drug Enforcement Administration (DEA) Schedules II-V, as well as noncontrolled substances identified as frequently subject to misuse or diversion, such as those used to treat HIV, from designated providers. Alternatively, 47 percent of FFS PRR programs require patients to receive only controlled substances in DEA Schedules II-V from designated providers. Eight percent of programs require patients to receive only a subset of controlled substance schedules from designated providers.

Additional services offered to PRR enrollees

Forty-seven percent of responding programs, including Iowa's PRR, offer additional services to PRR enrollees, such as general information on SUD, referrals for SUD treatment, referrals to pain specialists, and case management services. Specifically, Iowa offers case management services.

^{*} These data represent 36 states and DC. This includes states with FFS PRR programs that either confirmed this information or make it publicly available.

PRR access to state prescription drug monitoring programs

Prescription drug monitoring programs (PDMPs) are state-run electronic databases that monitor dispensed prescriptions for controlled substances in 49 states and the District of Columbia. Iowa's Medicaid staff does not have access to the PDMP. States that do have access may use it to monitor cash transactions and identify at-risk beneficiaries for potential PRR enrollment. The chart below compares the Iowa FFS Medicaid program's access to the PDMP with that of other programs.

	No access to the PDMP	Access to the PDMP
Number of responding programs (%) n = 38	22 (58%)	16 (42%)
Iowa's PRR	✓	

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