



Safe and Appropriate Opioid Prescribing

Kaiser Permanente's Approach

Michael Kanter, MD

Southern California Permanente Medical Group

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A Four Pronged Approach to Opioid Safety

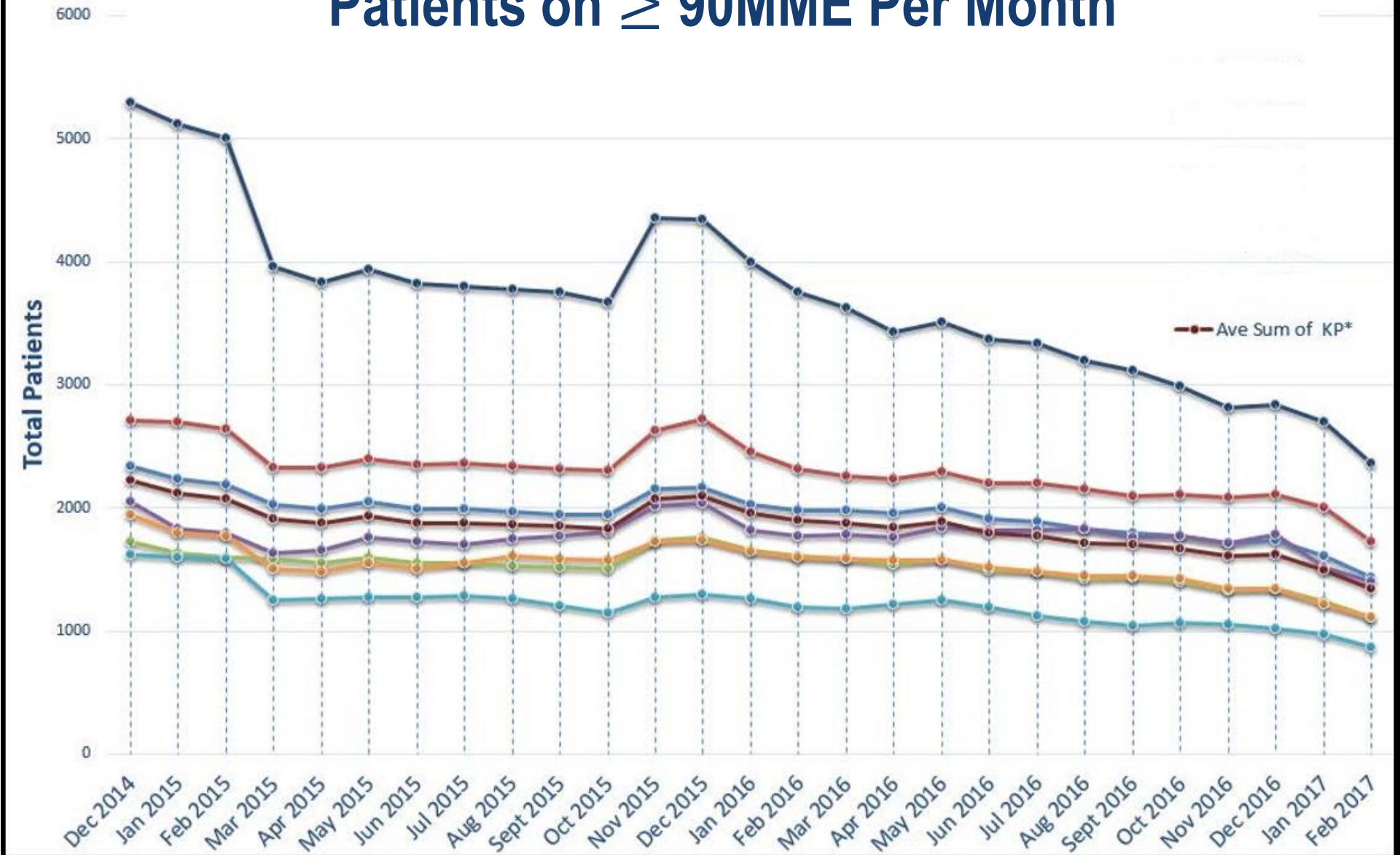


Safe and Appropriate Opioid Prescribing Program: Southern California Results

- ✓ 30 percent reduction in prescribing opioids in high doses
- ✓ 98 percent reduction in number of prescriptions with greater than 200 pills
- ✓ 90 percent decrease in opioid prescriptions with benzodiazepines and carisoprodol
- ✓ 72 percent reduction in prescribing of Long-Acting/Extended Release opioids
- ✓ 95 percent reduction in prescribing of brand name opioid-acetaminophen products

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Patients on ≥ 90 MME Per Month



NEARLY 40% REDUCTION

of Kaiser Permanente patients
on 90 morphine milliequivalents
or more per month, from
2014 - 2017



Physician Education and Support



- EMR tools and decision support** technology to reinforce workflows and alert physicians to higher risk scenarios
- Robust trainings** (in person and online) on scope of opioid epidemic, recommended workflows, patient communication strategies, and tapering approaches
- Effective collaboration with Chronic Pain experts** (physicians, pharmacists, physical therapists, case managers, etc.)
- Shared Decision Making tools** for clinician-patient discussions
- Monthly **prescriber-level reporting** on various opioid safety metrics and prescribing patterns
- Programs to **effectively manage spine-related pain**
- Tools and trainings to **improve communication and collaboration across service lines**
- Easy access to **state prescription monitoring database**

Physician Education and Support



Pharmacy Initiatives and Collaboration

- Review all high dose prescriptions and consult with prescriber when **necessary**
- Review all prescriptions for short and long acting opioids **exceeding a pre-determined pill count**
- Review any **Fentanyl script in opioid naïve patients**
- Drug Use Management initiatives focused on **promoting appropriate and safe opioid utilization**

Physician Education and Support



- ❑ **Detailed informed consent** (medication agreement) detailing risk/benefits of chronic opioid therapy and behavioral expectations
- ❑ Wide array of **online media and educational material**
- ❑ **Periodic and consistent visits** with physician to discuss pain condition and opioid medication (frequency varies based on physician discretion and state regulations)

Patient Safety



- ❑ **Higher dose patients encouraged to taper** when clinically appropriate
- ❑ **Reduced quantity and frequency of opioid prescriptions** in ED and after surgery
- ❑ **Decreased number of patients** on opioids in addition to benzodiazepines, skeletal-muscle relaxants, and/or Z-drug
- ❑ **Alternatives to opioids offered** whenever possible and clinically appropriate
 - Mindfulness training
 - Tai Chi
 - Acupuncture
 - Group classes on pain management
 - Cognitive behavioral therapy

Community Protection



- Decreased total quantity of opioids** in the community through reduced prescribing
- Consistent monitoring of Urine Drug Screen and state prescription monitoring database** prevents diversion
- Strategic partnerships with various community initiatives** aiming to improve opioid safety
- Reports to monitor unusual prescribing patterns and opioid prescription purchases** prevents diversion

Thank you

Michael Kanter, MD

Executive Vice President, Quality and Chief Quality Officer
The Permanente Federation

Medical Director

Quality and Clinical Analysis

Southern California Permanente Medical Group



@MichaelKanterMD