
North Dakota Medicaid Pharmacy Program Quarterly News

Published Quarterly by Health Information Designs

Welcome to the “North Dakota Medicaid Pharmacy Program Quarterly News,” a pharmacy newsletter presented by the North Dakota Department of Human Services and published by Health Information Designs. This newsletter is published as part of a continuing effort to keep the Medicaid provider community informed of important changes in the North Dakota Medicaid Pharmacy Program.

The North Dakota Department of Human Services has contracted with Health Information Designs (HID) to review and process prior authorizations (PAs) for medications. For a current list of medications requiring a PA, as well as the necessary forms and criteria, visit www.hidndmedicaid.com, or call HID at (866) 773-0695 to have this information faxed. An important feature on this website is the NDC Drug Lookup. This allows you to determine if a specific NDC is covered (effective date), reimbursement amount, MAC pricing, copay information, and any limitations (prior authorization or quantity limits).

This newsletter provides information regarding prescription drug abuse and overdose. Prescription drug abuse is the nation’s fastest growing drug problem. The Prescription Drug Abuse Prevention Plan focuses on four key areas to reduce prescription drug abuse.

The North Dakota Medicaid Pharmacy Program team appreciates your comments and suggestions regarding this newsletter. To suggest topics for inclusion, or to make comments, please contact Health Information Designs at (334) 502-3262, call toll free at 1-800-225-6998, or e-mail us at info@hidinc.com.



Helpful Numbers

PA Help Desk	866-773-0695
To fax PAs	866-254-0761
To report adverse reactions	800-FDA-1088

Inside This Issue	Page
Welcome	1
Helpful Numbers	1
Prescription Drug Abuse and Overdose	2
Prescription Drug Abuse Prevention Plan	3
Health Information Designs	4

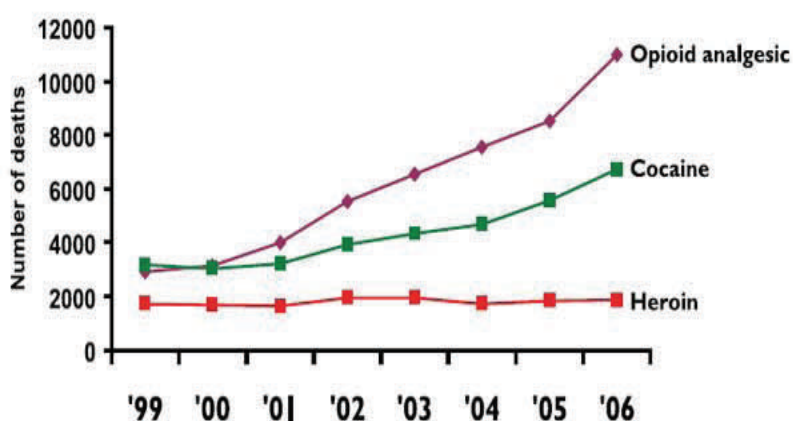
Visit HID’s North Dakota Department of Human Services Prior Authorization website, www.hidndmedicaid.com.

Prescription Drug Abuse and Overdose

Prescription drug abuse is the nation's fastest-growing drug problem. Prescription drugs are the second most-abused category of drugs after marijuana. Data from the National Survey on Drug Use and Health (NSDUH) demonstrate that nearly one-third of people aged 12 and over who abused drugs for the first time in 2009 began by using a prescription drug for non-medical reasons. The survey also showed that over 70 percent of people who abused prescription pain medications got them from relatives or friends. According to the NSDUH 2009 data, more than 5 million Americans misused opioid painkillers in the past month.

There has been a dramatic increase in the number of prescriptions filled for opioid pain relievers over the past decade. From 1997 to 2007, the milligram per person use of prescription opioids in the United States increased from 74 milligrams to 369 milligrams. In 2000, retail pharmacies dispensed 174 million prescriptions for opioids. By 2009, there were 257 million opioid prescriptions dispensed, which was an increase of 48 percent from the year 2000.

In the past, most overdoses of opiates were most likely due to heroin use; however, prescription drugs are now involved in more overdose deaths than heroin and cocaine combined. More than 40 people die daily in the United States from overdoses involving prescription opioid pain relievers. The death toll from prescription painkillers has more than tripled in the past decade. The CDC states that rates of opioid misuse and death are highest among men, persons aged 20 to 64 years, non-Hispanic whites, and poor and rural populations. The two main populations in the United States at the greatest risk for prescription drug overdose are the 9 million persons who report long-term medical opioid use and the 5 million persons who report nonmedical opioid use in the past month. The CDC found that among persons who died of opioid overdoses, a large proportion did not have a prescription in their records for the opioid that killed them. The following figure represents the number of unintentional drug overdose deaths involving opioid analgesics, cocaine, and heroin in the United States from 1999 to 2006.



Unintentional Drug Poisoning Deaths: A National Epidemic: The Medications. Available at <http://www.medscape.com>. [Accessed March 28, 2012.]

Prescription Drug Abuse and Overdose, cont.

In April of 2011, the White House announced a national plan to fight prescription drug abuse. The Prescription Drug Abuse Prevention Plan focuses on four key areas to reduce prescription drug abuse:

- Education must be provided to parents, youth, patients, and healthcare providers to increase awareness about the dangers of prescription drug abuse. Education must also include the proper ways to dispense, store, and dispose of controlled substance medications.
- There must be enhancements to and increased utilization of prescription drug monitoring programs (PDMPs). Currently, there are 37 states (including North Dakota) with operational PDMPs that have the ability to receive and distribute controlled substance prescription information to authorized users. PDMPs have the ability to identify ‘doctor shoppers’ and detect therapeutic duplication and drug-drug interactions.
- There must be development of consumer-friendly and environmentally-responsible prescription drug disposal programs to help limit the diversion of drugs. A proper plan must be in place to include the proper disposal of unneeded, unused, or expired medications. Prescription drugs should be disposed of in sealed plastic bags with filler such as kitty litter or coffee grounds.
- Law enforcement agencies should be provided with support and the tools they need to expand efforts to shut down ‘pill mills’ and to halt ‘doctor shopping’. There should be aggressive enforcement action against prescribers who are not prescribing within the usual course of practice and not for legitimate medical purposes.

The Prescription Drug Abuse and Prevention Plan has several goals:

- A 15% reduction in non-medical use of prescription-type psychotherapeutic drugs in the past year among people 12 years of age and older.
- Approve and implement a Risk Evaluation and Mitigation Strategy for long-acting and extended-release opioids within 12 months.
- Write and distribute a Model Pain Clinic Regulation Law within 12 months.
- Work along with Federal agencies to develop and implement a national public education campaign on prescription drug abuse and safe and proper medication disposal within 24 months.
- Complete rule-making and implement regulations for medication disposal within 24 months.
- A guidance document will be issued by the FDA on developing abuse deterrent drug formulations and on post-market assessment of their performance within 24 months.
- Legislation in all 50 states will be in place establishing PDMPs within 36 months.
- Decrease the number of unintentional overdose deaths related to opioids by 15% within 60 months.

Reference

Epidemic; Responding to America’s Prescription Drug Abuse Crisis. Executive Office of the President of the United States. Available from <http://www.whitehouse.gov>. [Accessed March 28, 2012.]



Health Information Designs (HID) is the most experienced and qualified provider of drug utilization review and pharmacy support services in the country. We specialize in helping our clients promote clinically appropriate and cost-effective prescribing, dispensing, and utilization of prescription drugs.

HID was founded in 1976 with a mission to improve patient care and contain costs for state Medicaid agencies by providing drug utilization review (DUR) services. In 1997, HID was acquired by HDI Solutions and subsequently has experienced strong and steady growth as a premium healthcare analytics and pharmacy support services provider. HID is the industry leader in providing comprehensive prescription drug monitoring programs and state Medicaid pharmacy decision support systems, informatics, and related services. Currently, HID works with clients in 29 states, including 17 Medicaid agencies, 17 Boards of Pharmacy and state health agencies, and several private healthcare benefit management organizations. The work performed by HID has a daily impact on the healthcare of more than 70 million Americans.



391 Industry Drive
Auburn, AL 36832
Tel: 800-748-0130
Fax: 800-748-0116

PRST STD
U.S.
Postage