



## **Clinical Guidelines and Coverage Limitations for Medication Assisted Treatment (MAT)**

### **What has changed?**

Effective January 16, 2018, Coordinated Care will change the requirement for form HCA 13-333 Medication Assisted Treatment Patient Status to be completed every six (6) months to every twelve (12) months. If treatment continues for longer than 12 months, prescribers must complete form HCA 13-333 Medication Assisted Treatment Patient Status every 12 months and maintain it in the patient's records for later audit and review by Health Care Authority.

### **Policy Intent:**

It is the goal of Coordinated Care to maximize opportunities for clients to receive effective and successful treatment for Substance Use Disorders. Substance Use Disorders are chronic relapsing and remitting diseases. Coordinated Care coverage of MAT prescribed outside of traditional substance use disorder treatment programs increases the number of access points for treatment and provides patients with additional flexibility in managing their illness. Improving access to medication assisted treatment for opioid use disorder is also important given what appears to be a transition from the high rates of prescription opioid use in Washington State to increasing rates of heroin use. In order to provide Coordinated Care members with the widest range of treatment options, and with the recognition that substance use disorders are chronic conditions, Coordinated Care will cover MAT products for the treatment of substance use disorders as an office based treatment, and allow indefinite continuation as maintenance treatment under the following conditions and recommended treatment protocols.

### **Ongoing Treatment beyond twelve months:**

For all MAT products listed below, if treatment extends beyond twelve (12) months, the Health Care Authority (HCA) requires prescribers to complete form HCA 13-333

Medication Assisted Therapy Patient Status and keep it in the patient's record. Every twelve months thereafter, a new copy of the form should be completed.

This requirement applies to ALL medications listed in this document and/or HCA published clinical guidelines for Medication Assisted Therapy, even if the product does not require authorization.

HCA may request copies of Medication Assisted Therapy Patient Status forms and other patient records as needed to monitor quality of care and the success of treatment expansion at any time.

This form can be found on [Apple Health \(Medicaid\) Drug Coverage Criteria](https://www.hca.wa.gov/billers-providers/programs-and-services/apple-health-medicaid-drug-coverage-criteria) at <https://www.hca.wa.gov/billers-providers/programs-and-services/apple-health-medicaid-drug-coverage-criteria>

**Coverage for acamprosate:**

Covered without limitations or authorization. Prescribers are encouraged to use caution in prescribing and ensure that their patients can clear the drug (creatinine clearance greater than 30ml/min).

**Coverage for disulfiram:**

Covered without limitations or authorization.

**Coverage for oral naltrexone:**

Covered without authorization for members 18 years of age and older. Naltrexone should not be prescribed for members who have used or have shown signs of acute opioid withdrawal in the last three days. Naltrexone should not be prescribed for members who are pregnant or have decompensated liver disease.

**Coverage for IM naltrexone:**

Covered without authorizations or limitations.

The following information are prescribing guidelines, and do not represent authorization criteria.

Coordinated Care requests that prescribers use sound clinical judgment in determining the best course of treatment for their patients, and reserve the use of IM naltrexone for those patients who meet the suggested guidelines. Oral naltrexone is significantly less costly, and should be considered first unless the patient has a demonstrated need for an intramuscular formulation.

Coordinated Care considers IM naltrexone to be appropriate for members who have a diagnosis of moderate to severe opioid or alcohol use disorder and meet one of the following criteria:

- The patient has a co-occurring mental or behavioral health condition which impairs their ability to be compliant; or
- The patient has had unsuccessful treatment attempts with oral naltrexone; or
- In the past year, the patient has a cumulative total of three or more of the following:
  - Drug or alcohol related emergency room visits
  - Hospital admissions related to substance use or abuse
  - Services for alcohol or drug related illness, injury or detoxification

For treatment of alcohol dependence, Coordinated Care recommends treatment not be initiated until a patient has abstained from alcohol for 4 days prior to initiation of treatment. The efficacy of IM naltrexone in promoting abstinence has not been demonstrated in patients who have not completed detoxification and achieved abstinence prior to beginning treatment.

For patients to whom IM naltrexone will be administered, Coordinated Care strongly cautions providers to ensure your patient:

- Is not using opioid narcotics concurrently with IM naltrexone because of the potential to cause immediate and severe opioid withdrawal.
- Is receiving adequate psychosocial support for substance use disorder either directly from the prescriber, or as determined by the prescriber to be adequate to meet the client's needs through other available resources.

### **Coverage for oral products containing buprenorphine:**

Studies demonstrate that treatment with buprenorphine is comparable to methadone in reducing illicit opioid use<sup>1</sup>. At fixed doses at or above 8mg, retention rates approach those found with methadone maintenance, and for Medicaid patients, there is no evidence of increased costs or safety problems compared with methadone<sup>2</sup>.

### **Authorization and prescribing requirements:**

- Buprenorphine monotherapy requires prior authorization and is covered only for women who are pregnant and meet DSM-IV criteria for opioid dependence or DSM 5 criteria for moderate or severe opioid use disorder. After delivery, members must be transitioned to a buprenorphine/naloxone combination product.
- Buprenorphine/naloxone is covered up to 24mg per day without authorization for all individuals aged 16 years or older, who meet DSM-IV criteria for opioid dependence or DSM 5 criteria for moderate or severe opioid use disorder.

Although authorization is not required for buprenorphine/naloxone at dose at or under 24mg per day, Coordinated Care requires prescribers to follow all of the following guidelines. Failure of the prescribing community to voluntarily apply all standards to ensure the quality of care for Coordinated Care Members may result in reinstatement of authorization requirements.

#### **Initiation of MAT:**

- Physicians with a waiver may prescribe oral buprenorphine or buprenorphine/naloxone to anyone 16 years or older that meets the DSM criteria noted above.
- Given the importance of opioid substitution therapy to treatment success, and the need to reduce the risk of opioid overdose, enrollment in a Coordinated Care approved treatment facility is not a requirement for initiating medication assisted treatment with buprenorphine.
- Recognizing the chronic nature of opioid addiction, additional interventions that address the mental health and social needs of the member should be addressed. members who are unable to achieve a reduction in use and improve their functional status without engaging in a formal treatment program should be referred to an Addiction Medicine or Chemical Dependency professional
- The WA Prescription Monitoring Program must be accessed and reviewed for each member before or at the time of induction.

### **Documentation:**

- A complete medical history, including information detailing the member's current and past history of drug or alcohol dependency and treatment, as well as any current or past history of mental health diagnoses and treatment is required.
- A physical exam appropriate to the member's clinical presentation and method of use should be documented.

### **Initial prescription requirements:**

- Patients may not receive more than a 7 day supply of medication at the time of induction.
- An order for a urine drug screen is not required with the initial request for buprenorphine prior to initiating treatment, but urine drug screens must be performed during the first month of treatment.
- Patients with significant untreated psychiatric comorbidity or those with a comorbid dependence on high doses of benzodiazepines or other CNS depressants should be co-managed with an addiction medicine physician or a prescribing mental health provider where and if those resources are available.
- When prescribing buprenorphine monotherapy or doses in excess of 24mg per day, providers are required to obtain prior authorization by submitting form 13-330 Medication Assisted Treatment Request for Buprenorphine Monotherapy or form 13-332 Medication Assisted Treatment Request for Buprenorphine/Naloxone > 24mg Per Day. These forms can be found under the section titled Medication Assisted Treatment (MAT) at <https://www.coordinatedcarehealth.com/providers/pharmacy.html>

### **Follow-up Visits in the First Six Months:**

- Members are required to be seen within one week of starting buprenorphine and then weekly for the first 4 weeks of treatment.\*
- A urine drug screen documenting the buprenorphine is being taken (either a GCMS or LCMS for buprenorphine and norbuprenorphine) should be collected twice during the 1<sup>st</sup> month of treatment.
- Because there are a number of variables influencing what is in a particular member's best interest, the frequency of follow up visits after the first month should be a shared decision between the member and provider, but must occur at least monthly.
- Buprenorphine monotherapy for pregnant members is limited to a maximum of a seven-day supply throughout the course of treatment, with a minimum follow-up visit frequency as detailed below.
- For non-pregnant members reporting allergies to buprenorphine/naloxone and requesting a buprenorphine monotherapy, clinical documentation of witnessed

hives, angioedema or anaphylaxis must be provided at the time of the request. Buprenorphine as a monotherapy will only be approved for dispense in seven-day supplies.

- For buprenorphine/naloxone treatment after induction and stabilization, no sooner than 3 months, up to a 30-day supply of buprenorphine may be prescribed at the physician’s discretion if members are doing well. Visits after month 1 may occur at 2-4 week intervals. The minimum required visit frequency and dosing limits for the first 3 months are as follows:

| Visit type        | Follow-up Interval            | Medications dispensed (maximum of 24mg/ day without authorization) |
|-------------------|-------------------------------|--|
| Induction         | Within 7 days                 | Maximum 7 days   |
| Weeks 2 through 4 | Weekly visits                 | Maximum 7* days  |
| Weeks 5 through 8 | Visits every 2-4 weeks        | Maximum 14 days  |
| Week 9 and beyond | Visits at provider discretion | 14 – 30 day supply   |

In addition to buprenorphine treatment, prescribing providers should provide brief intervention and motivational interviewing techniques to help the member identify and set self-management goals that promote their stabilization. Visits in the primary care setting with the provider, mental health professional or case/care team coordinator if available, are all acceptable types of follow up. If follow-up visits are not with the prescribing practitioner, the prescriber must assure visits and who they are with are documented in the patient’s chart.

\* For physicians and members in rural areas where there is not ready access to transportation, the week 3 and week 4 visits may be conducted by phone. A fourteen day supply of medication may be prescribed in these instances. These phone visits must be scheduled at the time of the 2 week visit. The need and indication for conducting phone visits to replace in person visits must be clearly documented in the medical record, and telephone visits are not a reimbursable service

**Documentations:**

First six months:

- Urine drug screens **and/or** random call backs of members requesting they return to the clinic within a specified time frame with their remaining medications for a pill count must be conducted at least every month during the first 6 months for members new to buprenorphine or more often at the discretion of the provider.

- Urine drug screens must include testing for buprenorphine, methadone, oxycodone, benzodiazepines, amphetamine/methamphetamine, cocaine, and other opiates. Testing for barbiturates, THC and other substances should be guided by medical necessity. Documentation should support the request for testing of additional substances. Serial quantitative testing is not considered medically necessary and will not be covered.
- The Prescription Monitoring Program database must be checked at three-month intervals for the first six months and then at the provider's discretion but no less frequently than every six months for clients receiving ongoing maintenance treatment.

### **MAT after the First Six Months:**

After the first six months of treatment and every six months thereafter:

- Urine drug screens and/or pill counts can be performed at the discretion of the provider but must occur no less often than every six months.
- After six months, if the member is stable, the Prescription Monitoring Program must be checked at a minimum of every 6 months
- Screens for depression and anxiety must be performed twice a year and documented in the health record, unless the member is receiving treatment for either of these conditions in which case they should be repeated at the discretion of the provider.
- If patient continues MAT longer than 12 months, HCA requires prescribers to complete form HCA 13-333 Medication Assisted Therapy Patient Status and keep it in the patient's record. Every twelve months, a new copy of the form should be completed. This form can be found on [Apple Health \(Medicaid\) Drug Coverage Criteria](http://www.hca.wa.gov/billers-providers/programs-and-services/apple-health-medicaid-drug-coverage-criteria) at <http://www.hca.wa.gov/billers-providers/programs-and-services/apple-health-medicaid-drug-coverage-criteria>

### **Additional Information:**

- Members may remain on medication assisted treatment with buprenorphine for as long as they are stable and evidence abstinence or reduced use from their baseline. As members will differ in terms of their preferences and ability to manage their substance use disorder with time limited or continuous treatment, the length of treatment should be determined by the member and their provider.
- Members who discontinue or reduce their opioid use but demonstrate continued use of other illicit drugs after stabilization on buprenorphine, usually one to two months, must receive increased intensity of services to achieve abstinence from illicit drugs. If on site services do not exist to meet the need for higher intensity services, members should be referred to a licensed Opioid Treatment Program (OTP), a Chemical Dependency Professional or to an Addiction Medicine

Physician for evaluation and determination of the appropriate ASAM level of treatment placement.

- Members should be maintained on the lowest dose necessary to achieve a reduction of their symptoms and abstinence or a reduction in their use of opioids. It is recognized that some members may require doses above 16mg to achieve this state. Requests for doses greater than 24mg require prior authorization.
- Use of other opioids or controlled substances while being treated with buprenorphine should be closely monitored by the prescribing physician. Members must consult with and receive approval from their buprenorphine prescriber for any medically necessary use of other opioids during the course of their treatment.
- There is no lifetime limit on the duration of buprenorphine treatment.
- Individual members may not go through more than 3 buprenorphine inductions in a calendar year without consultation from an addiction medicine provider.
- Full record reviews may be requested by HCA or Coordinated Care if there are concerns regarding the appropriateness of continued buprenorphine treatment in a particular patient.
- Representatives of HCA or Coordinated Care will also periodically review records of patients in the Prescription Monitoring Program to assure they are not receiving additional opioids or other types of controlled substances from other providers.

Payment for buprenorphine will be stop if:

- Patient is found to be diverting some or all of their buprenorphine
- Patient is found to be selling their buprenorphine to others.

For questions regarding the authorization process, please contact Coordinated Care Pharmacy Department at (877) 644-4613, extension 69622.

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<sup>1</sup>Mattick RP, Breen C, Kimber J, Davoli M. Buprenorphine maintenance versus placebo or methadone maintenance for opioid dependence. Cochrane Database of Systematic Reviews 2014, Issue 2. Art. No.: CD002207. DOI: 10.1002/14651858.CD002207.pub4.

<sup>2</sup>Clark, RE, Samnaliev, M, Baxter, JD and Leung, GY. The Evidence Doesn't Justify Steps By State Medicaid Programs To Restrict Opioid Addiction Treatment With Buprenorphine. Health Aff August 2011 30:81425-1433