Concurrent Use of Opioids and Benzodiazepines (COB)

Description of Measure

The percentage of members ≥18 years of age with concurrent use of prescription opioids and benzodiazepines.

Members 18 years and older who meet BOTH of the following criteria during the measurement year[1]:

- Two or more opioid prescriptions filled on different dates of service
- Received cumulative supply of opioids for 15 days or more

Documentation

Members on opioid medication with BOTH of the following criteria during the measurement year:

- Two or more benzodiazepine prescriptions filled with different dates of service
- Concurrent use of opioids and benzodiazepines for 30 cumulative days or more

NOTE: *A lower rate indicates better performance.*

Opioid Medications		
Benzhydrocodone	Hydrocodone	Opium
Buprenorphine	Hydromorphone	Oxycodone
Butorphanol	Levorphanol	Oxymorphone
Codeine	Meperidine	Pentazocine
Dihydrocodeine	Methadone	Tapentadol
Fentanyl	Morphine	Tramadol

Benzodiazepine Medications		
Alprazolam	Diazepam	Oxazepam
Chlordiazepoxide	Estazolam	Quazepam
Clobazam	Flurazepam	Temazepam
Clonazepam	Lorazepam	Triazolam
Clorazepate	Midazolam	

Exclusions

Exclusion	Time limit
▪ Members in hospice or using hospice services ▪ Cancer ▪ Sickle cell disease ▪ Palliative care ▪ Cancer-related pain	Any time during measurement year (MY) *For cancer, cancer-related pain, and sickle cell disease—initial diagnosis may have occurred previously but a diagnosis code must be present during MY.

Strategies for Success

- Consider alternative medications, treatments, or therapies to manage acute or chronic pain. (chiropractic, acupuncture, physical therapy, etc)
- Coordinate care with all treating providers to avoid co-prescribing.
- Reference the CDC Guideline for Prescribing Opioids for Chronic Pain[II]
- Implement a referral tracking process.
- Educate members on opioid safety, the risks associated with use of multiple opioids and having multiple prescribers/pharmacies.
- Schedule follow up visits before the member leaves the office.
- Reassess the pain management plan and make adjustments when appropriate.
- Encourage regular visits with a provider to discuss tapering and other treatment options. To find a provider, visit secure.arkansasbluecross.com/Findcare/Default.aspx#/ChooseNetwork.
- Ask a community pharmacist questions about medications, including opioids and benzodiazepines.
- For assistance connecting to care and treatment options, call **800-225-1891** to speak with an Arkansas Blue Cross case manager or peer support specialist

Resources

I. www.pqaalliance.org/pqa-measures

II. www.cdc.gov/overdose-prevention/about/index.html