DESCRIPTION:
The Vermont Rules Governing the Prescribing of Opioids for Pain were effective 7.1.2017. This Prior Authorization (PA) should be completed if the prescriber has reason to prescribe non-Medication Assisted Therapy (non-MAT) CII-CIV opioids over the allowed day’s supply limit amounts for an opioid naïve person. Consult Figure 1.0 and 2.0 of the Rule for additional guidance in opioid naïve patients. It indicates morphine milligram equivalents (MME)/day thresholds in addition to day’s supply limitations (24 MME/day for children and 50 MME/day for adults as maximums in severe/extreme pain categories).

Allowed limits without PA:

- Immediate release (IR) opioids in adult ≥ 18 years old: 7 days’ supply or less AND a maximum of 50 MME/day. Exceptions below
- IR opioids in children <18 years old: 3 days’ supply or less AND a maximum of 24 MME/day. Exceptions below
- Extended release/Long acting (ER/LA) opioids are not indicated for acute pain and therefore should not be prescribed in opioid naïve patients

REASONS FOR PA:

- Cost
- ☑ Potential for misuse
- ☑ Toxicity

Permissible Exceptions to dispense above limits:

1. Patient is opioid tolerant and has been taking/consuming ANY opioid, including tramadol, in the 30 days prior to today
   -AND-
   Patient has a diagnosis of severe pain due to injury, condition or surgical procedure
   -OR-
2. Patient has pain associated with significant or severe trauma
   -OR-
3. Patient has pain associated with complex surgical interventions, such as spinal surgery
   -OR-
4. Patient’s pain is associated with prolonged inpatient care due to post-operative complications
   -OR-
5. Patient is being prescribed opioids due to other circumstances as determined by the Vermont Commissioner of Health

REASONS for DENIAL of BENEFIT:

1. Patient does not meet above criteria
RENEWAL CRITERIA: If the criteria are met – approve x 90 days unless condition in #1 is pain associated with cancer or cancer treatment. If cancer than approve x 12 months. There is no renewal criteria as this policy applies to the 1st fill of an immediate release or long acting opioid in an opioid naïve person only.

BENEFIT APPROVAL: Members may only obtain a maximum of 30 days’ supply at a time.

POLICY HISTORY: Created 4/2017 to support VT Rules Governing the Prescribing of Opioids for Pain
Revised 8/2017. Wording in Q#1
Revised 7/2019 due to Rule exemption changes (section 5.7), clarification of description including adding allowed limits in specific IR and ER/LA situations, added CDC reference for ER/LA guidance

References:
2. [https://www.cdc.gov/mmwr/volumes/65/rr/pdfs/rr6501e1.pdf](https://www.cdc.gov/mmwr/volumes/65/rr/pdfs/rr6501e1.pdf) CDC Guideline for Prescribing Opioids for Chronic Pain, United States,2016