



Using Data to Combat the U.S. Opioid Crisis

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Morrisville, NC, June 7, 2016 - The opioid and heroin epidemic that is gripping the United States is no longer a hidden disease, locked away so that the general population doesn't have to come to terms with the fact that drug overdose is now the leading cause of accidental death in the United States. In 2014 alone, over 47,000 lethal drug overdoses occurred.¹

Care Management Technologies (CMT), a leader in population health management through data analytics with specific expertise in the behavioral health field, is aware that most opioid misuse and dependency is driven by clinical misapplication that is unintentional and cuts across geography, age and class. CMT's approach fills a void in current tactical interventions by offering medically sophisticated, clinically sound information specific to the patient. CMT's approach not only addresses the overuse of pain medicines but also the underuse or restriction of pain medicines for clinically appropriate conditions, particularly for cancer care or end-of-life transitions, in keeping with the CDC recommendations. Data is accessible for the entire health care team within a web-based, HIPAA-secure portal, in an effort to improve care coordination and pain management, including the assessment and identification of risks for dependency – starting with the primary point of access – the prescriber.

CMT has developed a unique, web-based population health analytics solution called the **Opioid Prescription Intervention™ Program (OPI)**. The **OPI Program** uses evidence-based, up-to-date algorithms that assist physicians in optimizing appropriate use and reducing variability and misuse in the application and administration of pain drugs. **The OPI Program** further helps care managers/coordinators identify patients at risk for misuse or in need of psychiatric or substance abuse screening or intervention and helps Quality Improvement (QI) staff in tracking and measuring performance. Additionally, the **OPI Program** helps Clinical and Medical Directors in targeting opportunities for program and clinical development and helps payers in assessing opportunities for improving the experience of pain care while lowering costs and adverse events. **The OPI Program** has proven to reduce unnecessary opioid prescription, hospitalizations and emergency room visits related to opioids.

The timeliness of CMT's clinical approach is further highlighted by President Obama's recent call to action seeking \$1.1 billion in new money to expand treatment for opioid addiction. Along with President Obama, Health officials speaking at the National Rx Drug Abuse & Heroin Summit conference said **doctor training will be key in rectifying the problem**, meaning that with better knowledge and tools at their disposal, prescribers will be better equipped to practice more efficient drug administration. This comment is directly supportive of CMT's clinical educational approach for supporting prescribers and care teams in managing pain and reducing overuse and dependency.

Clearly, the health care system is struggling to impact the misuse of opioids, including one New Jersey hospital who is banning opioid painkillers as the first line of treatment in its emergency department, becoming the first hospital in the U.S. to take this route to help tackle the problem². For more information on this decision, as well as one small Indiana town's struggle with opioids³, see the notes below.

For further information about CMT's OPI measures and other analytic supports and solutions, please contact John Tote, Vice President of Strategic Development at 919-674-2557 and visit CMT online at www.cmtthehealthcare.com.

1. Center for Disease Control and Prevention, National Center for Health Statistics, National Vital Statistics System, Mortality File. (2015). Number and Age - Adjusted Rates of Drug - poisoning Deaths Involving Opioid Analgesics and Heroin: United States, 2000 - 2014. Atlanta, GA: Center for Disease Control and Prevention. Available at http://www.cdc.gov/nchs/data/health_policy/AADR_drug_poisoning_involving_OA_Heroin_US_2000-2014.pdf

2. <http://www.ibtimes.co.uk/new-jersey-hospital-1st-us-ban-opioid-painkillers-emergency-room-first-line-treatment-1552118>
3. NPR <http://www.npr.org/sections/health-shots/2016/03/31/469525114/inside-a-small-brick-house-at-the-heart-of-indianas-opioid-crisis>

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