



PMP Referral Process For Prescribers

PMP Mission: Promote public health and welfare
AND detect and prevent substance use disorder

Overview

The Maine Office of Behavioral Health's Prescription Monitoring Program periodically review prescribing patterns of all Maine prescribers in accordance with its mandate to promote patient safety and controlled substances stewardship. This information is designed to provide information on the PMP referral process for prescribers.

Summary

Key Information

- Data from the PMP are used to identify potentially concerning controlled substance prescribing patterns and to offer resources to prescribers and their staff to improve patient, prescriber, and community safety.
- Prescribers are evaluated within specialty groupings.
- Those with prescribing patterns that are more than 2 standard deviations above the mean for higher-risk prescribing metrics are further assessed. Numbers don't always tell the whole story and there may be circumstances unknown to the PMP which might make higher frequency controlled substance prescribing reasonable.
- Two referral pathways are possible:
 - highest-risk prescribers (in 2022, <0.4% of all controlled substance prescribers) are referred to licensing boards for review; the goal is to provide support with oversight and avoid disruptions in patient care; licensing boards are independent of the PMP and determine further actions, if any
 - prescribers with the next highest level of risk are referred to a voluntary, education pathway to include utilizing the resources below and re-evaluated 6 and 12 months later
- Referred prescribers are notified via letter or email, are provided with additional data regarding comparison to peers, as well as suggested next steps and resources

<p>Higher-risk prescribing metrics</p>	<ul style="list-style-type: none"> ● Number of patients prescribed opioids at greater than 120 AND greater than 90 MME per day ● Number of patients prescribed an overlapping opioid-benzodiazepine combination ● Total number of patients prescribed an opioid ● Total number of patients prescribed a benzodiazepine/sedative
<p>Information already available to prescribers in the PMP</p>	<p>Prescriber report shows (on the PMP platform under RxSearch):</p> <ul style="list-style-type: none"> ● Comparison to peers for each type of controlled substance ● Numbers of patients for each of the 5 higher-risk prescribing metrics <p>Prescribers receive patient alerts for each opioid prescription >100 MME AND each overlapping opioid-benzodiazepine event</p>
<p>Resources available</p>	<ul style="list-style-type: none"> ● PMP overview CME online modules <ul style="list-style-type: none"> ○ MMA Center for Quality Improvement ○ SUD Learning Community ● Academic Detailing on Pain Management ● Controlled Substance Stewardship program-Schmidt Institute ● Technical assistance and Education-ME SUD Learning Community ● Other resources: health system support, MOC quality initiatives

Cautions about tapering

Please note that rapid tapering or abrupt discontinuation of chronic opioid and benzodiazepine prescriptions is not recommended and can result in patient harm. Likewise, under most circumstances, termination of such patient relationships to reduce prescribing numbers, even with a 30-day notice, is not recommended.

Contact the PMP

PMP@Maine.gov or 207-287-2595, option 2