



Clinical Pearls for Better Claim Management

A Workers' Compensation Continuing Education Course

April 21, 2016

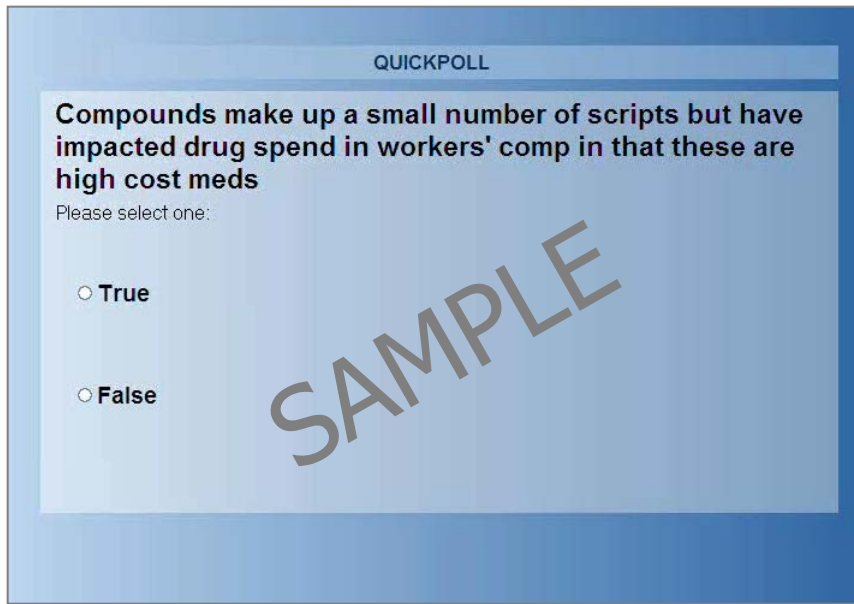
Administrative Details

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2. Answer **all three** poll questions



QUICKPOLL

Compounds make up a small number of scripts but have impacted drug spend in workers' comp in that these are high cost meds

Please select one:

True

False

SAMPLE

To Receive Continuing Education Credit

1. Remain logged on for the entire webinar.
2. Answer all three poll questions.
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Presenters



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Chief Clinical Officer



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Learning Objectives

- Review the impact of opioid analgesics on every body system and how that may affect treatment
- Explore several treatment options in pain management
- Discuss ways to manage claimants suffering with chronic pain
- List several treatment modalities and a key to claim management

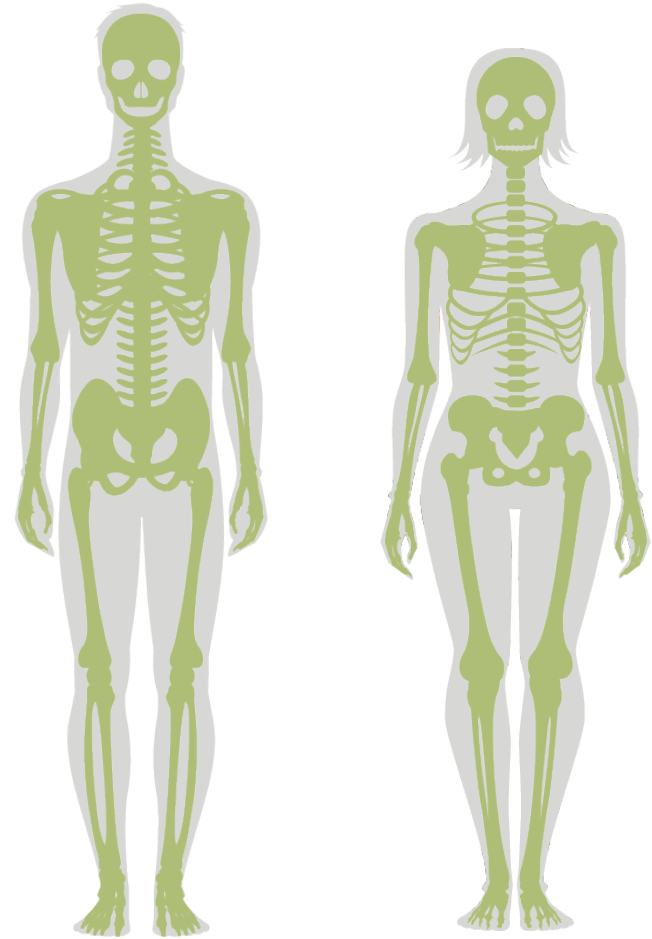
Pearl #1

The use of opioid analgesics **may impact every major body system.**



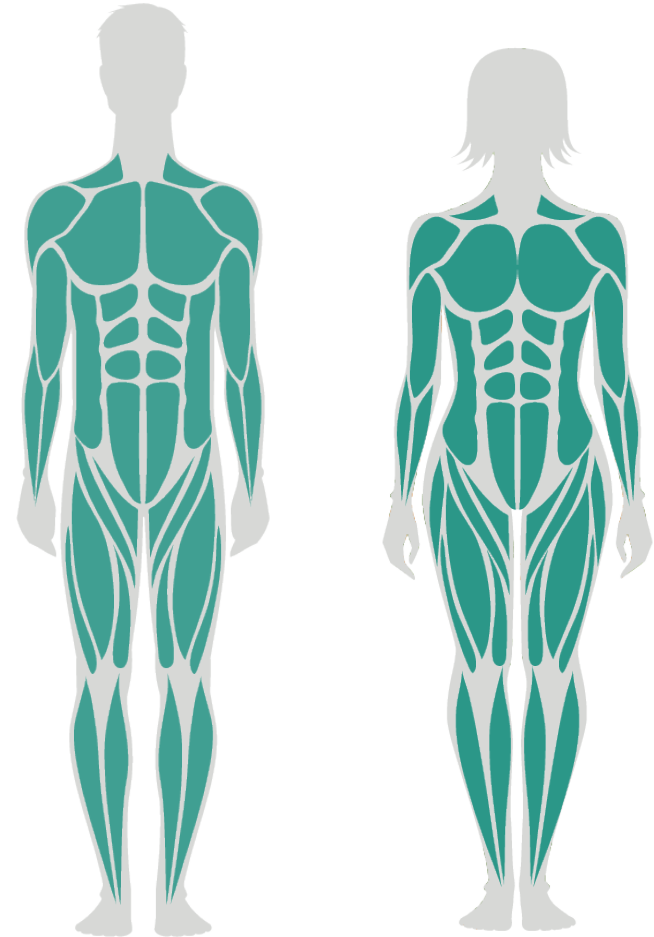
Skeletal System

- Opioid-induced osteoporosis
 - Hormones
 - Osteoblasts
- Falls



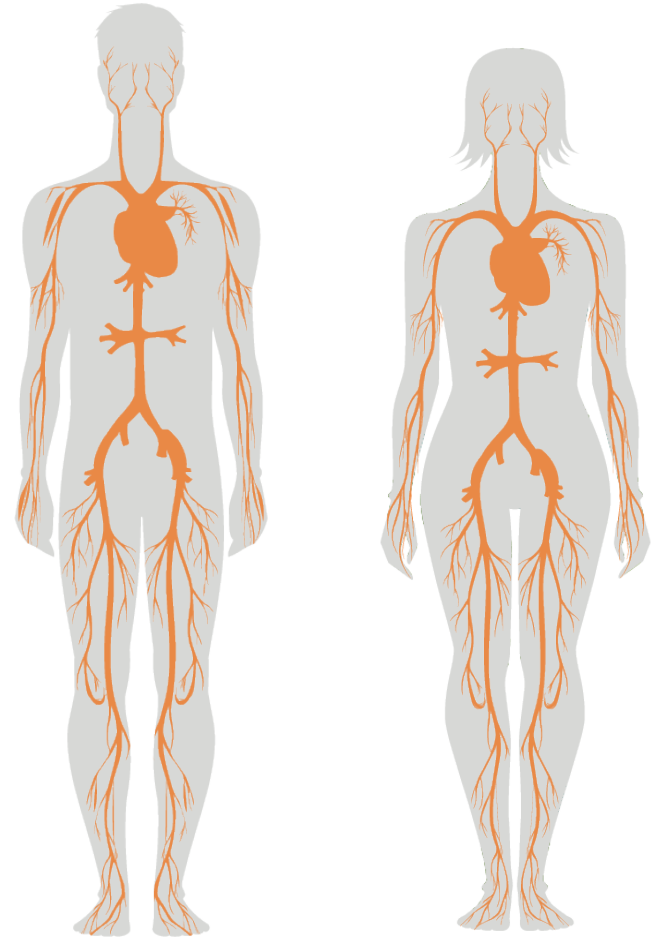
Muscular System

- Muscle atrophy
 - Hormones
 - Disuse
- Debility



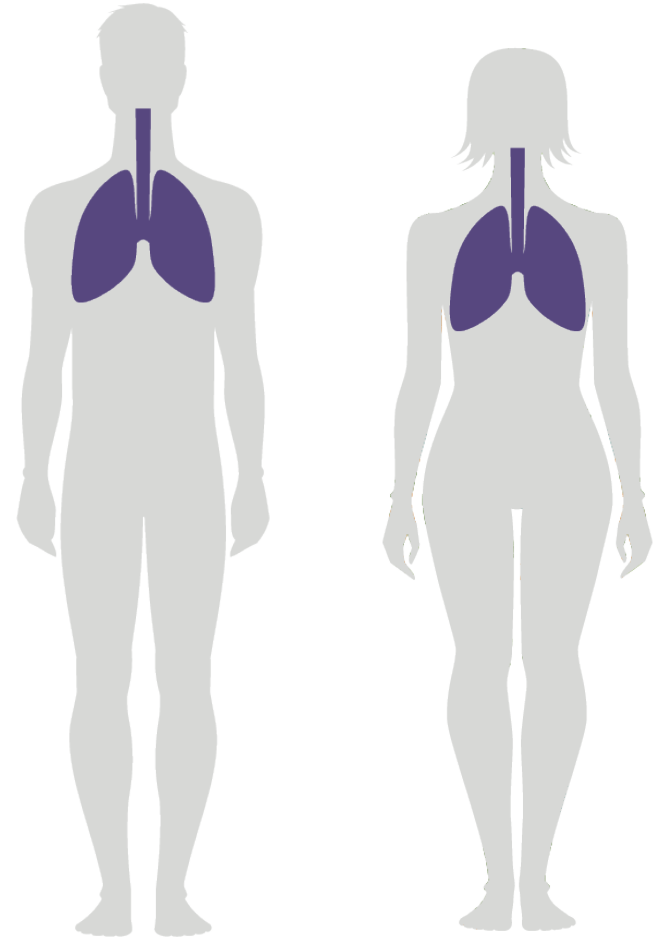
Cardiovascular System

- Conduction abnormalities
- Myocardial infarction
 - Morphine
 - Demerol
 - Multiple opioids



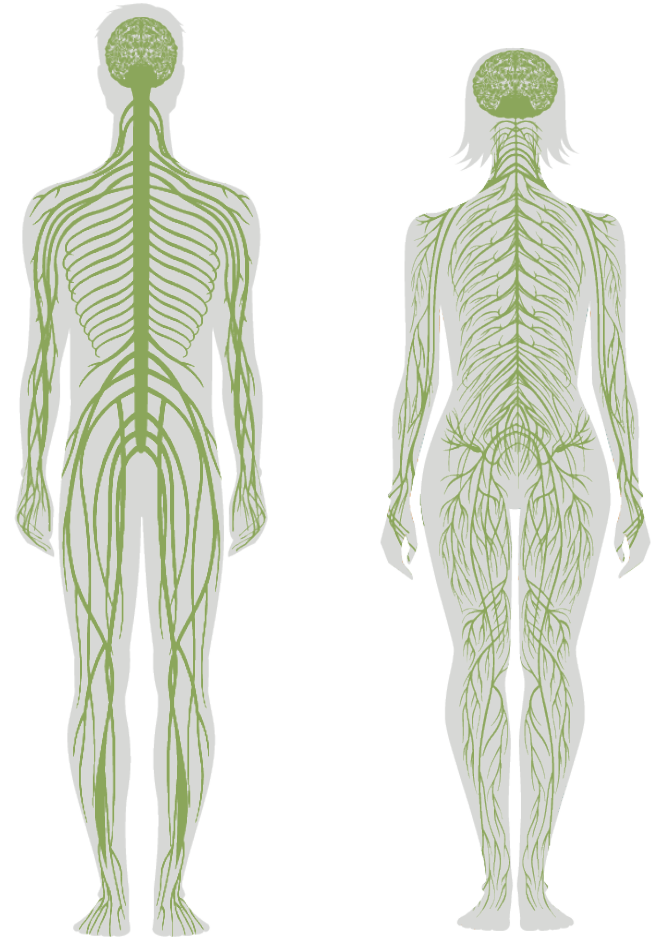
Respiratory System

- Carbon dioxide
- Respiratory depression
 - Myths
 - Ceiling dose
 - Age-indiscriminate



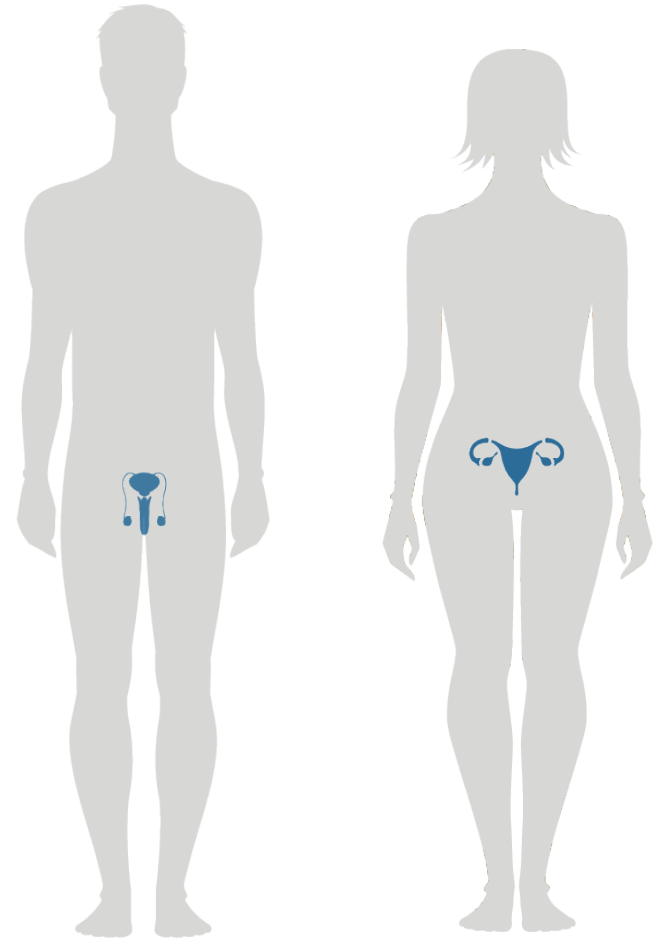
Nervous System

- Dependence and addiction
- Impaired cognition & coordination
- Depression
 - Social isolation
 - Case study
- Sedation and insomnia
- Hyperalgesia
- Seizures



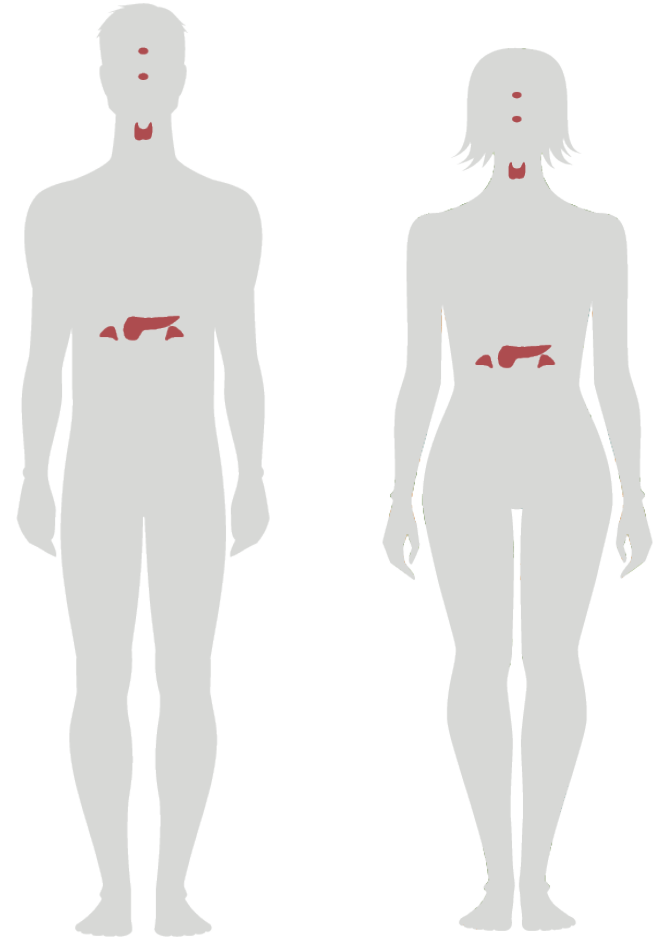
Reproductive System

- Sexual dysfunction
- Decreased libido
- Other barriers to intimacy
- Menstrual irregularities
- Pregnancy complications
 - Neonatal abstinence syndrome
 - Birth defects



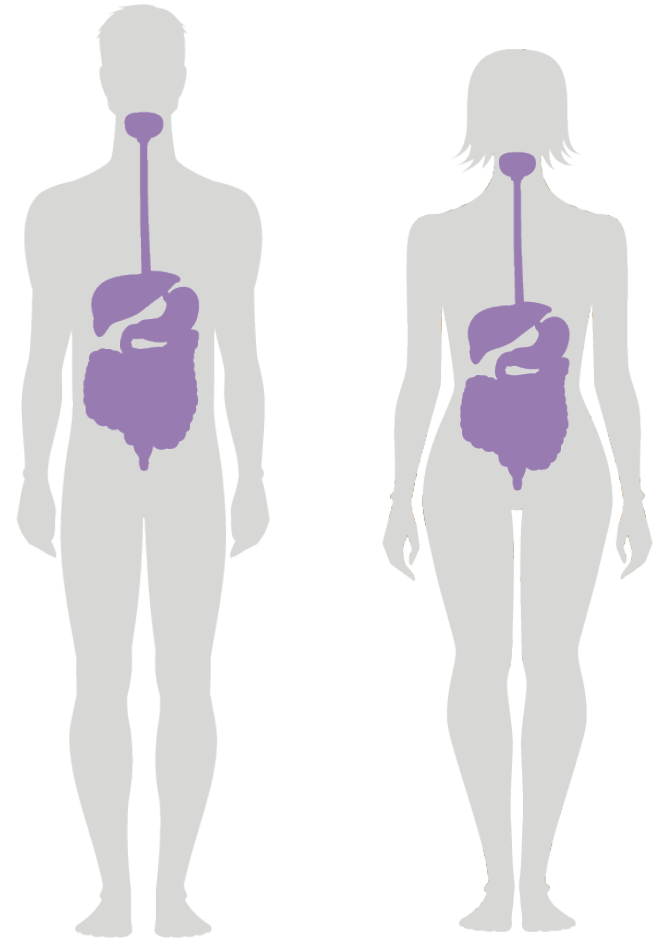
Endocrine System

- Hypothalamus
- Decreased release of hormones
- Hypogonadism
- Androgen deficiency



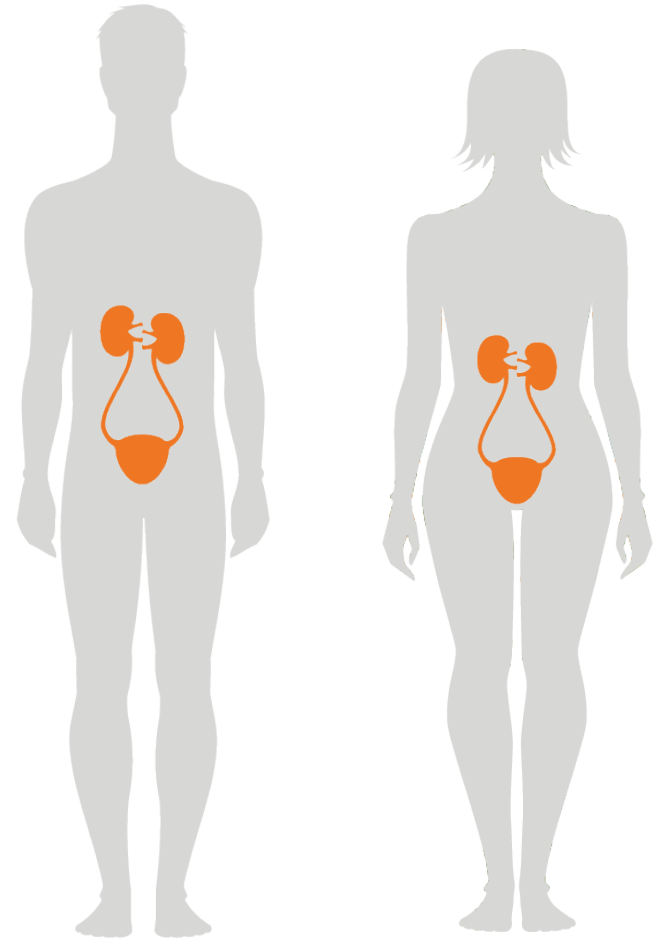
Digestive System

- Nausea and vomiting
 - Vestibular sensitivity
 - Vomiting centers of brainstem
 - Gastric emptying
- Constipation
 - Opioid receptors
 - High cost
- Bowel impaction



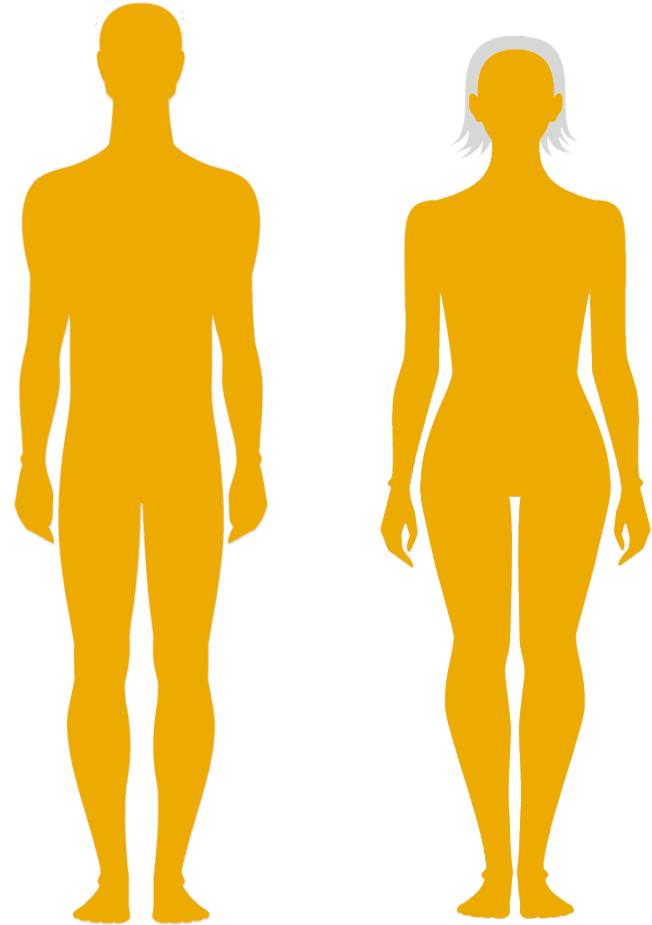
Urinary System

- Urinary retention
- Mechanisms
 - Full bladder
 - Sphincter tone
 - Spinal cord
- Complications



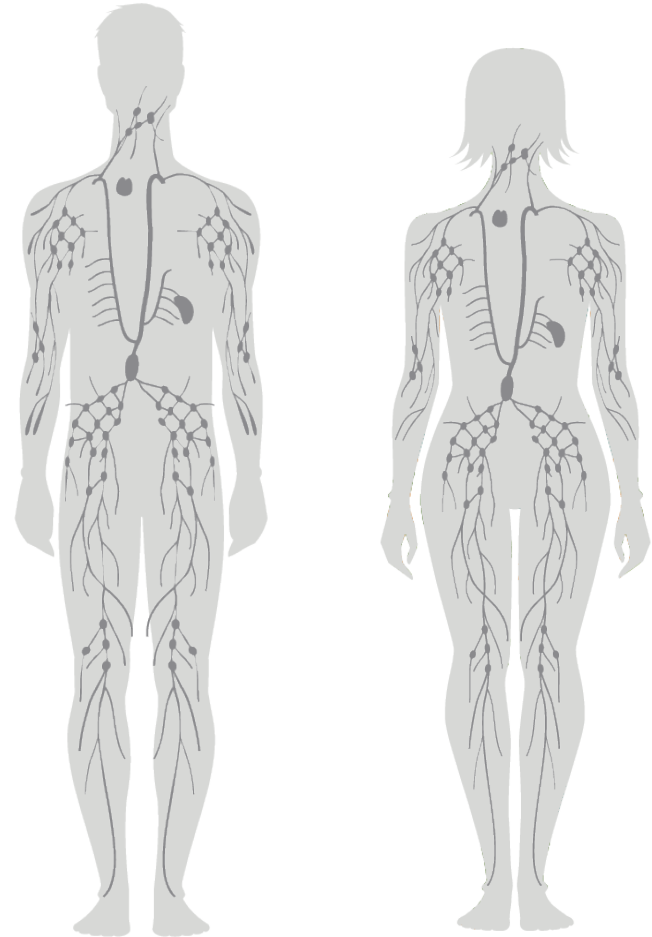
Integumentary System

- Rashes
- Pruritus



Immune and Lymphatic Systems

- Intracellular pathways
- Immunosuppression
- Pneumonia in the elderly
 - Morphine
 - Fentanyl
 - Codeine



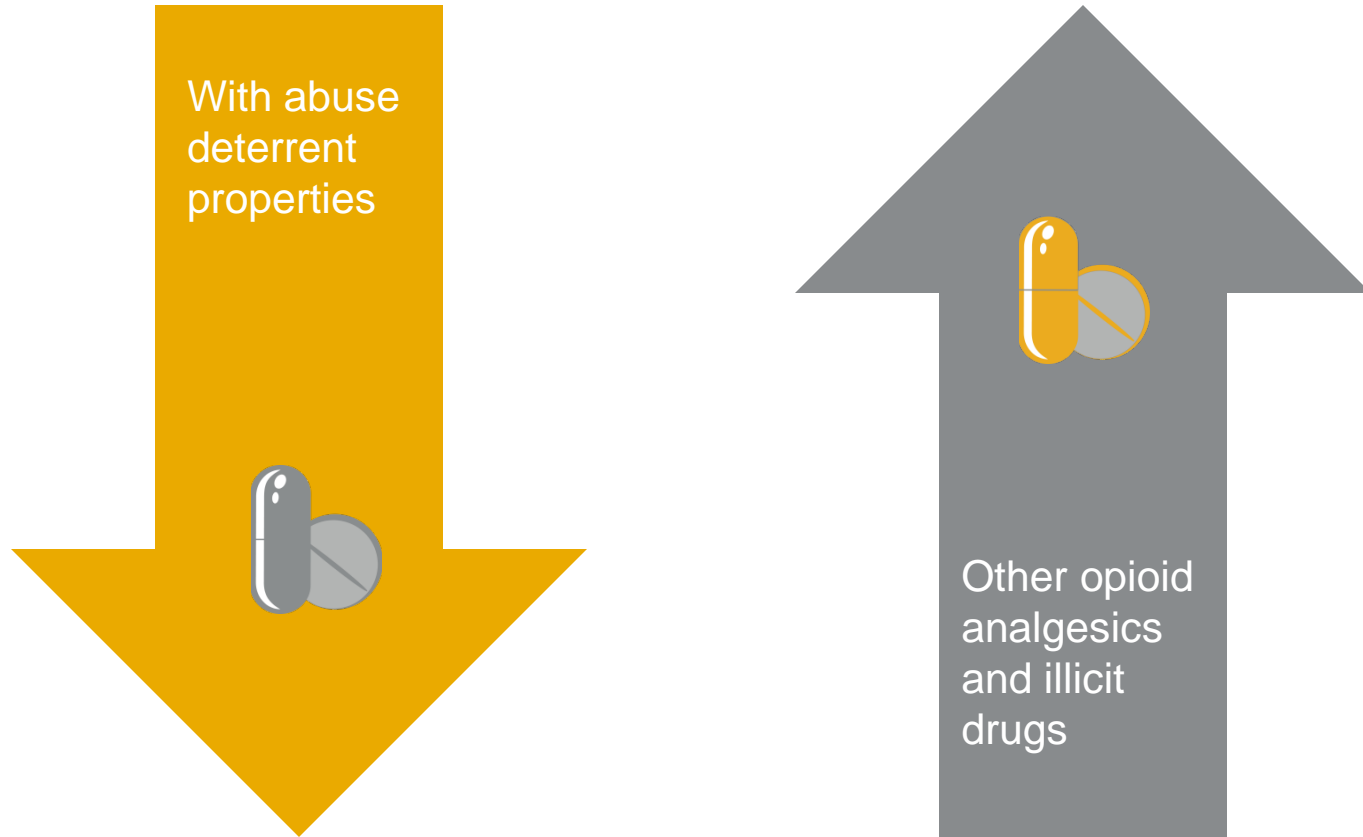
Pearl #2

There are more treatment options for opioid-induced constipation today, but **first-line treatment remains unchanged.**

Pearl #3

While new opioid formulations are being manufactured to help prevent abuse, **abuse deterrent formulations do not reduce all risks of misuse.**

Abuse Deterrent Opioid Analgesics Rate of Abuse



Poll Question #1

Pearl #4

In most Workers Compensation cases **testosterone supplementation is not recommended and should not be authorized** without medical documentation supporting its use.

Non-steroidal Anti-inflammatory Drugs (NSAIDs) should be used at the **lowest effective dose for the shortest duration of time.**

In workers' compensation, Proton Pump Inhibitors (PPIs) are commonly prescribed for the treatment/prevention **of NSAID-induced ulcers and GERD.**

Poll Question #2

Pearl #7

There is **little evidence** that the high-cost topical analgesic creams or patches are **safer or more effective** than other widely available medications used to treat the same condition(s).

Compounded medications are not recommended as first-line therapy in workers' compensation because there is little evidence to support efficacy.

Poll Question #3

Pearl #9

Medical foods have been marketed to manage the nutritional needs of various conditions, including: depression, insomnia and inflammation **but they are not FDA approved products.**

Pearl #10

Benzodiazepines can be difficult to wean so avoid chronic use, **especially if the claimant is also on opioid analgesics.**

Antidepressants can help **reduce or eliminate the use of opioid analgesics** for the treatment of neuropathic pain conditions.

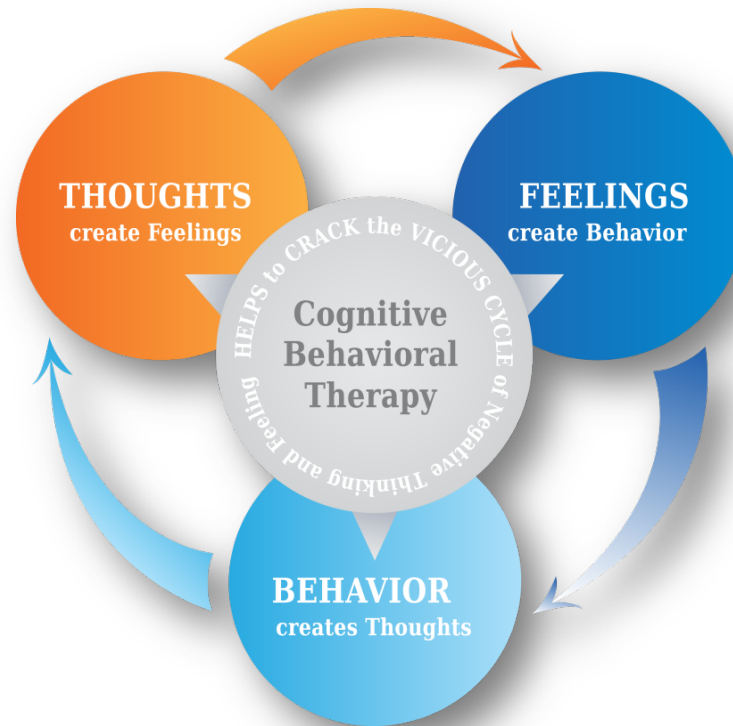
Pearl #12

If diagnosed with Hepatitis C, treatment with anti-virals **depends on the genotype of the disease and treatments** typically continue for 12 weeks for most claimants.

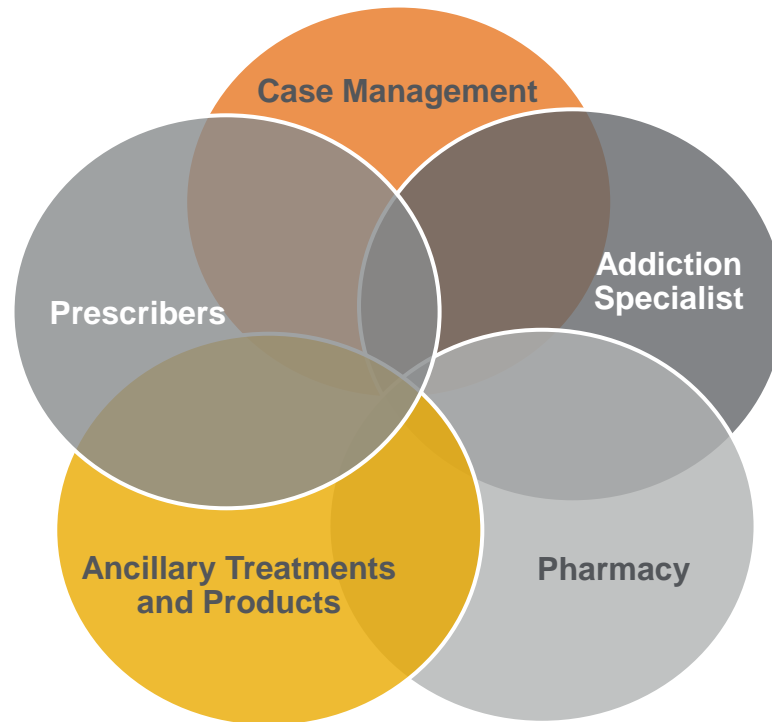
If exposed to Human Immunodeficiency Virus (HIV), **antiretroviral therapy (ART) should begin immediately and preferably with 72 hours post exposure.**

It is essential to monitor claimants for **compliance with their medication regimen including prescription and over-the-counter medications and supplements.**

Cognitive Behavioral Therapy can be an **effective tool** in the treatment of chronic pain.



Team collaboration **improves outcomes.**



Thank you

Questions?

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