

# CMS Roadmap

## TO ADDRESS THE OPIOID EPIDEMIC

**Opioids killed more than 42,000** in 2016, or 116 people a day.<sup>2</sup>

**40%** of all opioid overdose deaths involve a prescription opioid.<sup>1</sup>

### PRESCRIPTION OPIOID MISUSE



When used correctly, prescription opioids are **helpful** for treating pain.



The CDC outlined **guidelines** for safe prescribing of opioids.



An estimated **11.5 million** people misused prescription opioids<sup>2</sup>—putting them at risk for dependence and addiction.



**3 out of 4** people who used heroin misused prescription opioids first.<sup>3</sup>

### OPIOID USE DISORDER



Over **two million** people suffer from opioid use disorder.



Treatment **options** exist, including medication-assisted treatment (MAT).



**Only 20%** of people with opioid use disorder receive treatment.<sup>3</sup>

## KEY AREAS OF CMS FOCUS

As one of the largest payers of healthcare services, CMS has a key role in addressing the opioid epidemic and is focused on three key areas:



#### PREVENTION

Manage pain using a safe and effective range of treatment options that rely less on prescription opioids



#### TREATMENT

Expand access to treatment for opioid use disorder



#### DATA

Use data to target prevention and treatment efforts and to identify fraud and abuse

# SUCCESSES SO FAR



## COVERAGE

CMS coverage policies now ensure some form of **medication-assisted treatment across all CMS programs**—Medicare, Medicaid, and Exchanges.



## AWARENESS

**CMS sent 24,000 letters** in 2017 and 2018 to Medicare physicians to highlight that they were prescribing higher levels of opioids than their peers to incentivize safe prescribing practices.



## DATA

**CMS released data** in 2017 and 2018 to show where Medicare opioid prescribing is high to help identify areas for additional interventions.



## TRACKING

Due to safe prescribing policies, the number of Medicare beneficiaries receiving higher than recommended doses from multiple doctors **declined by 40% in 2017**.



## BEST PRACTICES

**CMS activated over 4,000 hospitals, 120,000 clinicians, and 5,000 outpatient settings** through national quality improvement networks to rapidly generate results in reducing opioid-related events.



## ACCESS

As of June 2018, CMS approved **12 state Medicaid 1115 demonstrations** to improve access to opioid use disorder treatment, including new flexibility to cover inpatient and residential treatment while ensuring quality of care.

# MOVING FORWARD

## PREVENTION



Significant progress has been made in identifying overprescribing patterns

## TREATMENT



Medicare, Medicaid, and private health plans provide some coverage for pain and opioid use disorder treatments

## DATA



Data provides insight into doctor, pharmacy, and patient use of prescription opioids and effectiveness of treatment

## CMS CAN BUILD ON THESE EFFORTS TO FURTHER:

1. **Identify** and stop overprescribing of opioids
2. **Enhance** diagnosis of OUD to get people the support they need earlier
3. **Promote** effective, non-opioid pain treatments

1. **Ensure** access to treatment across CMS programs and geography
2. **Give** patients choices for a broader range of treatments
3. **Support** innovation through new models and best practices

1. **Understand** opioid use patterns across populations
2. **Promote** sharing of actionable data across continuum of care
3. **Monitor** trends to assess impact of prevention and treatment solutions

# A CLOSER LOOK: DETAILED ACTIVITIES ON THE 2018 ROADMAP

## PREVENTION

**Continue reducing overprescribed opioids by:**

- Implementing a new authority to limit Medicare beneficiaries to certain pharmacies and doctors (or “lock-in”).
- Strengthening real-time prescription controls with the use of prescription databases and point of sale pharmacy edits.
- Establishing other standard pharmacy protocols across programs for new or changed prescriptions.

**Incorporate incentives for appropriate prescribing** into future Medicare Quality Star Ratings and the Quality Payment Program.

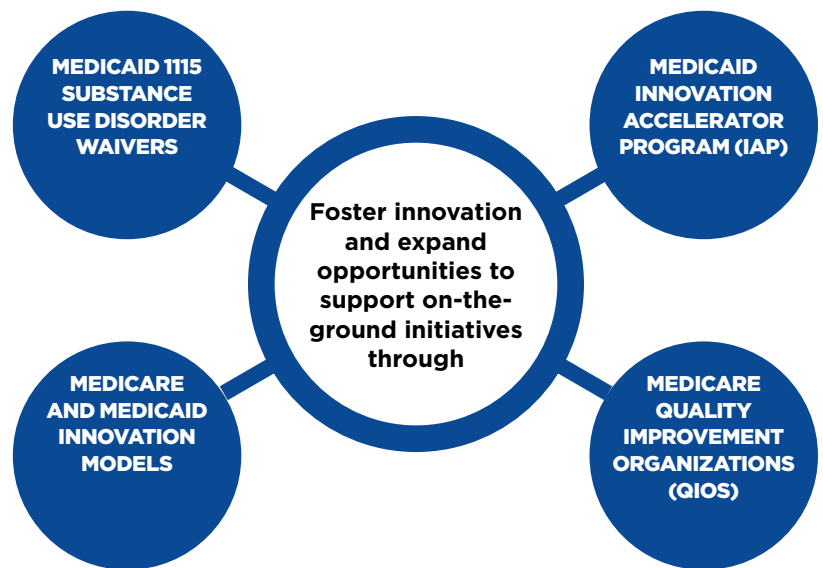
**Align monitoring of systemic overprescribing** to CDC guidelines and partner with law enforcement to stop egregious prescribers.

**Disseminate best practices** for state Medicaid agencies and other payers on alternative pain management strategies and other tactics to address the opioid crisis.

## TREATMENT

**Identify and develop solutions for treatment barriers for pain and opioid use disorders across Medicare, Medicaid, and private health plans, including:**

- Access to non-opioid pain treatments,
- Access to medication-assisted treatments (MAT), and
- Access to providers in rural and other low-access communities.

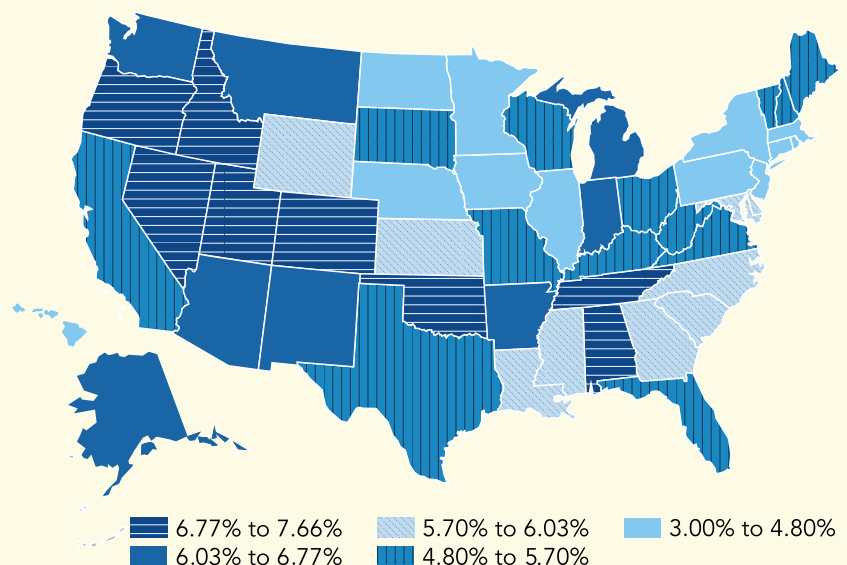


## DATA & ANALYTIC TOOLS

CMS will focus our data efforts and provide tools for states, plans, and providers in order to:

- **Monitor** success of prevention measures related to reducing overuse and misuse of prescription opioids.
- **Improve** data transparency and interoperability, and expand tools like the Medicare “heat map” of prescribing rates that help determine where to target safe prescribing efforts (see map on right).
- **Analyze** prescription opioid use patterns across CMS programs and in special populations such as individuals in rural areas, with dual Medicare/Medicaid eligibility, and with certain health conditions.
- **Support** state Medicaid program capacity to track and report data.

**2016 MEDICARE PRESCRIBING RATES SHOWING GEOGRAPHIC VARIATION<sup>4</sup>**



# HIGHLIGHTING INNOVATION



## MEDICAID DEMONSTRATION PROJECT

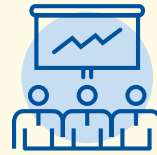
**CMS approved an 1115 Medicaid demonstration project** for Virginia and worked with the state to strengthen the delivery system for substance use disorder, including opioid use disorder.

Virginia's Medicaid demonstration project has significantly improved access to treatment by increasing reimbursement, which led to increased provider capacity and a 49% increase in number of members accessing opioid treatment services and a 39% decrease in opioid-related emergency department visits in the first 5 months.<sup>5</sup>



## HUB AND SPOKE MAT

**CMS approved and provided technical assistance** to Vermont on their Hub and Spoke MAT program to add the Health Home optional Medicaid state plan benefit to promote coordinated care for chronic conditions, which has led to dramatic reductions in opioid use, overdoses and emergency department visits related to opioid use.



## COLLABORATIVE LEARNING

**The Transforming Clinician Practice Initiative (TCPI)** run by CMS is a collaborative learning initiative that facilitates information sharing and practice reform on a large scale, with over 90% of clinicians operating in small, rural, or underserved areas participating. One TCPI member—the Integrated Pain Care program at Community Care of West Virginia—achieved promising results, including:

1. Zero opioid-related deaths among the 2,628 patients over the past 2 years
2. A reduction in opioid prescriptions by 86% in 4 years.<sup>6</sup>



## ADVANCED ANALYTICS

**CMS' Quality Improvement Organization** provided advanced data analytic support and clinical expertise to a network of 10 hospitals and partners across Colorado to change pain management practices and improve care. Over a 6-month timeframe, CMS data showed that these hospitals achieved a 36% reduction in the use of opioids—about 35,000 fewer administrations of opioids in the emergency department—and an increase in alternative medications by 31%.

## SOURCES:

1 CDC: <https://www.cdc.gov/drugoverdose/data/index.html>

2 HHS: <https://www.hhs.gov/opioids/about-the-epidemic/index.html>

3 SAMHSA: [https://www.samhsa.gov/sites/default/files/aatod\\_2018\\_final.pdf](https://www.samhsa.gov/sites/default/files/aatod_2018_final.pdf)

4 CMS Heat Map: <https://www.cms.gov/Research-Statistics-Data-and-Systems/Statistics-Trends-and-Reports/Medicare-Provider-Charge-Data/OpioidMap.html>

5 Virginia: <https://www.macpac.gov/wp-content/uploads/2018/01/Examining-Residential-Substance-Use-Disorder-and-the-IMD-Exclusion.pdf>

6 WV results (Day 1): <https://cmsqualityconference.com/home-4/>