

2022 HEDIS Measure Tips



One in a series of tip sheets that look at key Healthcare Effectiveness Data and Information Set measures, commonly referred to as HEDIS® measures.

Use of Opioids at High Dosage (HDO)

Effectiveness of Care HEDIS® Measure*

HEDIS measure description

The proportion of members who received prescription opioids at a high dosage (average morphine milligram equivalent dose [MME] ≥ 90) for ≥ 15 days during the measurement year.

Measure population (denominator)

Members 18 years and older as of January 1 of the measurement year who met both of the following criteria during the measurement year:

- Two or more opioid dispensing events on different dates of service.
- ≥ 15 total days covered by opioids.

Note: This measure does not include the following opioid medications:

- Injectables
- Opioid cough and cold products
- Ionsys® (fentanyl transdermal patch)
- Methadone for the treatment of opioid use disorder.

Measure compliance (numerator)

The number of patients whose average MME was ≥ 90 during the treatment period.

Note: A lower rate indicates better performance.

Multiple dispensing events can overlap on one calendar day. Sum the MME Daily Doses for all dispensing events to determine the Total Daily MME for that day.

Did you know?

- The highest number of overdose deaths ever recorded occurred in the 12 month period ending in May 2020.
- Synthetic opioids are currently the main driver of drug overdose deaths.
- During the coronavirus (COVID-19) pandemic, the latest numbers suggest an acceleration of overdose deaths.

This measure applies to both commercial and Medicare members.

continued

Definitions: **See Helpful hints for additional resources

MME	Morphine milligram equivalent. The dose of oral morphine that is the analgesic equivalent of a given dose of another opioid analgesic.
Opioid dosage unit	# of opioid dosage units per day
Total daily MME	The total sum of the MME daily doses for all opioid dispensing events on one day.
Average MME	The average MME for all opioids dispensed during the treatment period.

Exclusions

Any of the following during the measurement year:

- Members in hospice or using hospice services
- Deceased members
- Cancer
- Sickle Cell Disease
- Received palliative care

Helpful hints

- **Establish** realistic goals with your patient for pain tolerance and functionality
- **Consider** alternative medications and treatments to manage acute or chronic pain
 - OTC medications like ibuprofen, acetaminophen or supplements
 - Prescription medications like gabapentin or muscle relaxers
 - Physical therapy
 - Massage
 - Acupuncture
 - Encourage healthy weight, diet, and exercise
- **Refer** patients to pain management specialists when indicated
- **Discuss** risks and benefits of opioid therapy, including patient and clinician responsibilities
- **Prescribe** the lowest effective dose of immediate-release opioids. Three days or less will often be sufficient.
- **Determine** when to initiate or continue opioid therapy utilizing CDC Guidelines [cdc.gov/drugoverdose/pdf/prescribing/Guidelines_Factsheet-a.pdf](https://www.cdc.gov/drugoverdose/pdf/prescribing/Guidelines_Factsheet-a.pdf)

Types of opioid medications

Prescriptions

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

Consult the Michigan Automated Prescription System (MAPS) to view complete medication profiles for patients and to confirm the current cumulative dosage of opioid medications being prescribed.

michigan.pmpaware.net/login

- If outside of Michigan, please consult your state’s Prescription Drug Monitoring Program (PDMP).

Resources

1. Department of Health and Human Services (HHS). 2021. "What is the U.S. Opioid Epidemic?" hhs.gov/opioids/about-the-epidemic/index.html
2. Centers for Disease Control and Prevention (CDC). 2021. "Trends and Geographic Patterns in Drug and Synthetic Opioid Overdose Deaths — United States, 2013–2019." cdc.gov/mmwr/volumes/70/wr/mm7006a4.htm?s_cid=mm7006a4_w
3. Centers for Disease Control and Prevention (CDC). 2021. "Data Resources: Analyzing Opioid Prescription Data and Oral Morphine Milligram Equivalents (MME)." cdc.gov/opioids/data-resources/index.html
4. Centers for Disease Control and Prevention (CDC). 2020. "CDC Opioid Guideline Mobile App." cdc.gov/opioids/providers/prescribing/app.html
5. Dowell D, Haegerich TM, Chou R. 2016. "CDC Guideline for Prescribing Opioids for Chronic Pain — United States, 2016." cdc.gov/mmwr/volumes/65/rr/rr6501e1.htm

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