



CompPharma Platform on Clinically Appropriate Care: Workers' Compensation Formularies, Treatment Guidelines and Utilization Review

CompPharma pharmacy benefits manager (PBM) member companies work diligently and collaboratively with payers, providers and regulators to ensure timely injured worker access to appropriate medications and ensuring patient safety while managing costs to the workers' compensation system. CompPharma supports PBM managed care tools such as formularies, treatment guidelines, provider outreach, and utilization review. Such measures impact patient safety by assuring a) access to safe, appropriate care for injured workers, b) proper prescribing, dispensing and utilization of medications, c) identification of misuse and over-utilization of medication and d) preventing unnecessary costs of inappropriate care. CompPharma believes the prevention of misuse and over-utilization of medications is key to a more efficient and cost-effective path for injured workers to recover and safely return to work.

The misuse and over-utilization of medication has been a prevalent problem within workers' compensation systems across the country. Medications commonly used in the treatment of occupational injuries, particularly medications used for relieving pain (i.e. narcotics), have a significant potential for diversion, addiction and abuse. CompPharma recognizes that the effects of inappropriate prescribing and utilization of medication jeopardizes the health of injured workers, contributes to addiction and abuse, and results in increased costs to the workers compensation system and society at large.

Formularies

CompPharma believes well-designed formularies significantly decrease the potential that an injured worker will obtain inappropriate medications. CompPharma supports the use of formularies that are clinically sound, evidence-based, and encourage the use of the most clinically sound and cost-effective medication for a given condition. Effective formularies should be tailored specifically for workers' compensation injuries and conditions, with medications appropriate to the injury type and prescribed for the appropriate duration of therapy and with appropriate quantity limits. To be clinically sound, formularies should be supported by evidence-based medicine and clinical guidelines for therapy and be developed and managed through the collaborative efforts of health care professionals such as Pharmacy and Therapeutics (P&T) Committees that appraise and evaluate the formulary on an ongoing basis.

Treatment Guidelines

CompPharma believes treatment guidelines provide for appropriate care to injured workers by ensuring proper prescribing, dispensing and utilization of pharmaceuticals in the treatment of a specific injury, in addition to other non-pharmacological therapies. CompPharma endorses the use of treatment guidelines supported by nationally-recognized, peer-reviewed, scientifically sound and evidence-based criteria. As with formularies, treatment guidelines should be specific

to the type(s) of injuries and illnesses common in workers' compensation, and should allow for treatment to be tailored to the injured worker with an emphasis on improved functional goals. While guidelines should create an overall standard for treatment, exceptions should be allowed for emergency care, and when the physician demonstrates that the exception is in the best interest of the health and improved functionality of the injured worker.

Utilization Review / Provider Outreach

As is the case with formularies and treatment guidelines, CompPharma believes utilization review and other provider outreach can help ensure appropriate care is being received, limiting the delivery of treatment that may be a) not related to the injury and/or b) potentially harmful and/or c) inconsistent with evidence-based treatment guidelines. Utilization review consists of analysis of the necessity and appropriateness of the treatment or medication regimen in relation to the injury, as well as the efficiency of the treatment when reviewed against the length of treatment and overall cost as it relates to the claim. Utilization review can take place prospectively, concurrently, or retrospectively. Prospective and concurrent utilization review tools and processes allow for the assessment of highly addictive medications or inappropriate and costly therapies prior to an injured worker receiving such treatment. Retrospective utilization review does not prevent the initial treatment, but rather reviews appropriateness of therapy after the injured worker has been treated or filled their prescription. CompPharma believes that prospective or concurrent utilization review allows for timely access to care while also preventing dispensing of inappropriate or unrelated medications to workers' compensation claimants. CompPharma believes that appropriate provider outreach with the results of utilization review facilitates better care for the injured worker, and provides the physician with a more clear and complete picture of the patient's medication regimen, issues or concerns with the regimen, while identifying opportunities to prescribe more clinically appropriate or cost-effective alternatives.