Partnering with payers to improve opioid stewardship

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IN RESIDENCY, how many pills of narcotics did you write for prostatectomy patients at discharge?

a) 0
b) 5
c) 10
d) 20
e) 40
TODAY, how many pills of narcotics do you write for prostatectomy patients at discharge?

a) 0
b) 5
c) 10
d) 20
e) 40
Michigan Urological Surgery Improvement Collaborative (MUSIC)

**MUSIC participants**
- 44 practices
- 250+ urologists (~90% of urologists in Michigan)
- 7 patient advocates

**Data collection**
- >55,000 cases including:
  - >33,000 prostate cancer, >11,000 stones, >800 renal masses
- >10,000 radical prostatectomies

Mission: Making Michigan #1 in Urologic Care
Opioids and our communities

New Persistent Opioid Use After Minor and Major Surgical Procedures in US Adults

Surgical complication: 6% of surgical patients become persistent opioid users

Diversion into community: Unused opioids

Existing statewide (MI) efforts: “Start Talking” forms;
Opioid fills after prostatectomy (2012-2016)

Range: 8-180 tablets per patient
Mean: 40 x 5mg hydrocodone tablets
Modifier-22: Applied when work required is substantially greater than usual clinical effort

BCBSM: Authorizing modifier-22 for “opioid-limited” surgeries
– 35% increased payment from BCBSM to practice

Pilot: 6 surgeries, including radical prostatectomy
MUSIC Pain Optimization Pathway (POP)

- **Pre-op**: Counseling about pain expectations/control
  - Non-narcotics encouraged

- **Intra-op/floor**: No changes required
  - Non-narcotics encouraged

- **Discharge**: 6 x 5mg oxycodone (or equivalent)
  - Goal for <10% to receive refills

- **Post-discharge**: Monitored through patient reported outcomes (PROs) and pharmacy claims
Big questions

What opioids are patients receiving and consuming now?
Is this feasible?
Will this harm patients?
Leveraging Patient Reported Outcomes (PROs)

• Opioid questions added to MUSIC PRO (June 2018)

• Baseline (pre-op)
  – Opioid use before surgery
  – Pain status

• 1 month post-op
  – Opioid prescriptions, consumption, refills, current use
  – Pain status
Post-op opioid prescriptions (1 month)

210 Respondents at 1 month

87% of patients prescribed opioid at discharge
Post-op opioid prescriptions (1 month)

- **Prescribed:**
  - 15 x 5mg hydrocodone + APAP
  - 10 x 5mg oxycodone

**MPOP Goal: 6 x 5mg oxycodone (or equivalent)**
Post-op opioid prescriptions (1 month)

- **Prescribed:**
  - 15 x 5mg hydrocodone + APAP
  - 10 x 5mg oxycodone

- **Consumed:**
  - 6 x 5mg hydrocodone + APAP
  - 4 x 5mg oxycodone

**MPOP Goal:** 6 x 5mg oxycodone (or equivalent)
Post-op refills and current use

7% (n=12) requested refill

2% (n=5) still taking opioids at 1 month post-op*

MPOP Goal: < 10% refills

*All report taking for pain related to surgery
Good pain control at 1 month post-op

Average pain in the last week

Pre-op

Average pain in the last week

1 month post-op
Conclusions and next steps

• Partnering with payer can facilitate clinical innovation
  – Align financial incentives with work required for change

• Key early lessons:
  – Many stakeholders; all require regular communication
  – Over communicate with patients about expectations
  – Implement for all patients, regardless of insurance

• Next: Expand to other urologic procedures
  – Vasectomy (opioid free), Ureteroscopy (opioid reduced)
ON MONDAY how many pills of narcotics will you write for prostatectomy patients at discharge?

a) 0
b) 5
c) 10
d) 20
e) 40
Physician & patient resources
Thank you

- BCBSM Value Partnerships team
- MUSIC Coordinating Center
- MUSIC physicians, PAs, residents, nurses, practice administrators, scheduling team
- Bill Palazzolo, Alex Hallway and UM POP team
- M-OPEN team
Post-op refills and current use

7% (n=12) requested refill

2% (n=5) still taking opioids at 1 month post-op*

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<thead>
<tr>
<th>Original Medication</th>
<th>Patients</th>
<th># Tablets</th>
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<tbody>
<tr>
<td>Hydrocodone 5mg</td>
<td>9</td>
<td>4-36</td>
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<tr>
<td>Tramadol 50mg</td>
<td>2</td>
<td>8, 20</td>
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<tr>
<td>Oxycodone 5mg</td>
<td>1</td>
<td>10</td>
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*All report taking for surgical pain
^Requested refill