

The Road (to Recovery) Less Traveled: Alternatives to Opioids

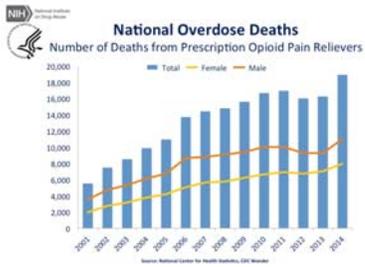
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PA Department of Labor & Industry
Workers' Compensation Conference
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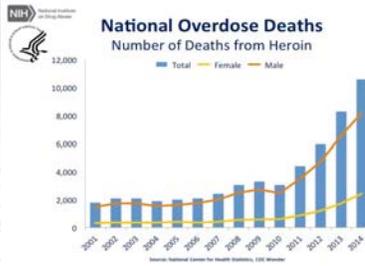
What's the Problem with Opioids?

Prescription drug overdose deaths hit record numbers in 2014



What's the Problem with Opioids?

75% of heroin users started with prescription opioids



What is Being Done about this Crisis?

- CDC Guidelines – March 2016
<http://www.cdc.gov/mmwr/volumes/65/rr/rr6501e1.htm>
- President Obama spoke at National Rx Drug Abuse Summit – Atlanta, March 2016
- Pennsylvania Guidelines on the Use of Opioids to Treat Chronic Noncancer Pain
http://www.ddap.pa.gov/Document%20Library/Prescriber_Guidelines_Chronic_Pain.pdf
- American Academy of Orthopedic Surgeons Information Statement on Opioid Use, Misuse, and Abuse in Orthopedic Practice
http://www.aaos.org/uploadedFiles/PreProduction/About/Opinion_Statements/advistmt/1045%20Opioid%20Use.%20Misuse.%20and%20Abuse%20in%20Practice.pdf

But people will still have pain...

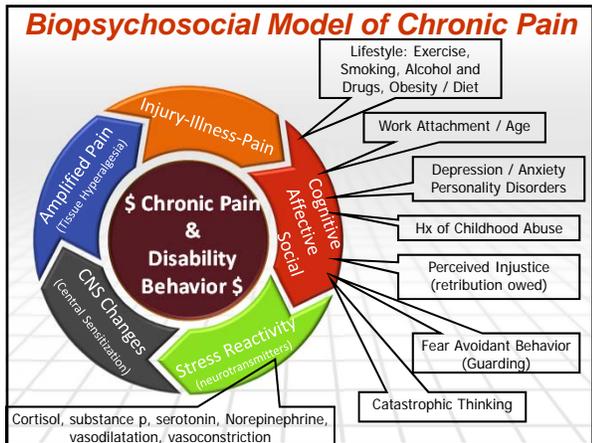
What are the alternatives to opioids?

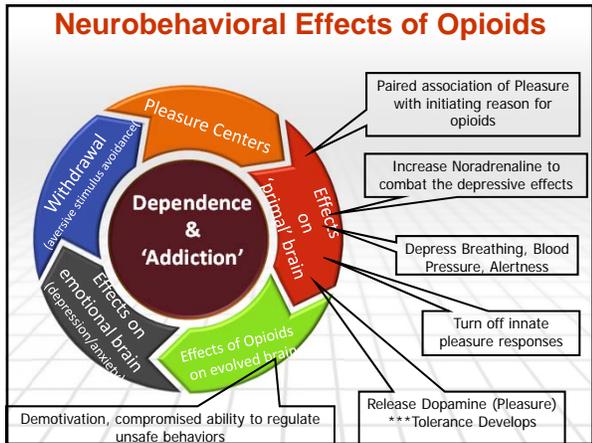
WE ARE SO GLAD YOU ASKED!!

Integrated Medical Case Solutions



'Putting the pieces together'







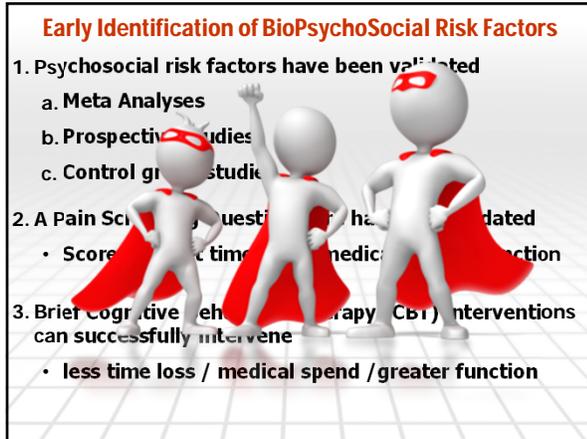
Early Intervention Screening

.....to enable providers / claim professionals / case managers to assess risk for chronic pain, delayed recovery and opioid abuse

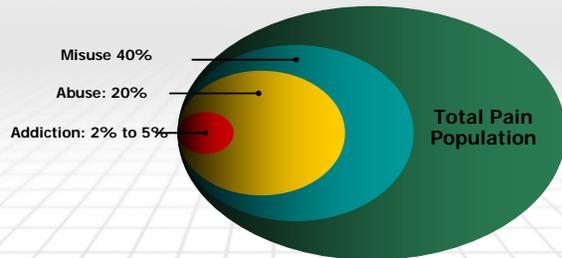
The screenshot shows a web interface for the IMCS Group. On the left, there is a 'TOOLS' sidebar with categories like 'Functional MRI', 'Pain Screening Questionnaire', and 'Patient Health & Behavior Assessment'. The main content area is titled 'Pain Screening Questionnaire' and contains a list of screening tools with checkboxes and brief descriptions. The text 'WELCOME TO THE IMCS GROUP' is visible at the top left of the page.

Early Identification of BioPsychoSocial Risk Factors

1. Psychosocial risk factors have been validated
 - a. Meta Analyses
 - b. Prospective studies
 - c. Control group studies
2. A Pain Screening Questionnaire has validated
 - Score predicts time to medical intervention
3. Brief Cognitive Behavioral Therapy (CBI) interventions can successfully intervene
 - less time loss / medical spend / greater function



Prevalence of Misuse, Abuse and Addiction



Webster LR, Webster RM. *Pain Med.* 2005;6(6):432-442.

COPE with Pain

Cognitive Behavioral Therapy (CBT)

- ✓ CBT is brief and time-limited.
- ✓ A sound therapeutic relationship is necessary for effective therapy, but not the focus.
- ✓ CBT is a collaborative effort between therapist and client.
- ✓ CBT is based on stoic philosophy.
- ✓ CBT is structured and directive.
- ✓ CBT is based on an educational model.
- ✓ Homework is a central feature of CBT.

How to Treat Psychosocial Factors without Complicating the Claim with "Psych" Issues

The new **'Health and Behavior Assessment and Intervention'** codes ensure the injured worker does not become further 'medicalized'

Psychiatric diagnosis and treatment codes are **NOT used** unless there is already a mental health accepted diagnosis

CPT Code	Descriptor
96150	Initial assessment to determine biological, psychological and social factors affecting health and any treatment problems
96151	Reassessment to evaluate condition and determine need for further treatment

Treatment

RTW Outcomes

	Control Group		Intervention Group	
	High Risk and Very High Risk	High Risk	High Risk	Very High Risk
Sample Size	36	62		109
% claims closed at 26 weeks	33%	76%		62%
% working at 26 weeks	17%	68%		39%
Avg claim duration at 26 weeks	24 weeks	18.7 weeks		20.2 weeks

Coupland, M., Margison, D. *Early Intervention in Psychosocial Risk Factors for Chronic Pain*, Musculoskeletal Disorders and Chronic Pain Conference, Feb 2011, Los Angeles, CA

Treatment

Outcomes @26 wks+

High Risk vs. Low Risk Psychosocial

- 9% Fewer Pt. get Physical Therapy
- 10% Fewer Pt. get Imaging Studies
- 13% Fewer Pt. get Injections
- 6% Fewer Pt. get Surgeries
- 5% More Pt. get Vocational Rehabilitation

Coupland, M., Margison, D. Early Intervention in Psychosocial Risk Factors for Chronic Pain, Musculoskeletal Disorders and Chronic Pain Conference, Feb 2011, Los Angeles, CA

Questions?