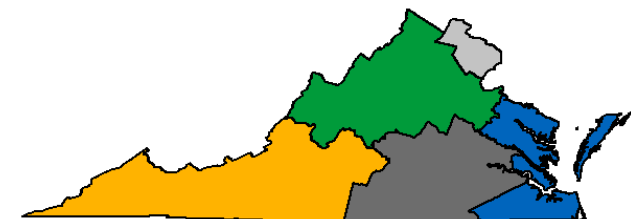


Virginia's Prescription Monitoring Program

Promoting Appropriate Use of Controlled Substances

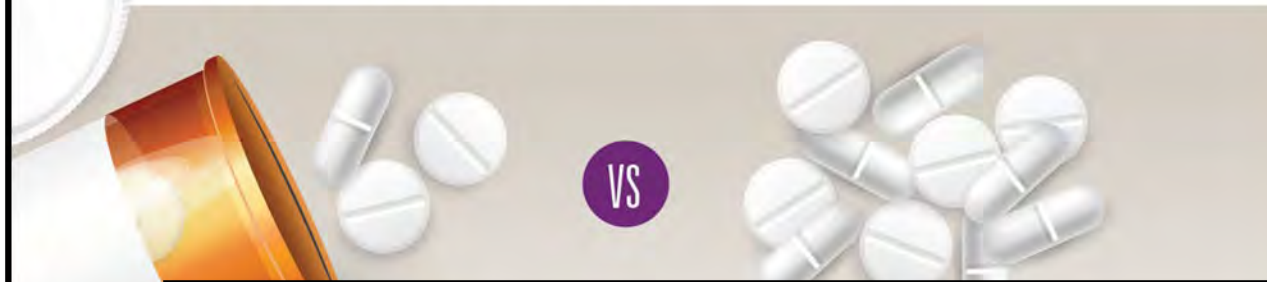
DEA Practitioner Diversion Awareness
Conference February 2020



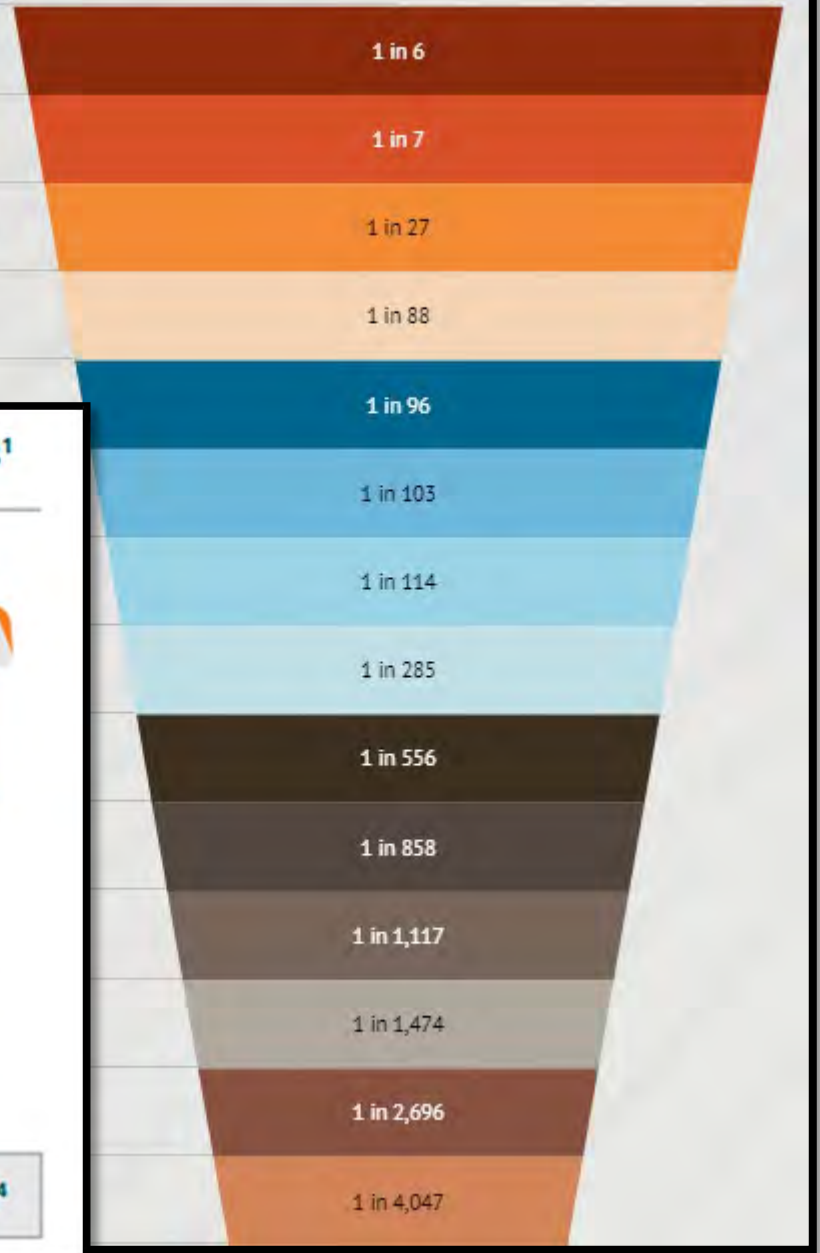
A Time-Release History

- **1911-1990s:** opioids were primarily for acute and cancer pain
 - Short acting and used in the lowest dose for the fewest days
- **1995:** American Pain Society launched “pain as the fifth vital sign” campaign; FDA approved OxyContin
- **2000:** The Joint Commission published pain mgmt. standards, physicians mandated to provide adequate pain control
- **2001:** OxyContin was the most prescribed non-generic narcotic
- **2017:** The Joint Commission released new standards for pain treatment

The amount of opioids prescribed per person was three times higher in 2015 than in 1999.



Heart Disease	1 in 6
Cancer	1 in 7
Chronic Lower Respiratory Disease	1 in 27
Suicide	1 in 88
Opioid overdose	1 in 96



Approximately 4.5 million estimated U.S. citizens are addicted to prescription opioids¹

80%

U.S. consumption of all world prescription opiate supply²

\$56 billion per year

U.S. prescription opioid abuse cost³

25%

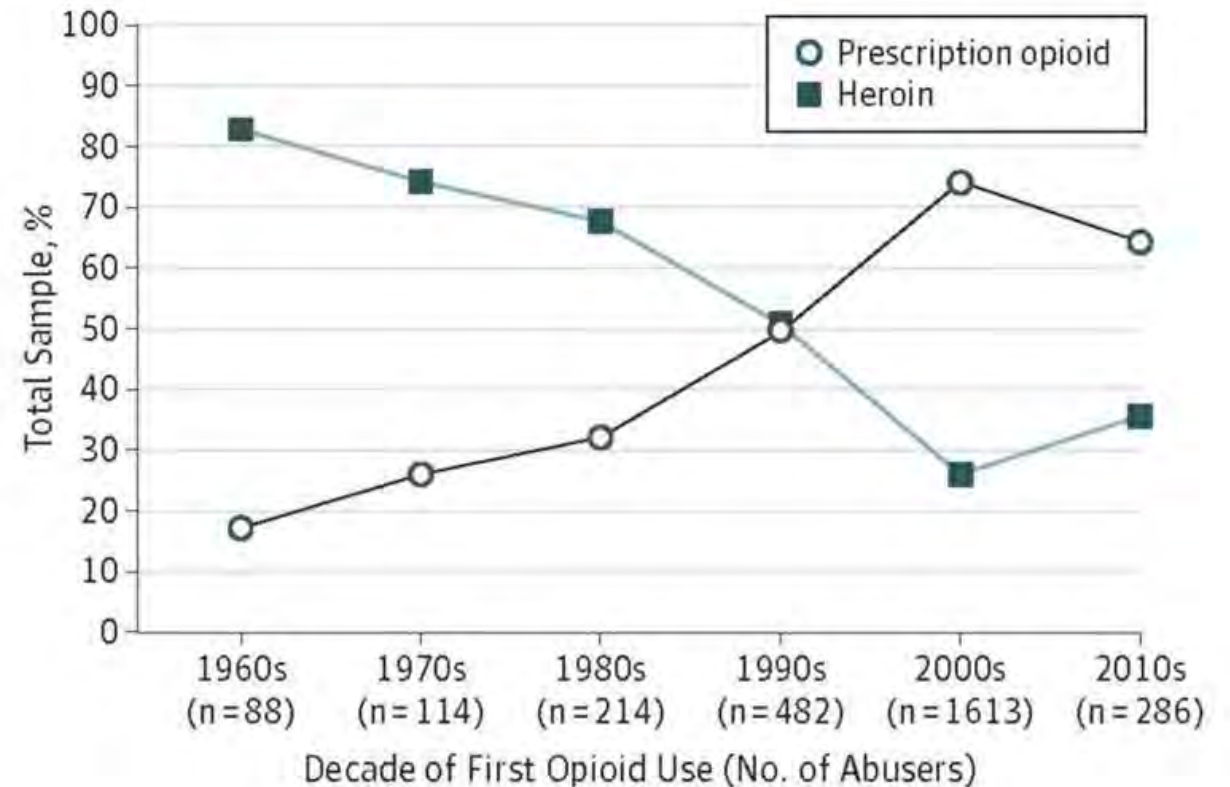
of all workers' compensation costs relate to opioids⁴

Workers who use prescription opioids for 3 months or more almost never return to work⁴

Prescription opioid use is a risk factor for heroin use

- People entering treatment for heroin addiction who began abusing opioids in...
 - 1960s: >80% started with heroin
 - 2000s: 75% started with Rx opioid

Percentage of the total heroin-dependent sample that used heroin or a prescription opioid as their first opioid of abuse



Prescription monitoring programs (PMPs)

- **Goal:** Promote safe prescribing and dispensing practices for covered substances
- Assist **law enforcement** to reduce doctor shopping, drug diversion, and illegal prescribing and dispensing
- Support **health profession licensing boards** with licensee investigations
- Facilitate **analysis of data** that can help **identify trends** with specific drugs, within geographic regions of the state, and by patient demographics



fewer **prescriptions**,
for fewer **days**, at
lower **dosages**

Virginia PMP

- **What drugs are reported?**

- Schedule II-V medications, naloxone

- **Who must report?**

- Pharmacies and other dispensers must report within 24 hours

- **Exemptions to reporting?**

- As of July 2018, Veterinarians must report dispensing >7 days

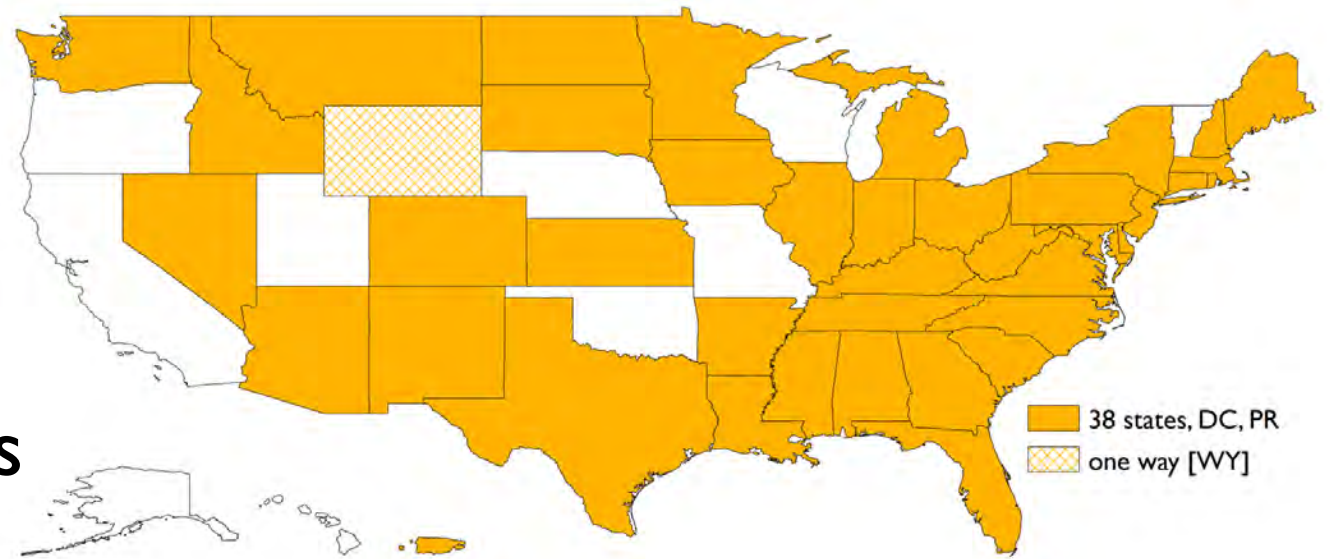
- **Who has access?**

- Every prescriber and pharmacist licensed in Virginia, delegates
- Health profession licensing board investigators
- Law enforcement agents
- Parole/probation officers
- Patients requesting own prescription history



PMPs

- 49 states and DC have legislation authorizing PMPs
- Each jurisdiction determines which medications are collected and who has access
- Integration into EHR and pharmacy software applications (PSA)

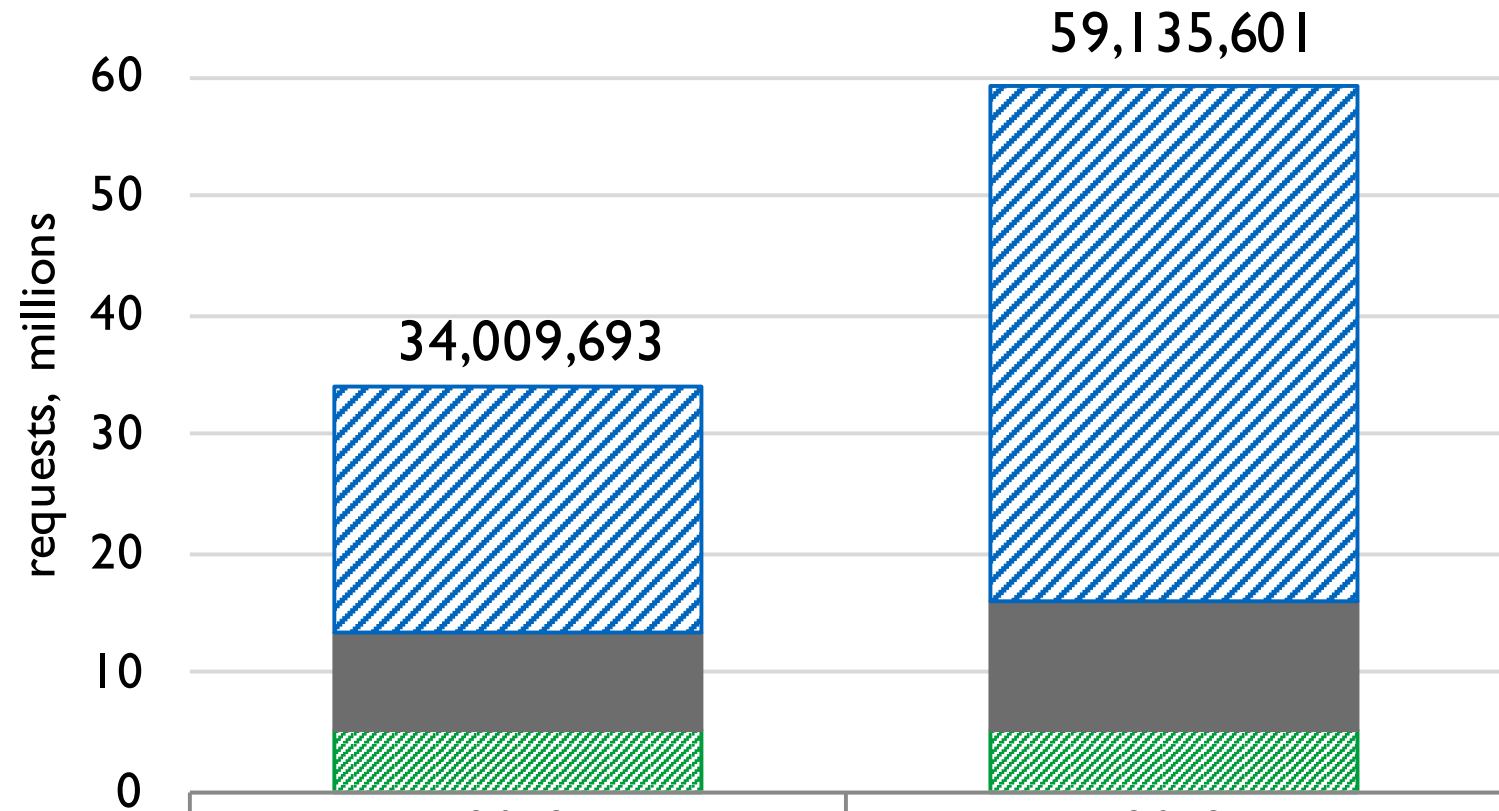


- Interoperability
 - Virginia is interoperable with 39 states, including all bordering states, plus DC, & PR
 - Department of Defense Military Health System



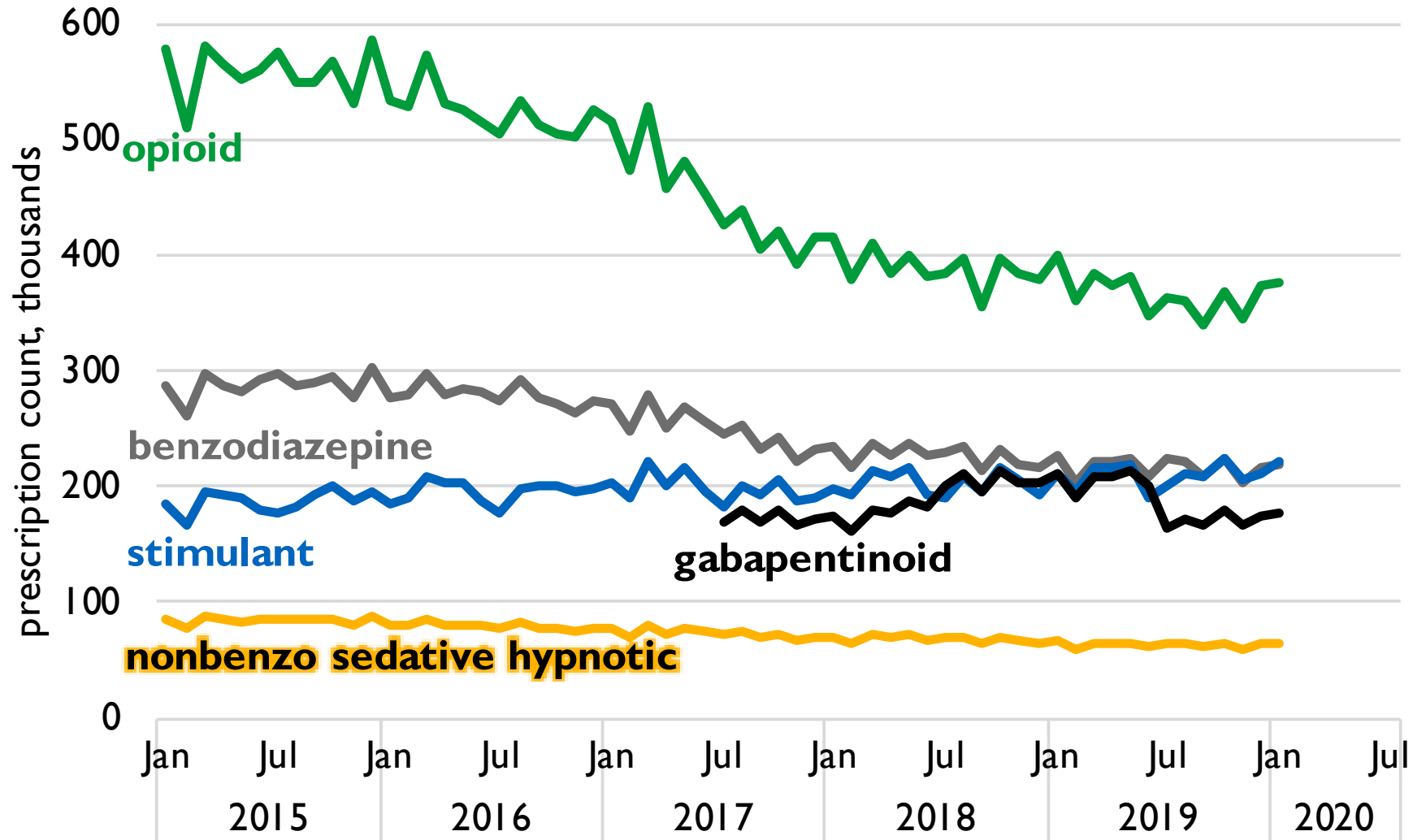
PMP Utilization

- **Gateway**: integrates PMP data within health record clinical workflow
- **PMPi**: interoperability among states' PMPs
- **NarxCare** (previously AWARe): web-based application



	2018	2019
Gateway (in state)	20,738,153	43,005,000
PMPi	8,095,540	10,766,458
NarxCare	5,176,000	5,364,143

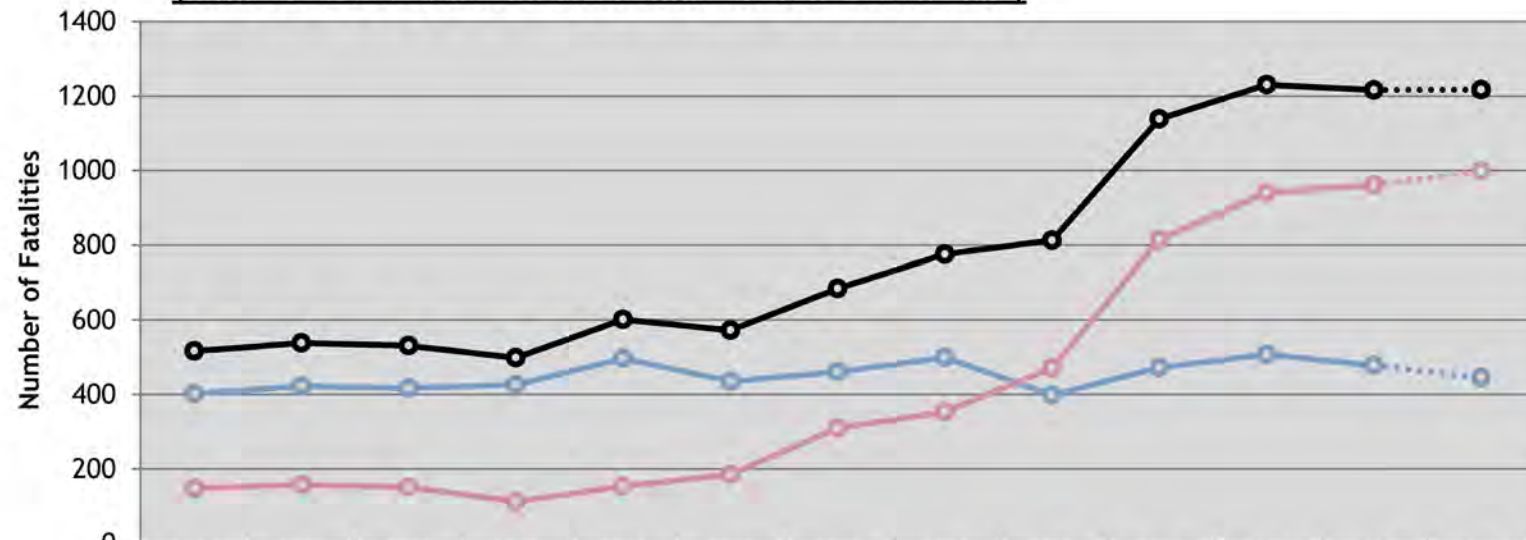
Prescriptions dispensed by drug class, 2015-January 2020



OPIOIDS- A DIFFERENT PERSPECTIVE

Prescription opioids are a group of drugs that are commercially made by pharmaceutical companies in certified laboratories that act upon the opioid receptors in the brain. Historically, fentanyl has been one of these drugs. However, in late 2013, early 2014, illicitly made fentanyl began showing up in Virginia and by 2016, most fatal fentanyl overdoses were of illicit production of the drug. Separating fentanyl from the grouping of prescription opioids for this reason demonstrates a slight decrease in fatal prescription opioid overdoses in 2015 and a dramatic increase in the number of fatal fentanyl and/or heroin overdoses. This has caused the significant rise in all fatal opioid overdoses in the Commonwealth since 2012.

Total Number of Prescription Opioid (Excluding Fentanyl), Fentanyl and/or Heroin, and All Opioid Overdoses by Year of Death, 2007-2019*
 (Data for 2019 is a Predicted Total for the Entire Year)



	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019*
All Opioids	516	538	530	498	601	572	684	775	812	1138	1230	1215	1216
Prescription Opioids (excluding fentanyl)	401	422	417	426	496	435	460	499	398	472	507	477	445
Fentanyl and/or Heroin	148	157	150	112	153	185	309	353	471	814	940	961	998

¹ 'All Opioids' include all versions of fentanyl, heroin, prescription opioids, and opioids unspecified

² Illicit and pharmaceutically produced fatal fentanyl overdoses are represented in this analysis. This includes all different types of fentanyl analogs (acetyl fentanyl, furanyl fentanyl, etc.)

³ 'Prescription Opioids (excluding fentanyl)' calculates all deaths in which one or more prescription opioids caused or contributed to death, but excludes fentanyl from the **required list** of prescription opioid drugs used to calculate the numbers. However, given that some of these deaths have multiple drugs on board, some deaths may have fentanyl in addition to other prescriptions opioids, and are therefore counted in the total number. Analysis must be done this way because by excluding all deaths in which fentanyl caused or contributed to death, the calculation would also exclude other prescription opioid deaths (oxycodone, methadone, etc.) from the analysis and would thereby undercount the actual number of fatalities due to these true prescription opioids.

Enhancements to PMP application

Old: **AWARxE**

- Data routinely made available is complex
 - Each line of prescription data can be displayed with 12+ data fields
 - Not uncommon for PMP report to contain 50+ lines of prescription data
- From these hundreds (or thousands) of data points, a prescriber or pharmacist must quickly determine risk

New: **NarxCare**

- NarxCare automatically analyzes, scores, and generates an interactive, patient-centered, visually enhanced report for the most recent **2 years**
- Enables prescribers and dispensers to quickly understand a patient's controlled substance use history

Accessing the PMP database

My Profile

- Select specialty
- Update DEA number

Default PMPi States

- Interstate request defaults

Delegate management

Patient prescription history

- Accessing patient requests history

MyRx

- Prescriber's prescription history

Log In

Virginia Department of
Health Professions
Prescription Monitoring Program
Support: 855-482-4767

Log In

Email

Password

Reset Password

Log In

Create an Account

Need Help?

<https://virginia.pmpaware.net/login>

NarxCare menu

Menu Test User ▾

Home
Dashboard
PMP Announcements

RxSearch
Patient Request
Bulk Patient Search
Requests History
MyRx
Prescriber Report

User Profile
My Profile
Default PMPi States
Delegate Management
Password Reset
Log Out

Training
NarxCare Overview
Narx Scores
Overdose Risk Score
AWARxE/NarxCare User Guide
Lorazepam Milligram Equivalents
Help

PDMP Links
VaAware: Addictio...
CDC Drug Overdose...
DEA Diversion Con...
OARRS MME Calculator
More Links...

Patient Name	DOB	Status	Request Date	Delegate
Alice Testpatient	01/01/1900	Complete	05/01/2019 11:04 AM	
Dave Testpatient	01/01/1900	Complete	04/29/2019 9:37 AM	
Alice Testpatient	01/01/1900	Complete	04/29/2019 9:31 AM	
alice testpatient	01/01/1900	Complete	02/26/2019 11:34 AM	
dave testpatient	01/01/1900	Complete	02/25/2019 3:00 PM	

Delegates

DELEGATES View All Delegates

Delegate Name	Status	Request Date
Test Delegate	approved	07/25/2017

PMP Announcements

NEW Date Range Error on 05/07/2019
Prescriber Reports Released
4/25/2019

Please note that if you received a prescriber report on 4/25/2019 that the report date range should read 10/1/2018 - 3/31/2019,....
[more](#)

NEW Prescriber Reports to be 04/09/2019
Released on Thursday, April 25, 2019

The next round of Prescriber Reports will be released on or about April 25, 2019. A Prescriber Report will not be generated for...
[more](#)

My Profile

My Profile

Profile Info [Edit](#)



Name: Test User
(Last Login: 05/24/2019)
DOB: 01/01/1978
DEA Number(s): MG1234567
Professional License #: 0101000111 **Type:** MD

Registration Date: 12/29/2016
Registration Approval Date: 03/11/2019
Employer: DHP
9960 Mayland Drive
Henrico, VA 23233
Employer Phone: (804) 367-4566
Employer Fax:
Role: Physician (MD, DO)

Specialty

Add a Healthcare Specialty *

[Browse All](#)

Search by keyword (e.g. Allergy, Internal, Sports, Clinical, etc)

- ★ Designates Primary Specialty
- ★ Allopathic & Osteopathic Physicians
Internal Medicine - Infectious Disease
- ★ Allopathic & Osteopathic Physicians
Radiology - Radiation Oncology

Edit Profile Info - Test User

Only the following information can be updated on your profile. Contact your state administrator if you need to update any profile information not shown below.

Updating to an invalid DEA may deactivate your account.

DEA Number(s)

MG1234567

+ Add

DEA Numbers Added

MG1234567

Remove

Employer Name

DHP

Street Address *

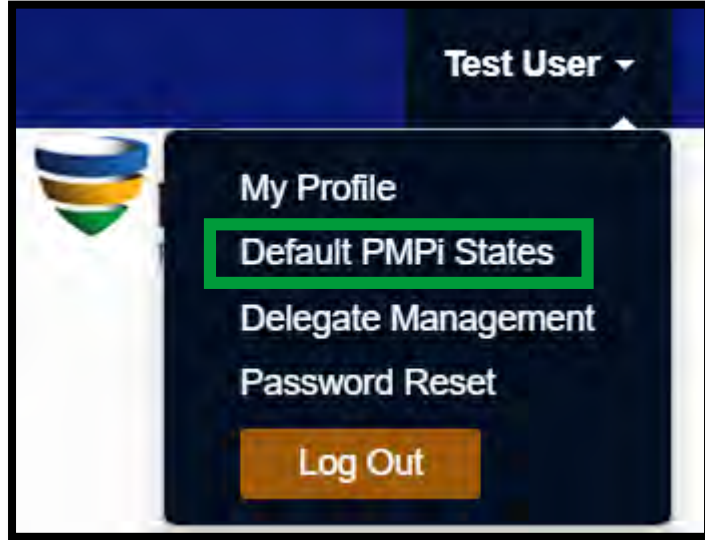
9960 Mayland Drive

Address Line 2

Cancel

Update

Interstate data sharing



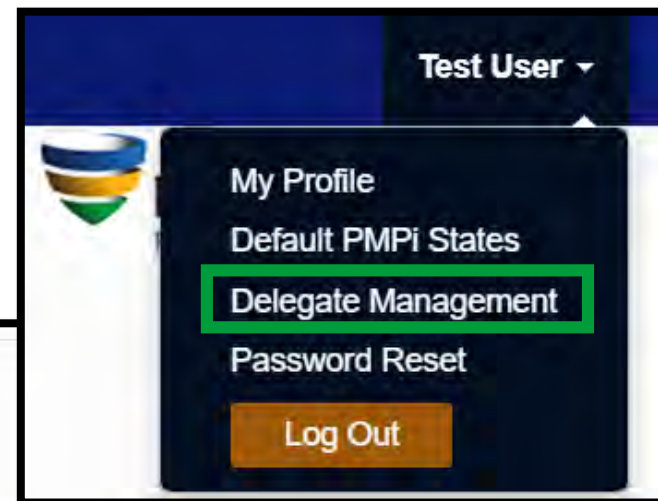
User Profile > Default PMPi States

Default InterConnect PMPs

- Alabama
- Arizona
- Arkansas
- Connecticut
- Delaware
- District of Columbia
- Florida
- Georgia
- Illinois
- Indiana
- Kansas
- Kentucky
- Louisiana
- Maine
- Maryland Disclosures
- Maryland Requests
- Massachusetts
- Michigan
- Military Health System
- Minnesota
- Mississippi
- New Jersey
- New Mexico
- New York
- North Carolina
- North Dakota
- Ohio
- Pennsylvania
- Puerto Rico
- Rhode Island
- South Carolina
- South Dakota
- Tennessee
- Texas
- West Virginia

Update Defaults

Managing delegates



Test User ▾

- My Profile
- Default PMPi States
- Delegate Management**
- Password Reset

Log Out

Delegate Management

Select a delegate to review details.

First	Last	Role	Delegate Status	Date Requested	Date Verified
Test	Delegate	Prescriber Delegate - Unlicensed	Approved	07/25/2017	

Test Delegate

Remove

Registration Approval Date: 07/25/2017
Role: Prescriber Delegate - Unlicensed
Phone: (804) 367-4566
Email: pmp.dhp+delegate@gmail.com (Verified)
Address: 9960 Mayland Drive
Henrico, VA 23233
Date of Birth: 01/01/1990

Delegate (approved)

Employer DEA

Employer NPI

1 Supervisor

Test User (approved)

pmp@dhp.virginia.gov

0 Delegates

Healthcare Specialty

Requesting patient prescription history

The screenshot shows a dark blue sidebar menu. At the top is a 'Menu' button with a hamburger icon. Below it are sections for 'Home' (Dashboard, PMP Announcements) and 'RxSearch' (Patient Request, Bulk Patient Search, Requests History, MyRx, Prescriber Report). The 'Patient Request' option is highlighted with a green box. A green line connects this box to the 'Patient Request' form on the right.

1. Navigate to Menu and the RxSearch section, select **Patient Request**

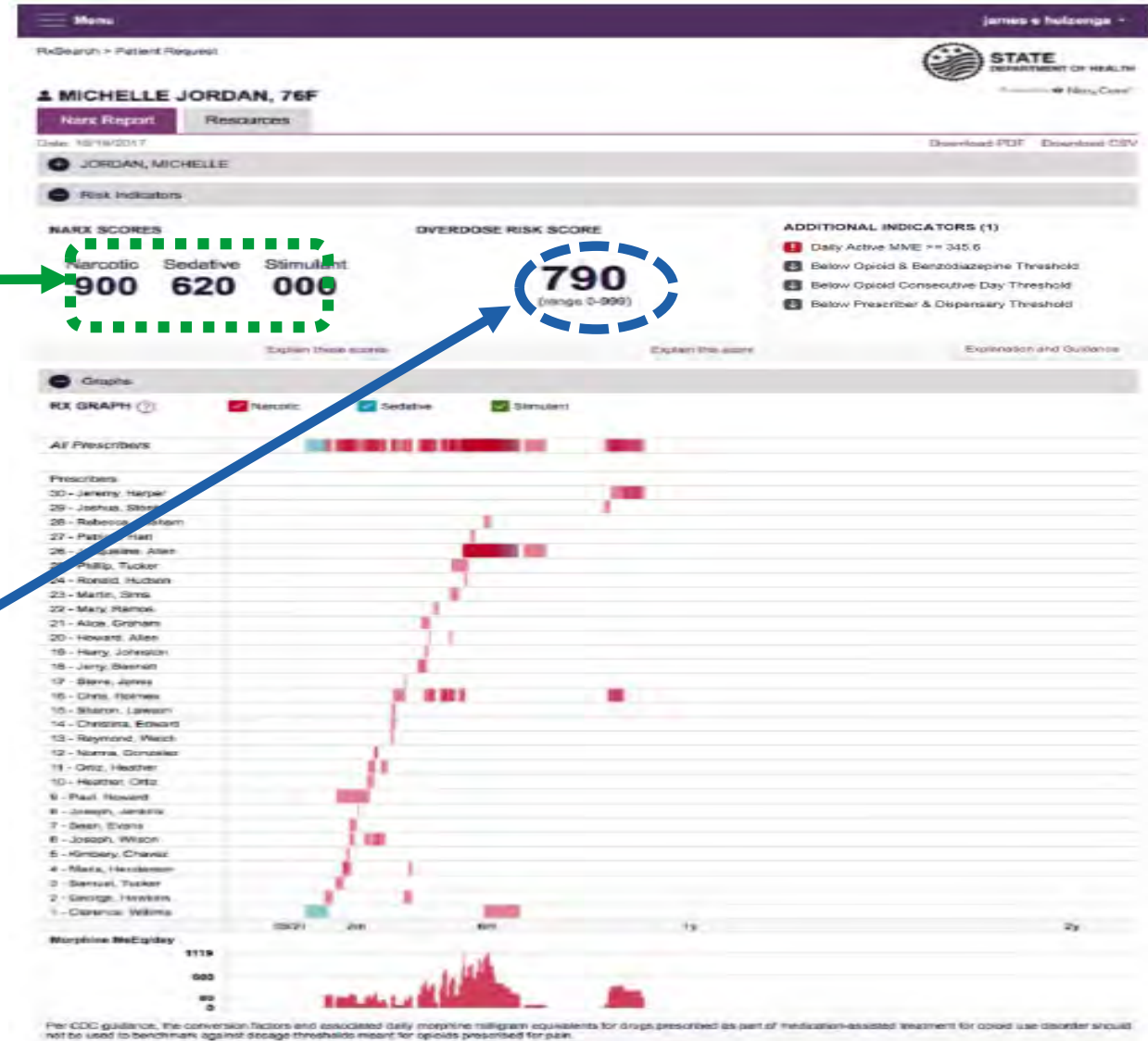
The screenshot shows the 'Patient Request' form. It includes fields for Patient Info (First Name*, Last Name*, Date of Birth*, Phone Number, Case Number, Case Comments), Prescription Fill Dates (From*, To*), and Patient Location (Street Address). A green arrow points from the 'Date of Birth' field in the form to the corresponding text in the callout box. A legend at the top right indicates that an asterisk (*) denotes a required field.

2. Search for a patient

- Required fields are indicated by a red asterisk *
- **First name, last name, and date of birth**
- Prescription fill dates will be automatically populated with a **2 year** search range from the current date and cannot be modified
- Search can be improved by including a phone number or zip code
- When a match is found, the Patient Report is automatically displayed

Patient Report

- **Narx Scores:** Percentile-based scores using PMP data for three different types of controlled substances
- **Overdose Risk Score:** Score based on a predictive model of overdose death, created using machine learning techniques

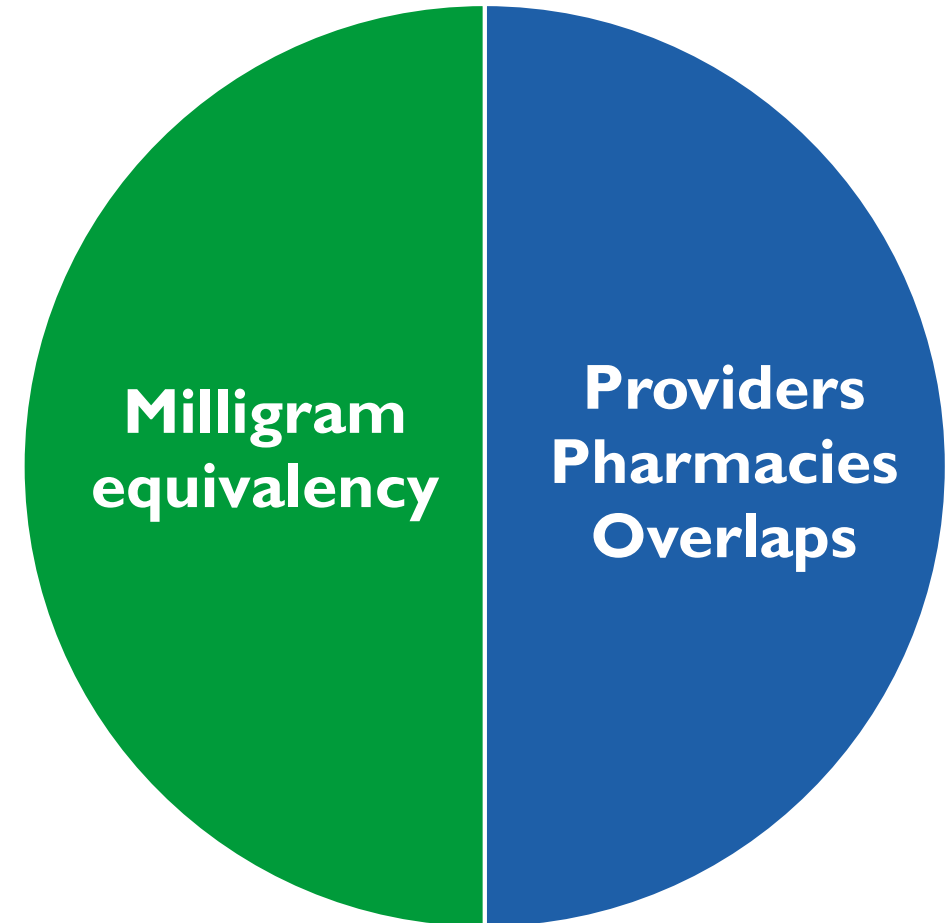


Narx Scores

- Three drug type-specific use scores, called Narx Scores
 - Numerically represent PMP data for each patient
 - **Narcotic**, **sedative**, and **stimulant**
- Risk factors (previous 2 years)
 - Number of prescribers
 - Number of pharmacies
 - Amount of medication
 - Overlapping prescriptions of a similar type from different prescribers
- Primary purpose is to raise provider awareness to PMP data available for review
 - Concerning scores are intended to trigger a discussion with patient, not a decision
 - Must be applied to clinical scenario
 - Many patients obtain medications from multiple providers
 - Clinic staffed by multiple providers
 - Access to care challenges, urgent care/ED

Interpreting Narx Scores

- No “normal” Narx Score
- Percentile ranking for a single patient compared to the larger PMP population
- Scores range 000-999
 - 75% score < 200
 - 5% score > 500
 - 1% score > 650
 - Last digit of each score represents the number of active prescriptions



Overdose Risk Score

- Predicts a patient's risk of opioid-related overdose death using the following risk factors
 - High MME
 - Rate of narcotic use over time
 - Rate of sedative use over time
 - Number of pharmacies visited
 - Number of providers visited
 - Rate of unique providers visited over time
- Correlated with risk of unintentional overdose death
 - Risk of death doubles every 100 point increase in score
 - Score >900 is 300x more likely to die of overdose compared to score of <200



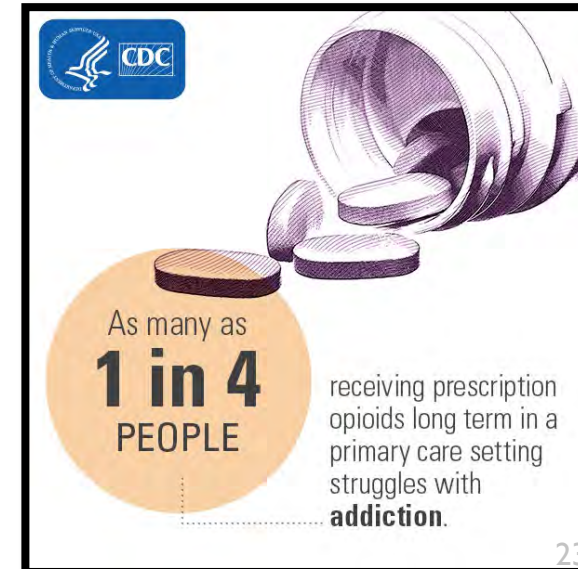


Overdose Risk Score

- Time elapsed for any risk factor decreases its contribution to the score
 - Example: 1,000 MME dispensed last month will elevate the score more than 1,000 MME a year ago
- Analogous to CDC's MME/d guidance
 - 450 \Rightarrow 50 MME/d
 - 650 \Rightarrow 90 MME/d
- Score was modeled and tested against >5,000 overdose deaths
 - Validated in 3 states with approximately 20,000 cases of unintentional overdose death
- Future innovations
 - Recent incarceration
 - ED overdose reversals

Relative scoring system

- **Low** score: small amounts of medication with limited prescribers/pharmacies
 - Low dose + low risk factors
- **Mid-range** score: large amounts of medication in accordance with recommended guidelines
 - Low dose + high risk factors
 - High dose + low risk factors
- **High** score: large amounts of medication, many prescribers/pharmacies with frequently overlapping prescriptions
 - High dose + high risk factors




Patient report


Graphs are interactive



Patient report

 Indicates veterinary prescription

Summary										
Summary			Narcotics* (excluding buprenorphine):			Sedatives*			Buprenorphine*	
Total Prescriptions:	7		Current Qty:	0		Current Qty:	0		Current Qty:	0
Total Prescribers:	3		Current MME/day:	0.00		Current LME/day:	0.00		Current mg/day:	0.00
Total Pharmacies:	3		30 Day Avg MME/day:	0.00		30 Day Avg LME/day:	0.00		30 Day Avg mg/day:	0.00

Rx Data												
PRESCRIPTIONS												
Total Prescriptions:		7										
Total Private Pay:		3										
Fill Date	ID	Written	Drug	Qty	Days	Prescriber	Rx #	Pharmacy	Refill	Daily Dose *	Pymt Type	PMP
07/01/2018	1	07/01/2018	BUTORPHANOL 1 MG/ML VIAL 	1	1	Al Tes	TP111112	Ali(1119)	0	21.00 MME	Comm Ins	VA
06/01/2018	1	06/01/2018	DIAZEPAM 5 MG TABLET	60	30	Al Tes	TP111113	Ali(1119)	0	1.00 LME	Comm Ins	VA
05/01/2018	1	05/01/2018	OXYCONTIN 80 MG TABLET	30	30	Al Tes	TP111111	Ali(1119)	0	120.00 MME	Comm Ins	VA
02/01/2018	1	02/01/2018	TRAMADOL HCL ER 200 MG TABLET	10	10	Al Tes	TP222222	Ali(1119)	0	20.00 MME	Comm Ins	VA
01/02/2017	1	01/02/2017	OXYCODONE HCL 20 MG TABLET	60	30	AL TES	90000000	Ali(4567)	0	60.00 MME	Private Pay	VA
12/05/2016	1	12/05/2016	OXYCODONE HCL 20 MG TABLET	60	30	AL TES	TP000001	Ali(4567)	0	60.00 MME	Private Pay	VA
11/14/2016	1	11/14/2016	OXYCODONE HCL 20 MG TABLET	60	30	DA TES	TP000010	Dav(0000)	0	60.00 MME	Private Pay	VA

*Per CDC guidance, the MME conversion factors prescribed or provided as part of the medication-assisted treatment for opioid use disorder should not be used to benchmark against dosage thresholds meant for opioids prescribed for pain. Buprenorphine products have no agreed upon morphine equivalency, and as partial opioid agonists, are not expected to be associated with overdose risk in the same dose-dependent manner as doses for full agonist opioids. MME = morphine milligram equivalents. LME = Lorazepam milligram equivalents. mg = dose in milligrams.

PROVIDERS					
Total Providers: 3					
Name	Address	City	State	Zipcode	DEA
Testprescriber, Alice					AT1111119
TESTPRESCRIBER, ALICE	1111 FAKE ST	RESTON	VA	20190	BR1111111
TESTPRESCRIBER, DAVE	890 NO PLACE ST	RESTON	VA	20190	XD6666666

PHARMACIES					
Total Pharmacies: 3					
Name	Address	City	State	Zipcode	DEA
Alice Testpharmacy	1111 FAKE ST	RESTON	VA	20190	ZZ1111119
Alice's PHARMACY	1111 FAKE ST SEC A	RESTON	VA	20190	ZZ1234567
Dave's PHARMACY CHAIN	7th TEST ST	RESTON	VA	20190	ZD0000000

Accessing patient request history

Requests History

Select a patient to review details about the request.

Download PDF Download CSV

Patient First Name	Patient Last Name	Requestor	Requested For	Request Type	Status	Date Requested
alice	testpatient	Test User		AWARxE	Complete	05/22/2017 4:27 PM
alice	testpatient	Test User		AWARxE	Complete	05/03/2017 12:02 PM
Alice	Testpatient	Test User		AWARxE	Complete	08/29/2018 10:39 AM
Alice	Testpatient	Test User		AWARxE	Complete	07/30/2018 9:51 AM
Alice	Testpatient	Test User		AWARxE	Complete	05/15/2018 8:42 AM

Alice Testpatient

View

Refresh

DOB: 01/01/1900

Location:

Case Info: [view](#)

Other States:

Reason: User Permissions

Prescription Fill Dates: August 29, 2016 until August 29, 2018

RxSearch > MyRx > MyRx Request

[← Back](#)

MyRx Request | MyRx History

MyRx

Report Prepared: 10/15/2018
Date Range: 02/15/2018 – 10/15/2018

DEA Numbers

DEA Number	Prescriber Name	Address	City	State	Zip
MG1234567					

Prescriptions

Date Written	DEA(Last 4)	Patient	Year of Birth	Drug Name	Days Supply	Pharmacy	Pharmacy Address
--------------	-------------	---------	---------------	-----------	-------------	----------	------------------

MyRx Request | MyRx History

My Rx

Prescriptions Written
No earlier than 10 months from today

From* To*


DEA Numbers

MG1234567

Generic Drug Name (Optional)

Drug Name

Search



Support: 855-482-4767

[Download PDF](#) [Download CSV](#)

Prescriber Reports

RxSearch > Prescriber Report

Prescriber Report

The following are your personalized PMP Prescriber Reports which provide you with a snapshot of your prescribing of covered substances for the last four quarters.

RxSearch

Patient Request
Bulk Patient Search
Requests History
Requests Processing
MyRx
Prescriber Report
Patient Alerts
Requests Approval

- Provide insight into controlled substance prescribing
- Provided quarterly to all registered PMP users with an active account and a defined role and specialty who have written at least one opioid, sedative, or stimulant prescription during the prior 6-month period
- Disclaimer: Comparisons with peer groups are meant to give prescribers a point of reference. The PDMP recognizes that no two practice settings are identical. Additionally, this report is not intended to be an indication that the prescriber or his/her patients have done something wrong.

Prescription Monitoring Program PMP Prescriber Report



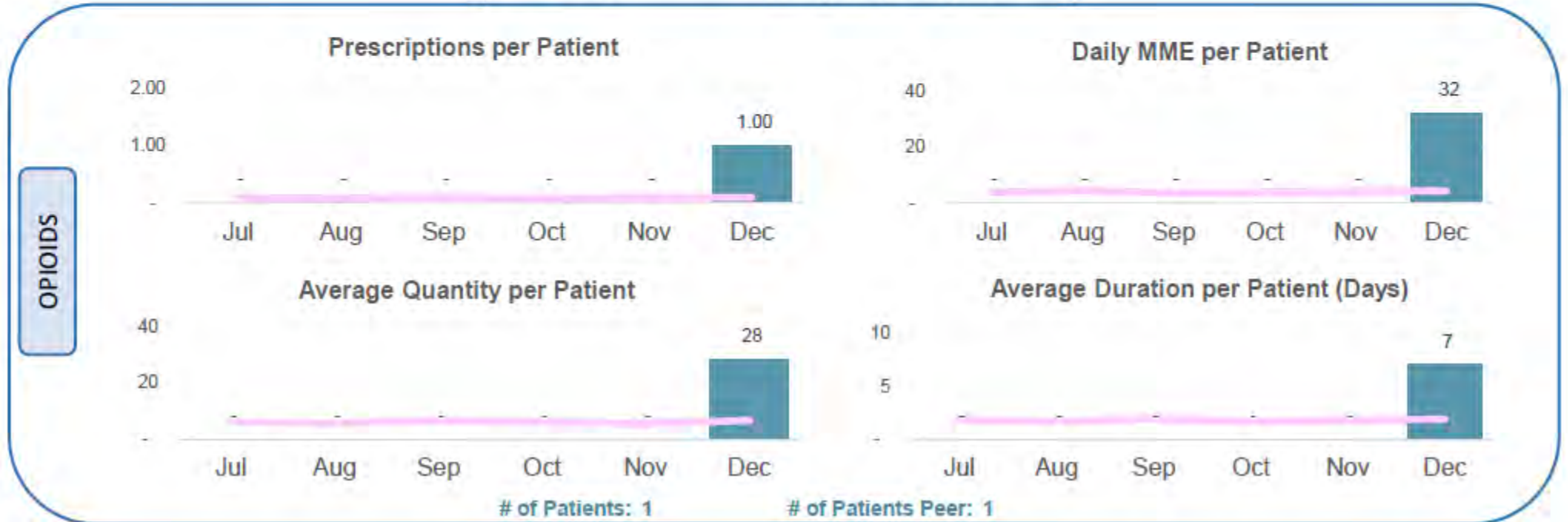
Date: 1/22/2020
Name: Doctor Sample
Role: Physician (MD, DO)

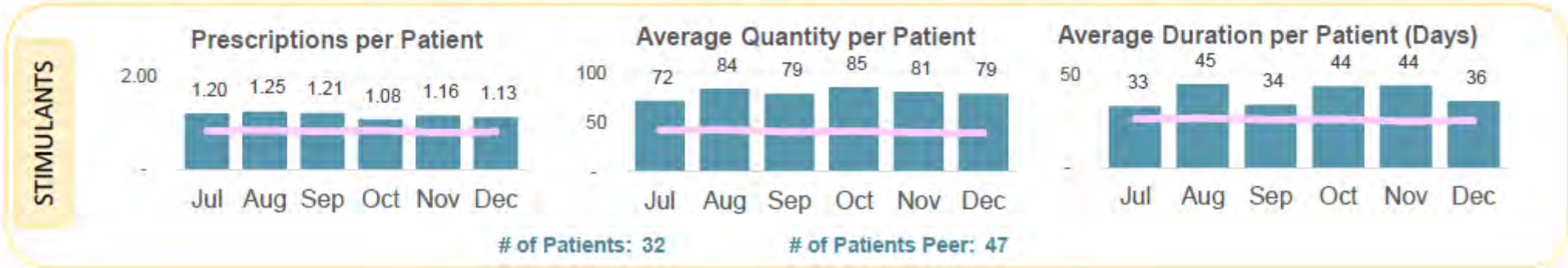
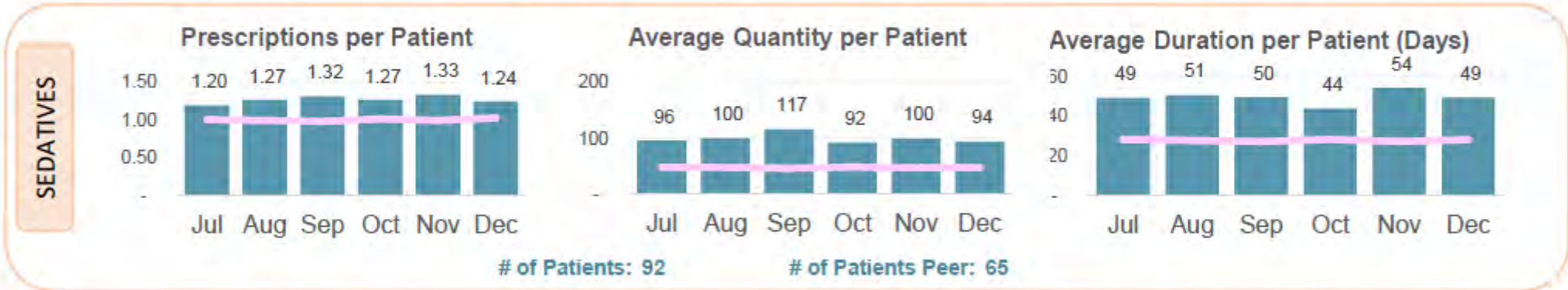
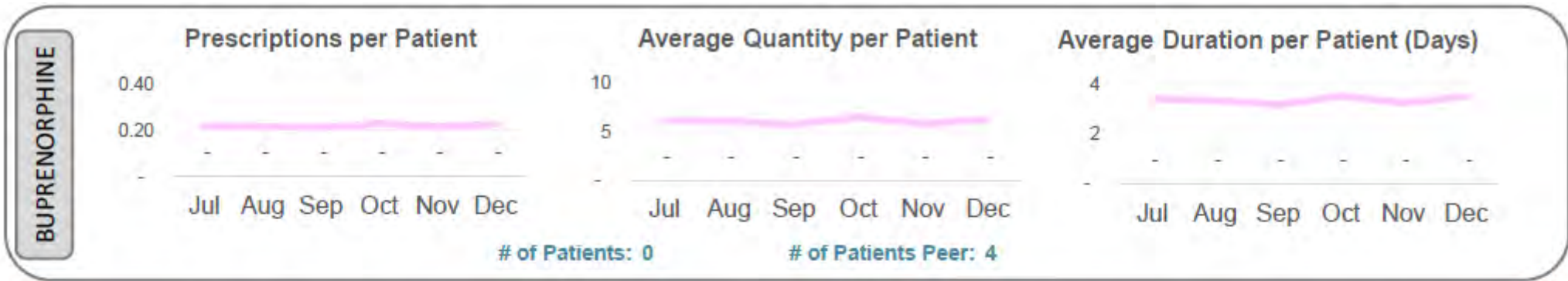
Date Covered by this Report: 07/01/2019 - 12/31/2019
DEA #: AB1234567
Specialty: Psychiatry (General Practice)

Total Prescribers Within Your Specialty: 707

TOP MEDICATIONS PRESCRIBED

alprazolam	amphetaminesulf-saccharate/amphetamine sulf-asp	clonazepam
------------	---	------------

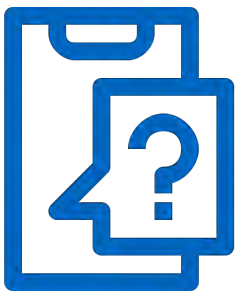




AT-RISK PATIENTS	Dangerous Combination		Multiple Providers		MME Threshold	
	1 You	29 You + Other Prescribers	Patients with 5 or more Prescribers 10		Patients Receiving Daily MME >= 90 0	
	0 You	0 You + Other Prescribers	Patients with 5 or more Pharmacies 0		Patients Receiving Daily MME >= 120 0	
PDMP USAGE	Patient Searches by You		Patient Searches by Your Delegate(s)		Your Total Patient Searches	
	135		0		135	

What can I do with a PMP report?

- Prescriber/pharmacist may discuss the information contained in the report with...
 - Patient for whom the report was generated
 - Another health care provider providing or initiating treatment for the patient
 - Dispenser who has dispensed medications for the patient
- Prescriber may make a note in the medical chart/pharmacist may comment in the prescription record to document the use of the program information in the treatment/dispensing decision process



Potential actions after viewing a PMP report:

Prescriber

- Evaluate risks and benefits of current treatment and treatment goals
 - Discuss with patient
- Modify treatment plan to reduce risk
 - Discontinuation of potentiating drugs, if present
 - Dose reduction
 - Consideration of non-opioid therapy
 - Provider/pharmacy lock-in
 - Naloxone prescription
- Consider contacting other prescribers/pharmacies directly
- Refer for substance use disorder evaluation/treatment or other specialist (e.g., pain management)
- Discharge from practice
- If diversion is suspected, file complaint with law enforcement



Potential actions after viewing a PMP report:

Pharmacist

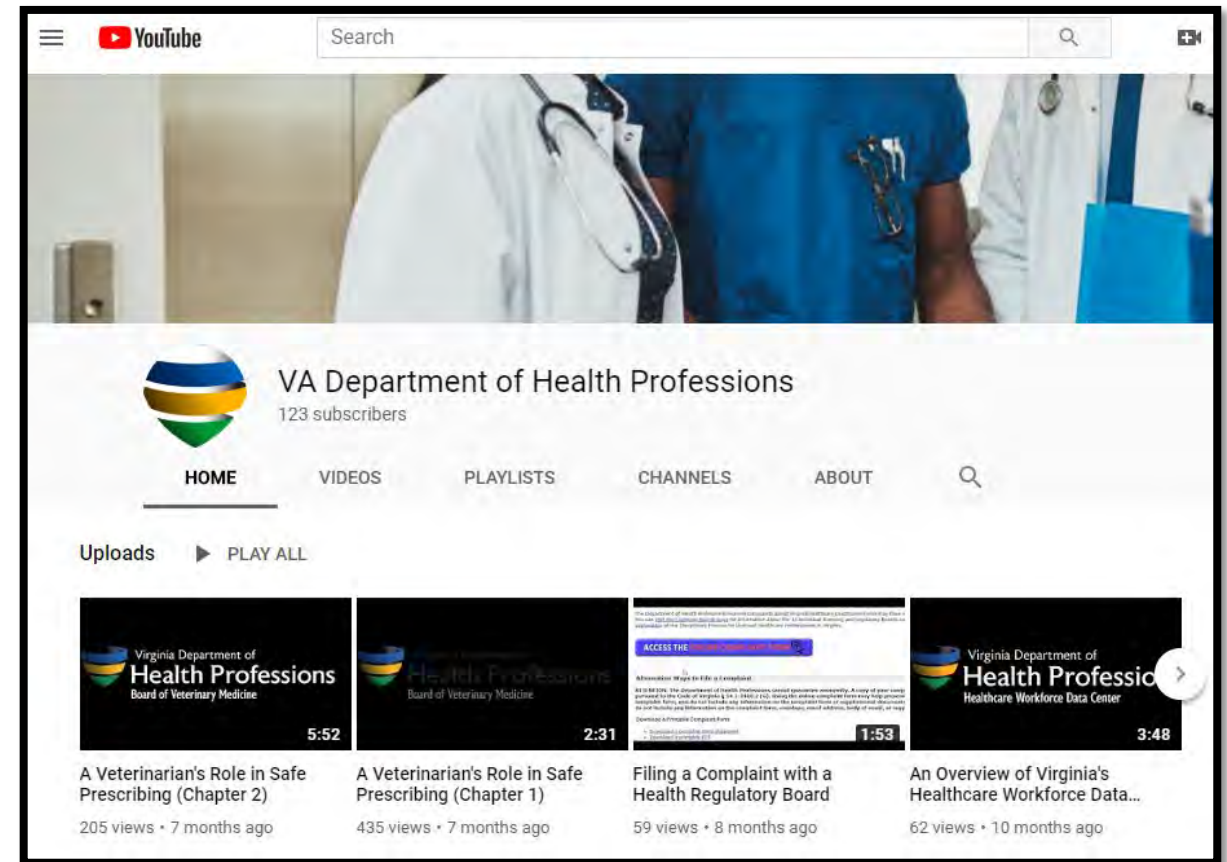
- Evaluate risks and benefits of current treatment
 - Discuss with patient
 - **Dispense naloxone**
- Consider contacting other pharmacies/prescribers
- Decline to dispense
- If diversion is suspected, file complaint with law enforcement



Video series

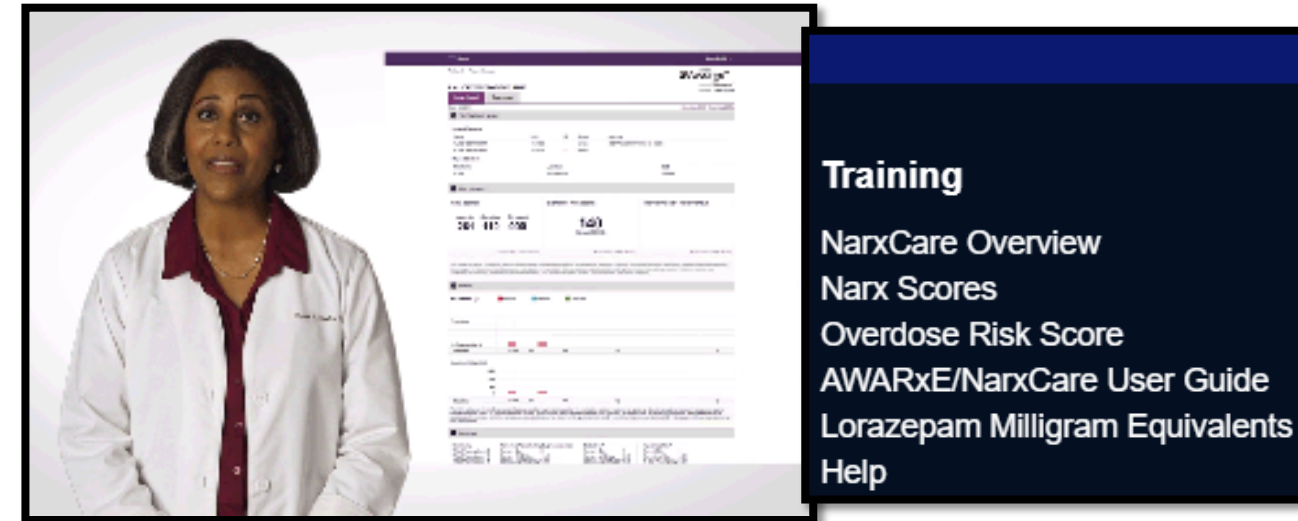
- [The Many Benefits of Virginia's PMP](#)
- [Virginia's Opioid Regulations & the PMP](#)
- Navigating NarxCare (5 episodes)
- The Proper Dose (5 episodes)

- DHP YouTube [channel](#)



Resources

- Appriss tutorials
 - [NarxCare](#) navigation video (5 min)
 - [Narx Score methodology](#) video (15 min)



Contacting PMP

- Phone: 804.367.4514
- Fax: 804.527.4470
- Email: pmp@dhp.virginia.gov
- PMP website:
<https://www.dhp.virginia.gov/PractitionerResources/PrescriptionMonitoringProgram/>
- PMP database:
<https://virginia.pmpaware.net/login>