

Subject: Opioid Prescribing for Chronic Back and Spine Conditions (Page 1 of 2)

Objective:

To be compliant with OHA Prioritized list Guideline Note 60, Opioid Prescribing for conditions of the back and spine.

Definition:

Chronic pain is any pain that lasts for more than three to six months since onset. The pain can become progressively worse and reoccur intermittently, outlasting the usual healing process.

Policy:

- I. All THA members on chronic opioid therapy with a diagnosis associated with chronic back or spinal pain as of 01/01/17 need to be on an individual treatment plan which includes:
 - a. A taper plan with an end to opioid therapy no later than January 1, 2018.
 - b. A taper plan must include nonpharmacological treatment strategies as listed in Oregon Health Authority Guideline Note 56.
 - c. The diagnoses affected by Guideline Note 60 are on lines 351, 366, 407 and 532.
- II. Guideline Note 56 identifies nonpharmacological treatments as:
 - a. First line medications (NSAIDs, acetaminophen, and/or muscle relaxers).
 - b. Up to 4 therapy visits consisting of Osteopathic Manipulation Therapy, Chiropractic Manipulation Therapy, Acupuncture, Physical Therapy, Occupational Therapy, Aqua therapy, and Massage Therapy.
 - c. When available, yoga and/or supervised exercise therapy.
 - d. A total of 30 therapy visits per year can be approved using any combination of the above evidence-based therapies when available and medically appropriate.
- III. Prior authorizations for opioid therapy may be approved for 30 to 90 days with a valid tapering schedule.

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- IV. If the member has been unsuccessful in following the providers tapering plan and the provider believes the patient has developed dependence and/or addiction related to their opioids, the patient may receive substance use treatment with Washington County Mental Health.

References:

Oregon Health Authority Guideline Note 60
Oregon Health Authority Guideline Note 56
Oregon Health Authority Guideline Note 6
CDC Guidelines for Prescribing Opioids for Chronic Pain-United States, 2016

Formulated:	April 2017
Reviewed:	
Revised:	