



Reducing the Risk of Opioid Dependency

How a three-day prescription can make a world of difference

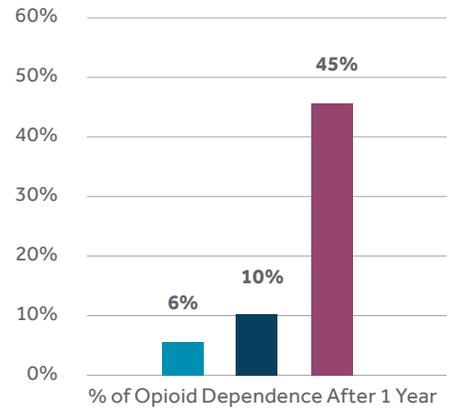
Dentistry and the Opioid Crisis

Opioids like hydrocodone and Percocet kill 115 people each day in America.¹ Nearly half of those deaths come from prescription painkillers.² What's more: dentists once wrote 15.5 percent of all opioid prescriptions, making them the top specialty provider contributing to this health crisis.³

Dependence and addiction are known risks of any opioid therapy. In fact, "[a]mong patients without cancer, a single day's supply of a narcotic painkiller can result in 6 percent of patients being on an opioid a year later."⁴ Increase that single-day prescription to five, and the patient's risk of chronic opioid use is 10 percent, "whereas patients with a first prescription for a 30-day supply have a 45% chance of developing an opioid substance use disorder within 1 year."⁵



Patient Opioid Dependency
based on prescription length



- 1-day opioid prescription
- 5-day opioid prescription
- 30-day opioid prescription

Proper Rx: The Guardian Prescription

Recognizing that a solution to this epidemic may lie with healthcare providers, Guardian has developed Proper Rx, a four-step approach to opioid addiction prevention that includes:

- 1 **Monitoring the behaviors of prescribing doctors**
- 2 **Sharing the results with those providers**
- 3 **Educating providers on the most up-to-date prescribing guidelines**
- 4 **Providing peer-to-peer instruction**

Proper Rx was informed by a recent study showing that prevention of opioid addiction and dependence begins with doctors' prescribing habits, with the greatest success found when no more than three days of opiates are prescribed.⁶

Proper Rx Four-Step Approach



Monitor



Communicate



Educate



Mentor

Proper Rx: The Guardian prescription for opioid dependency prevention.

Kentucky: A Case Study

To help reduce the impact of the opioid epidemic in Kentucky, we collaborate with pharmacy benefits managers when we are the dental subcontractor. Through this partnership — which is part of a national initiative — we have successfully altered opioid prescribing routines of dentists and oral surgeons.

Our four-step approach has resulted in a 90 percent reduction in the number of prescriptions lasting longer than three days to manage dental pain and a 70 percent reduction in the number of dentists prescribing opioids in a manner that deviates from professional norms.

The success of this initiative is measured against compliance with the safe prescribing recommendations of both the American Dental Association and the American Academy of Oral and Maxillofacial Surgeons.

Let us put Proper Rx into your hands to take the opioid crisis off America's hands.

Kentucky Study Results



90%
reduction in >3-day prescriptions

70%
reduction in deviant prescriptions

We're here to help.

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1 "Opioid Overdose: Understanding the Epidemic," *Center for Disease Control and Prevention*, <https://www.cdc.gov/drugoverdose/epidemic/index.html>, August 2017.

2 "Opioid Overdose: Prescription Opioid Data," *Center for Disease Control and Prevention*, <https://www.cdc.gov/drugoverdose/data/prescribing.html>, August 2017.

3 Jennifer Garvin, "ADA adopts interim opioids policy," *American Dental Association*, <https://www.ada.org/en/publications/adanews/2018-archive/march/ada-adopts-interim-opioids-policy>, March 26, 2018.

4 *MMWR: Morbidity and Mortality Weekly Report*, v66 no. 10, <https://www.hsdl.org/?abstract&did=802866>, March 2017.

5 Kristen Crossley, "Careful Management Key to Fighting Opioid Epidemic," *Specialty Pharmacy Times*, <https://www.specialtypharmacytimes.com/publications/specialty-pharmacy-times/2018/2018-asembia-recap/careful-management-key-to-fighting-opioid-epidemic>, June 2018.

6 *MMWR: Morbidity and Mortality Weekly Report*, March 2017.

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