

WHAT IS THE HDO MEASURE LOOKING AT?

The percentage of members age 18+ who received prescription opioids at a high dosage (≥ 90 mg morphine milligram equivalent) for ≥ 15 days

WHY IS THE HDO MEASURE IMPORTANT?

HEDIS 2020 continues to measure high-risk opioid use and provides plans the opportunity to identify members at risk as a result of their chronic or high-dose opioid use. When used appropriately, prescription opioid analgesics provide pain relief to patients. However, misuse and overuse of opioids can lead to addiction, opioid use disorders and overdose deaths.

WHO IS INCLUDED IN THE MEASURE?

Members with two or more opioid dispensing events (on different dates of service) and with at least 15 days covered by opioids
Applies to members age 18+; Commercial, Medicaid and Medicare LOB are each included

WHEN DOES A MEMBER 'PASS' THE MEASURE?

If the member's average daily dose of morphine milligram equivalent is < 90

What is an Average Daily Dose of Morphine Milligram Equivalent?

The Morphine Milligram Equivalent (MME) is the dose of oral morphine that is the analgesic equivalent of a given dose of another opioid analgesic.

A daily dose is calculated using the units per day, strength and the MME conversion factor (different for each drug)

A total sum of daily doses is calculated in order for an Average Daily Dose to finally be calculated representing all opioids dispensed to the member

WHICH MEMBERS ARE EXCLUDED?

Members with cancer and sickle cell disease are excluded

Members on hospice are also excluded

Additionally – Injectibles, cough and cold products, fentanyl transdermal patches and methadone are all excluded

WHAT CAN PROVIDERS DO TO IMPROVE HDO RATES?

- Use the lowest dosage of opioids in the shortest length of time possible.
- Establish and measure goals for pain and function
- Discuss benefits and risks and availability of nonopioid therapies with patient
- Evaluate benefits and harms with patients within 1 to 4 weeks of starting opioid therapy for chronic pain or of dose escalation
- Review the patient's history of controlled substance prescriptions using state prescription drug monitoring program (PDMP) data to determine whether the patient is receiving opioid dosages or dangerous combinations that put them at high risk for overdose

WHAT IS HEDIS® ?

HEDIS (Healthcare Effectiveness Data Information Set) is a widely used set of performance measures in the managed care industry, developed and maintained by NCQA. HEDIS measures results and drives improvement efforts surrounding best practices

HEDIS is a registered trademark of the National Committee for Quality Assurance (NCQA).