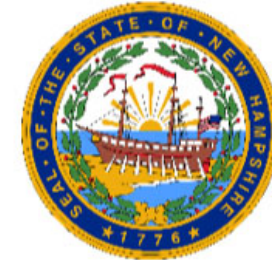# NH PRESCRIPTION DRUG MONITORING PROGRAM
NH PDMP

ANNUAL REPORT
July 1, 2020 – June 30, 2021

On July 1, 2021 the PDMP was transferred via HB2 from the Office of Professional Licensure and Certification (OPLC) to the Department of Health and Human Services (DHHS), Division of Public Health Services

NH DIVISION OF
Public Health Services
Department of Health and Human Services

What Is the New Hampshire Prescription Drug Monitoring Program (PDMP)?

Database

- Statewide, web-based database of all controlled substance (schedule II-IV) prescriptions which were dispensed by NH-licensed pharmacies
- Practitioners may view 3 rolling years of filled prescriptions of their patients, providing the opportunity to assess prescription drug utilization

Clinical Tool

- Promotes appropriate prescribing and dispensing, while deterring the misuse, abuse, and diversion of controlled substances

Peer Comparisons

- Allows prescribers to see their prescription metrics compared to their peers

Reporting Tool

- Reporting tools that are used by the PDMP to analyze information about registrants, patient queries, and the dispensing of controlled substances statewide

Program Changes

PDMP Transferred from OPLC to DHHS

- Effective July 1, 2021; via HB2
- Statutory authority moved from RSA 318-B (OPLC) to RSA 126-A (DHHS)

Statutory Changes

- New confidentiality standard for data release is established in RSA 126-A:92, III (HB2):
  - "all patient-specific protected health information [shall be] de-identified in accordance with section 164.514(b)(2) of the HIPAA Privacy Rule" (known as the "safe harbor" standard)
- Integration of PDMP data into practitioners' electronic health record systems and pharmacy management systems is allowed (SB45)

HIPAA "Safe Harbor" Standard

- The following identifiers of the individual or of relatives, employers, or household members of the individual, are removed:
  - All geographic subdivisions smaller than a State, including street address, city, county, precinct, zip code, and their equivalent geocodes, except for the initial three digits of a zip code if, according to the current publicly available data from the Bureau of the Census:
    - The geographic unit formed by combining all zip codes with the same three initial digits contains more than 20,000 people; and
    - The initial three digits of a zip code for all such geographic units containing 20,000 or fewer people is changed to 000.

New Hampshire PDMP ZIP-3 Map
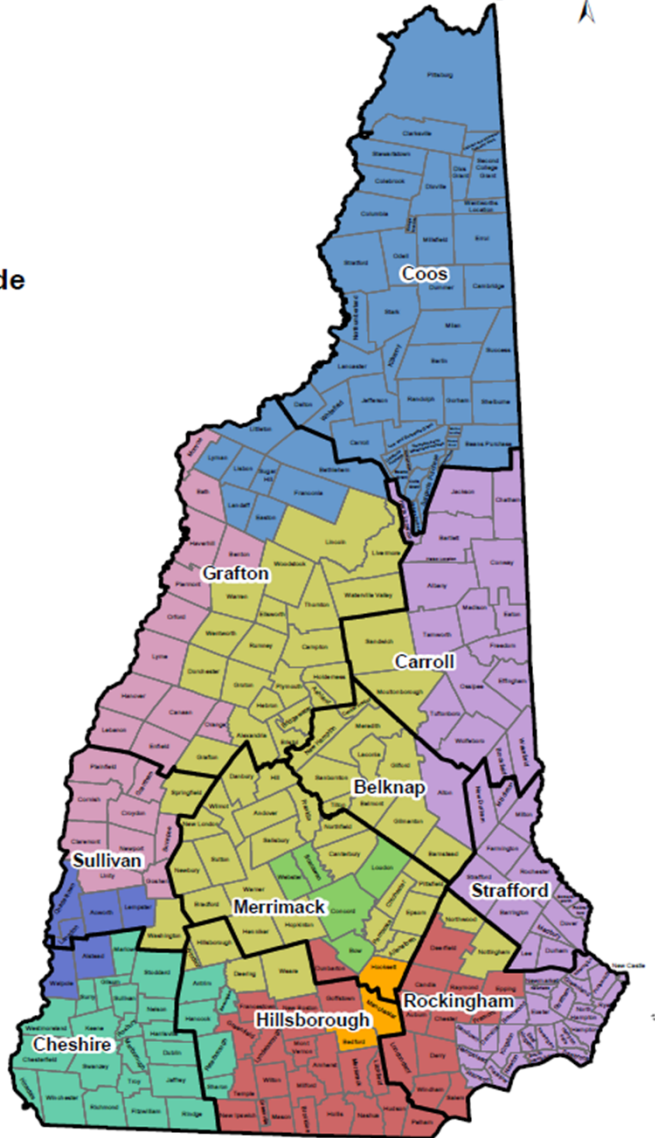
NH ZIP-3 Regions:
- Do not correspond to NH counties
- Include one ZIP-3 region (036) that has fewer than 20,000 residents, for which data cannot be separately released
- Do not allow for the continuity of historical PDMP data release by county

Throughout this report, 036 data has been combined with data from 037

Highlights for SFY 2021

Utilization

- Registrant counts have increased by 12%
  - 20,281 registrants as of June 30, 2021
- Patient queries have increased by 5%
  - More than 1 million queries in SFY21
- Almost 6,800 registrants made patient queries
  - 2,300 registrants who made queries were delegates
  - Delegates made more than 55% of all patient queries

Prescribing Trends

- **Opioids**: Filled prescription counts for opioids have _decreased_
- **Stimulants**: Filled prescription counts for stimulants have _increased_
- **Sedatives**: Filled prescription counts for sedatives have _decreased_ but remain the highest count of these three drug types

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Registration, Data Submission, and Utilization

Registration

- Registration with the PDMP is required for all prescribers and dispensers licensed in NH
- Prescribers and dispensers may delegate PDMP access authority to other staff (licensed or unlicensed)

Prescription Data Submission

- Each dispenser must submit to the PDMP information about each dispensing of a schedule II-IV controlled substance
- Out-of-state dispensers licensed in NH must submit information about each schedule II-IV controlled substance dispensed to a patient who resides in NH
- Dispensation data must be submitted by close of business on the next business day from the date of dispensation
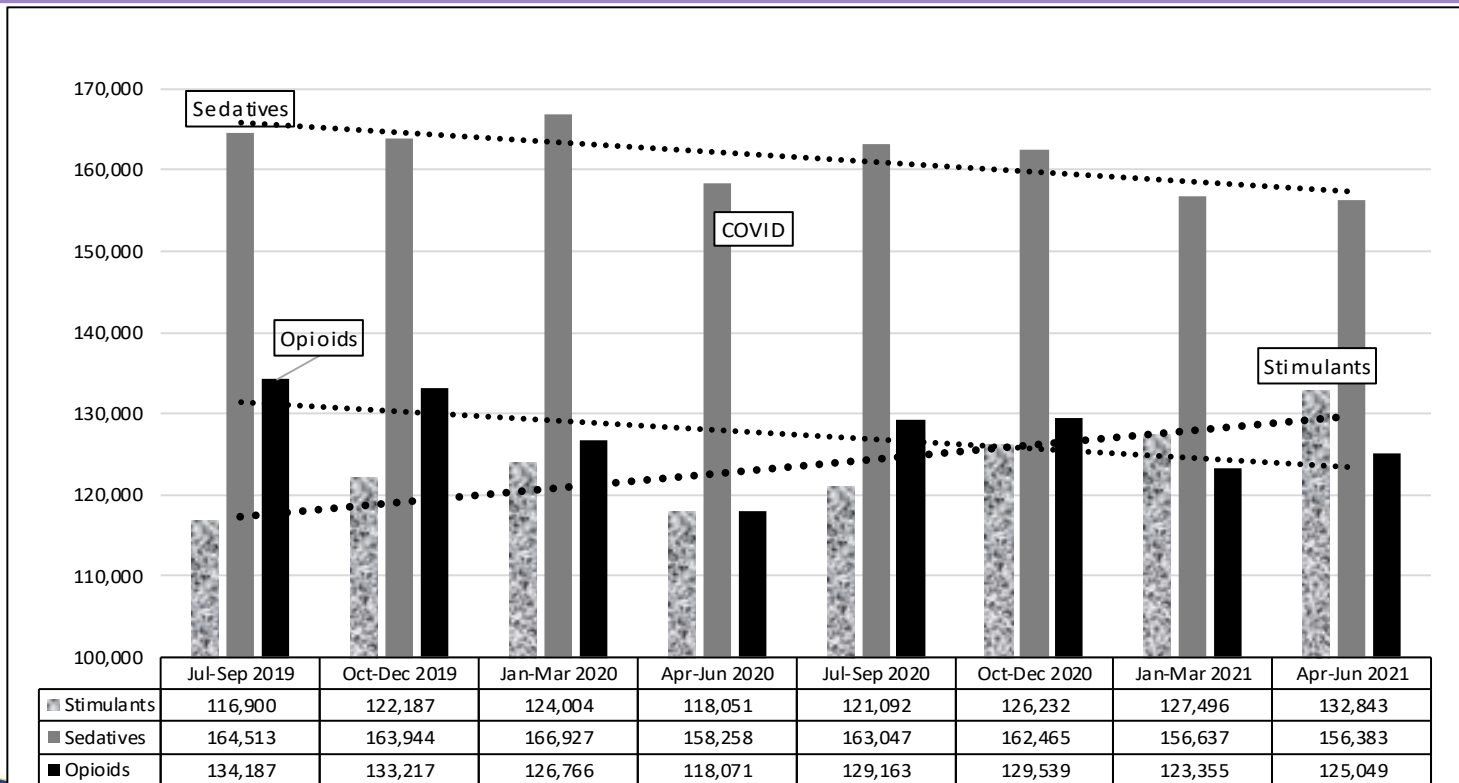
Utilization

- Prescribers must query the PDMP when writing an initial schedule II-IV opioid prescription for the management or treatment of a patient's pain or substance use disorder and then periodically, at least twice a year.

PRESCRIPTION COUNTS

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Filled Prescription Counts (SFY21)

July 1, 2019 through June 30, 2021:

- Opioid prescription counts *decreased* by 7%
- Stimulant prescription counts *increased* by 14%
- Sedative prescription counts *decreased* by 5%, but remain the highest count of filled prescriptions at approximately 38%

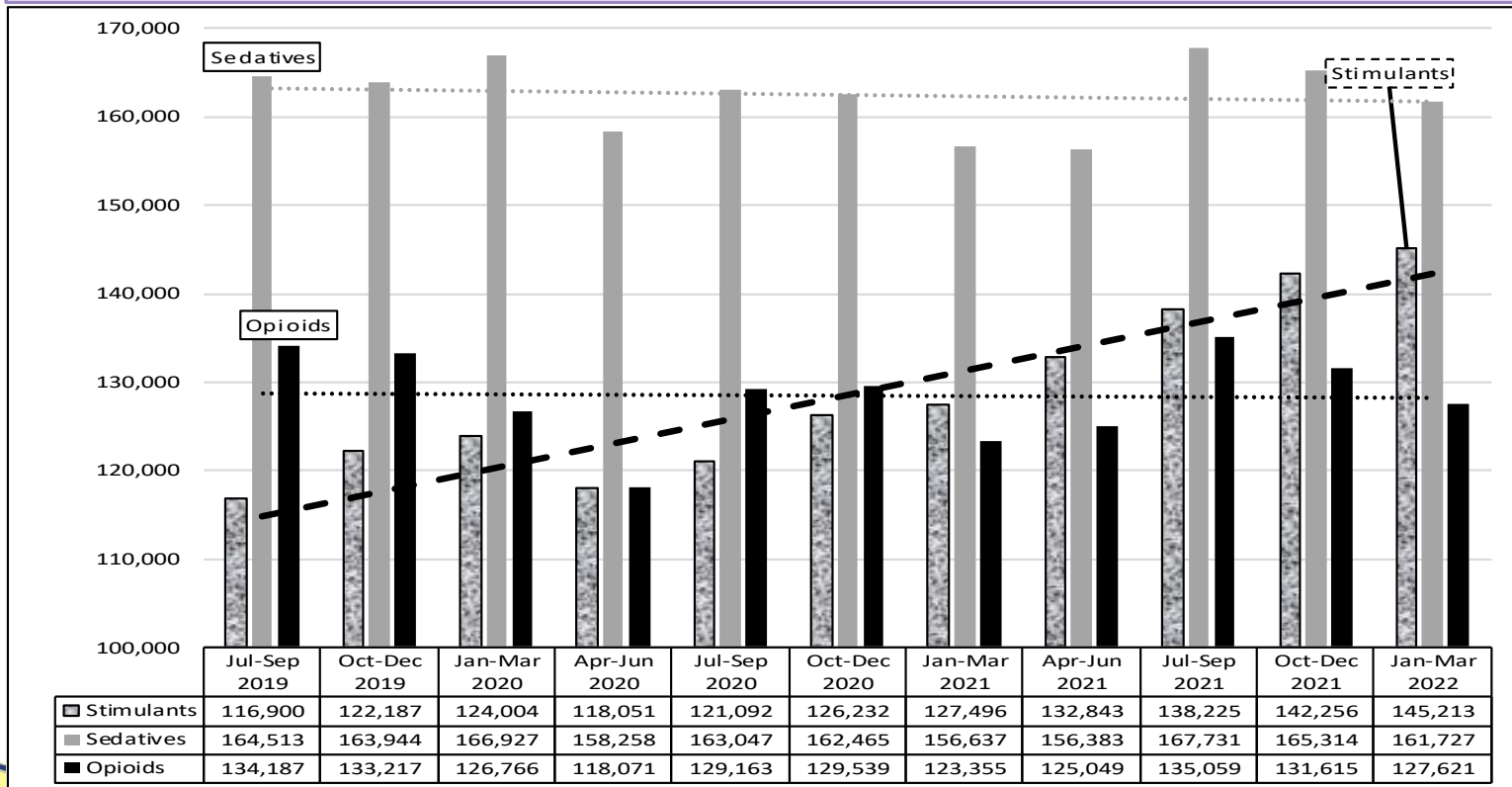|	Jul-Sep 2019	Oct-Dec 2019	Jan-Mar 2020	Apr-Jun 2020	Jul-Sep 2020	Oct-Dec 2020	Jan-Mar 2021	Apr-Jun 2021
Stimulants	116,900	122,187	124,004	118,051	121,092	126,232	127,496	132,843
Sedatives	164,513	163,944	166,927	158,258	163,047	162,465	156,637	156,383
Opioids	134,187	133,217	126,766	118,071	129,163	129,539	123,355	125,049

Filled Prescription Counts (through SFY22-Q3)

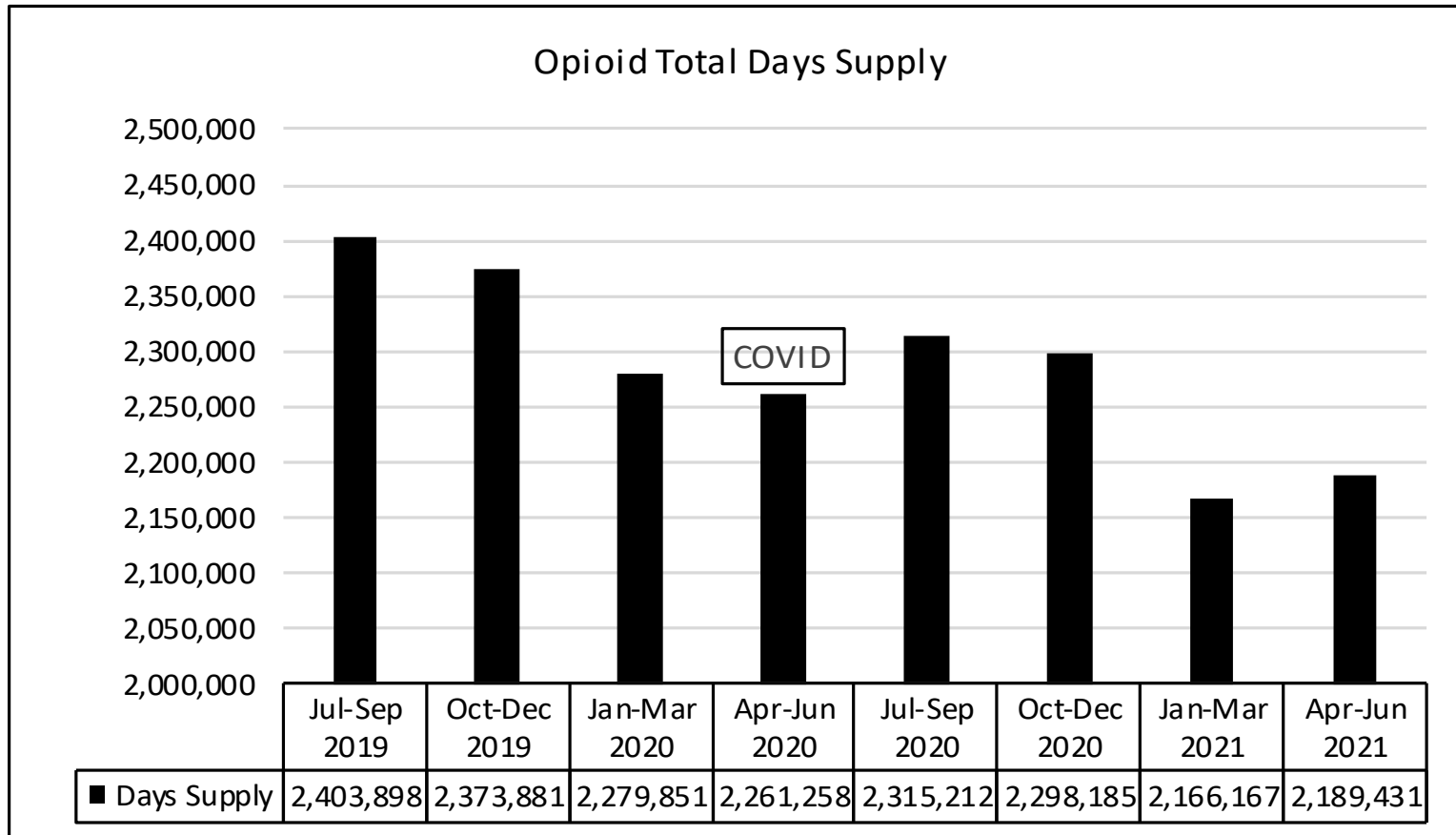**July 1, 2019 through March 31, 2022**

- Opioid prescription counts _decreased_ by 13%
- Stimulant prescription counts _increased_ by 22%
- Sedative prescription counts _decreased_ by 6%, but remain the highest count of filled prescriptions at approximately 39%

	Jul-Sep 2019	Oct-Dec 2019	Jan-Mar 2020	Apr-Jun 2020	Jul-Sep 2020	Oct-Dec 2020	Jan-Mar 2021	Apr-Jun 2021	Jul-Sep 2021	Oct-Dec 2021	Jan-Mar 2022
Stimulants	116,900	122,187	124,004	118,051	121,092	126,232	127,496	132,843	138,225	142,256	145,213
Sedatives	164,513	163,944	166,927	158,258	163,047	162,465	156,637	156,383	167,731	165,314	161,727
Opioids	134,187	133,217	126,766	118,071	129,163	129,539	123,355	125,049	135,059	131,615	127,621

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OPIOIDS

Days' Supply of Opioid Prescriptions

➤ The decrease in filled opioid prescriptions was NOT offset by an increase in days' supply

➤ Opioid total days' supply has decreased as well

Opioid Total Days Supply

	Jul-Sep 2019	Oct-Dec 2019	Jan-Mar 2020	Apr-Jun 2020	Jul-Sep 2020	Oct-Dec 2020	Jan-Mar 2021	Apr-Jun 2021
■ Days Supply	2,403,898	2,373,881	2,279,851	2,261,258	2,315,212	2,298,185	2,166,167	2,189,431

COVID

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Morphine Milligram Equivalent (MME)
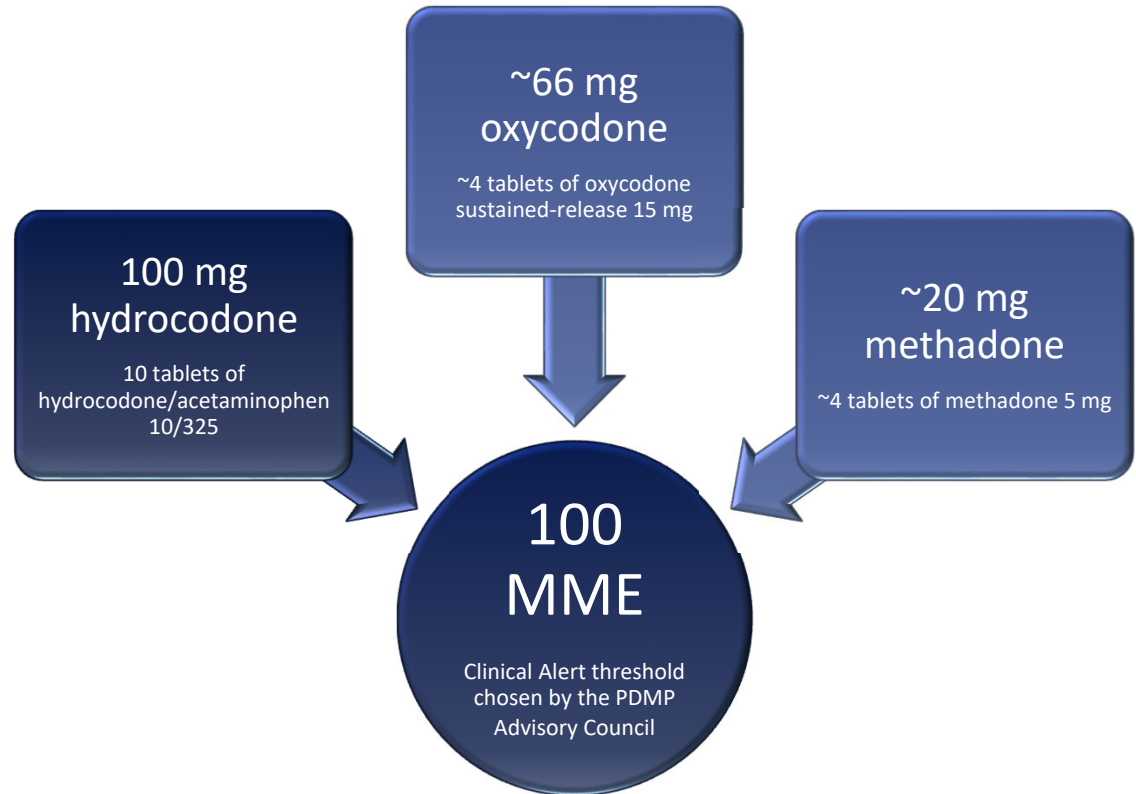## A method to express the strength of an opioid prescription as though the prescription were for morphine

Calculating morphine milligram equivalents (MME)

OPIOID (doses in mg/day except where noted)	CONVERSION FACTOR
Codeine	0.15
Fentanyl transdermal (in mcg/hr)	2.4
Hydrocodone	1
Hydromorphone	4
Methadone	
1-20 mg/day	4
21-40 mg/day	8
41-60 mg/day	10
≥ 61-80 mg/day	12
Morphine	1
Oxycodone	1.5
Oxymorphone	3

These dose conversions are estimated and cannot account for all individual differences in genetics and pharmacokinetics.

USE EXTRA CAUTION:

- **Methadone:** the conversion factor increases at higher doses
- **Fentanyl:** dosed in mcg/hr instead of mg/day, and absorption is affected by heat and other factors

100 mg hydrocodone

10 tablets of hydrocodone/acetaminophen 10/325

~66 mg oxycodone

~4 tablets of oxycodone sustained-release 15 mg

~20 mg methadone

~4 tablets of methadone 5 mg

100 MME

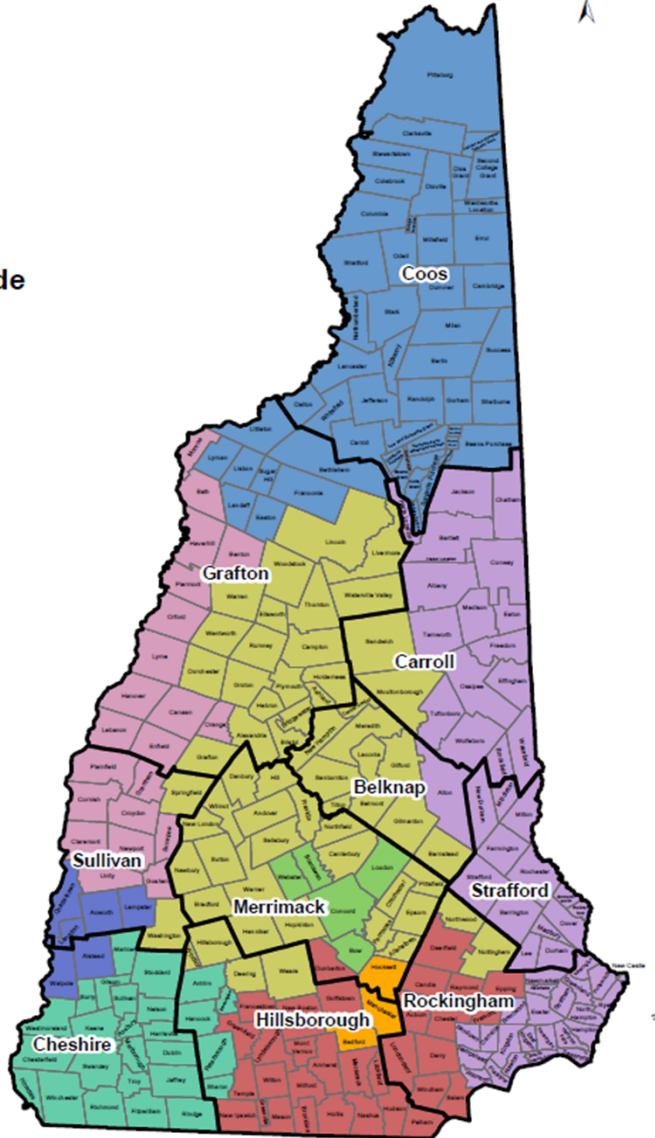Clinical Alert threshold chosen by the PDMP Advisory Council

Average Daily MME per Opioid Prescription

➢ The decreases in filled opioid prescriptions and in days' supply were NOT offset by an increase in drug strength

➢ Opioid MME has been relatively consistent, with a slight downward trend
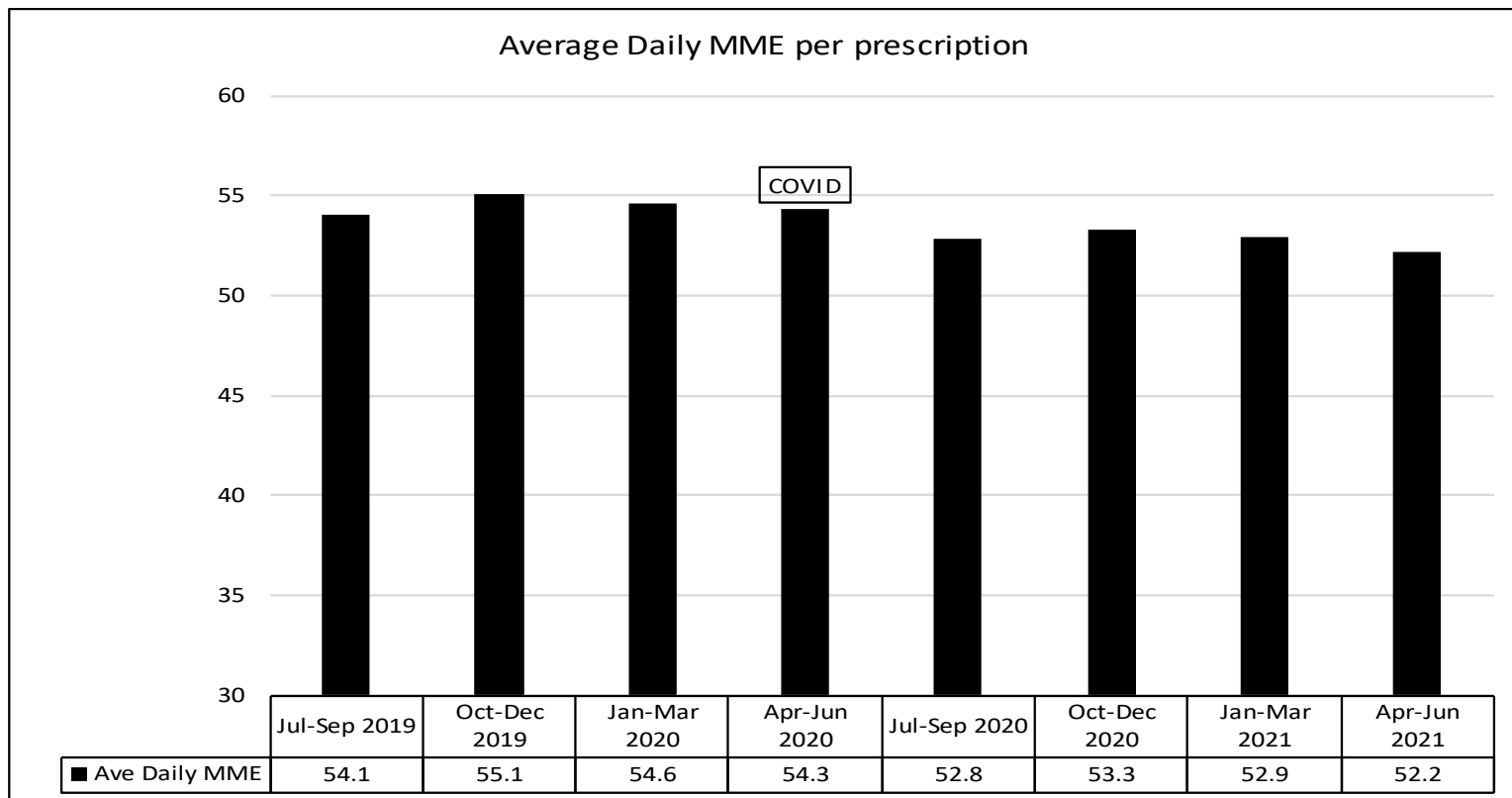
Average Daily MME per prescription

	Jul-Sep 2019	Oct-Dec 2019	Jan-Mar 2020	Apr-Jun 2020	Jul-Sep 2020	Oct-Dec 2020	Jan-Mar 2021	Apr-Jun 2021
■ Ave Daily MME	54.1	55.1	54.6	54.3	52.8	53.3	52.9	52.2

COVID

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New Hampshire PDMP ZIP-3 Map

NH ZIP-3 Regions:
- Do not correspond to NH counties
- Include one ZIP-3 region (036) that has fewer than 20,000 residents, for which data cannot be separately released
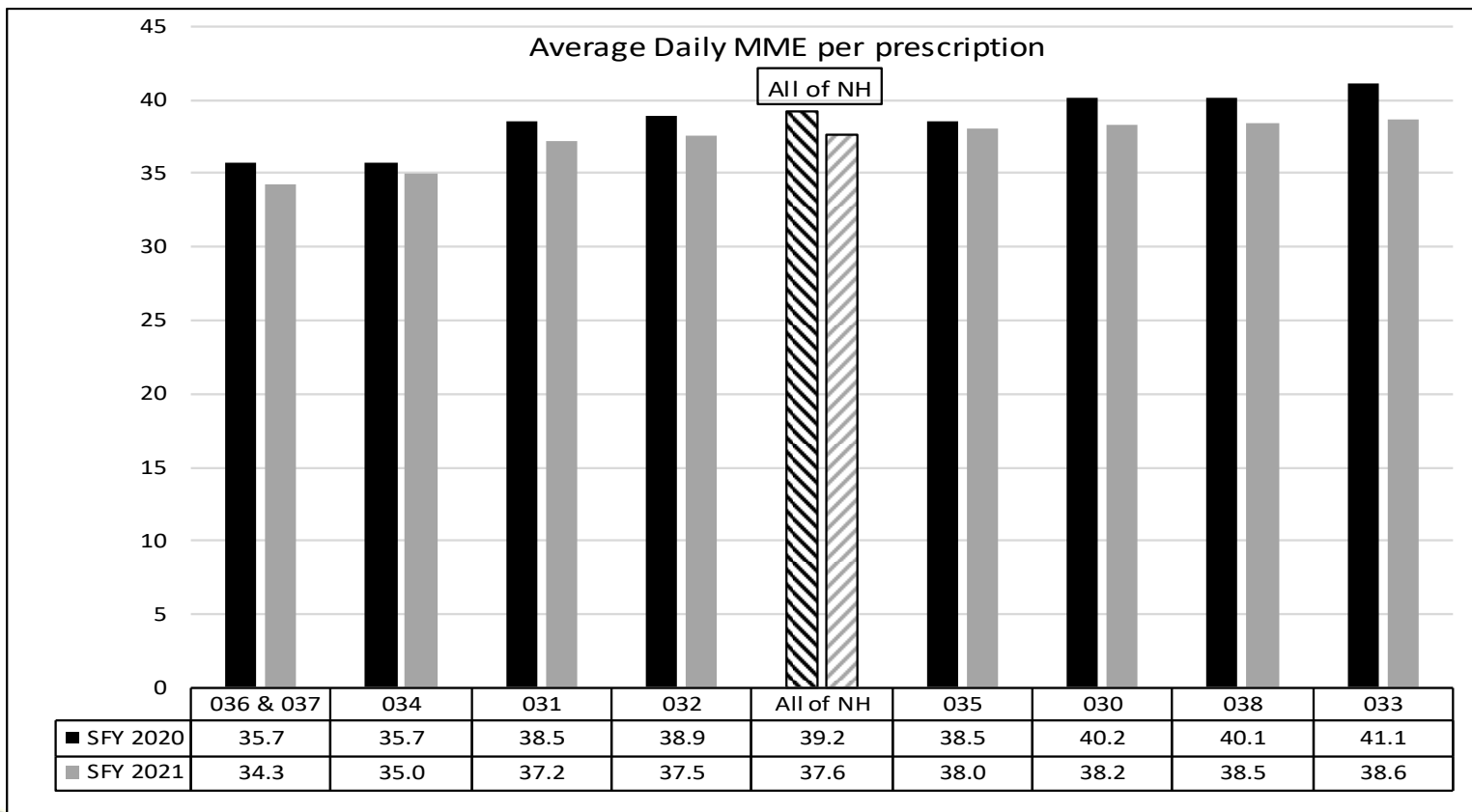- Do not allow for the continuity of historical PDMP data release by county

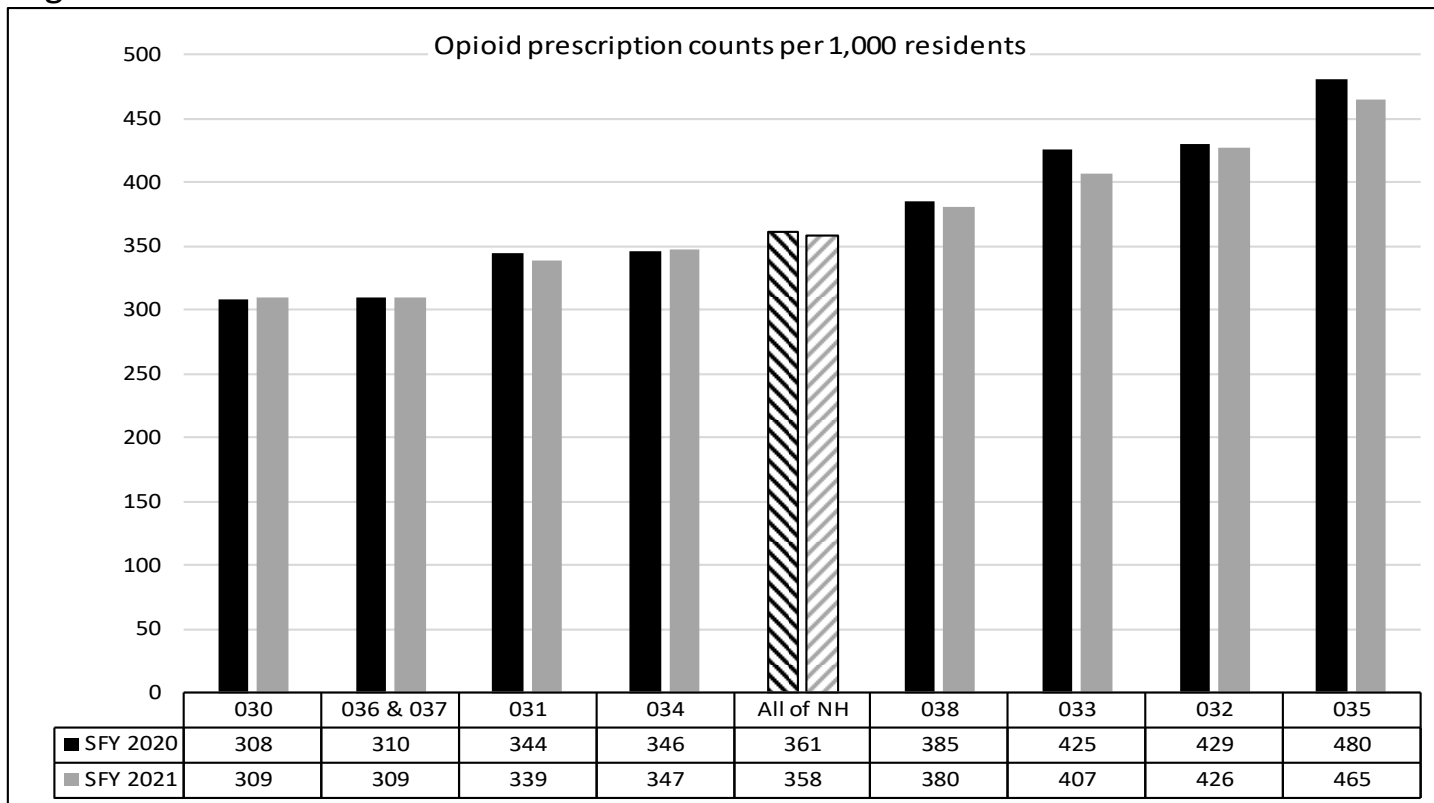Throughout this report, 036 data has been combined with data from 037

Average Daily MME per Opioid Prescription, by ZIP-3

➤ Average daily MME per opioid prescription has declined in each 3-digit ZIP code area

➤ For SFY 2021, area 033 has the highest average. That area is only 2.7% higher than the statewide average (labeled as "All of NH") and is 12.6% higher than the lowest average, which is area 036 & 037

Average Daily MME per prescription

	036 & 037	034	031	032	All of NH	035	030	038	033
■ SFY 2020	35.7	35.7	38.5	38.9	39.2	38.5	40.2	40.1	41.1
▨ SFY 2021	34.3	35.0	37.2	37.5	37.6	38.0	38.2	38.5	38.6

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Opioid Prescription Counts per 1,000 Residents, by ZIP-3

➢ There were modest changes from SFY 2020 to SFY 2021

➢ Region 033 has declined the most at 4.2%. Regions 030, 036 & 037, 031, and 034 remained below the statewide rate

➢ Regions 038, 033, 032, and 035 were all above the statewide rate ("All of NH"). Region 035 was 30% above the statewide rate and was 55% above the lowest rate, which were regions 030 and 036 & 037.
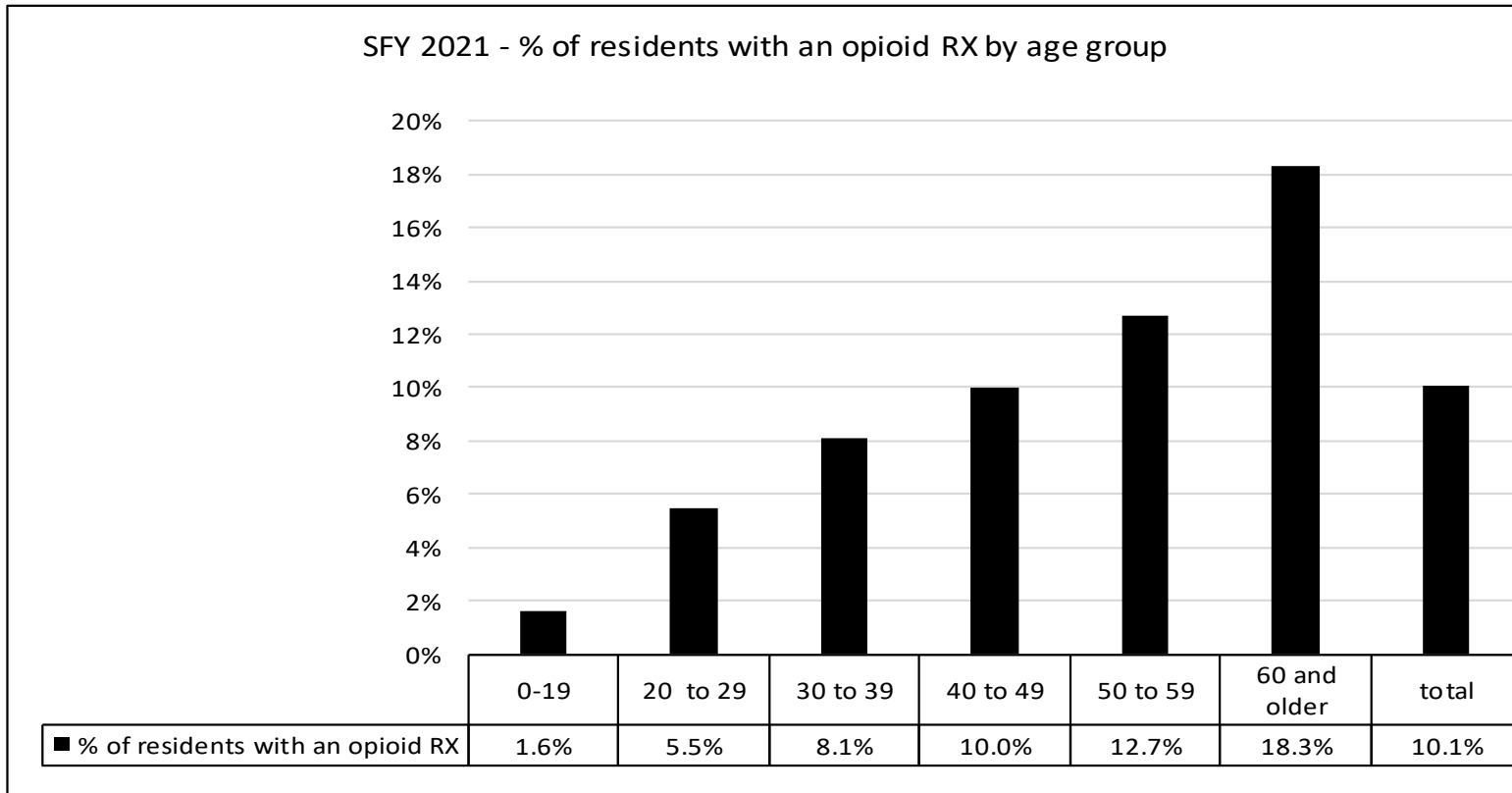
Opioid prescription counts per 1,000 residents

	030	036 & 037	031	034	All of NH	038	033	032	035
■ SFY 2020	308	310	344	346	361	385	425	429	480
SFY 2021	309	309	339	347	358	380	407	426	465

(Population data from County Population by Characteristics: 2010–2020 (census.gov) accessed August/2021).

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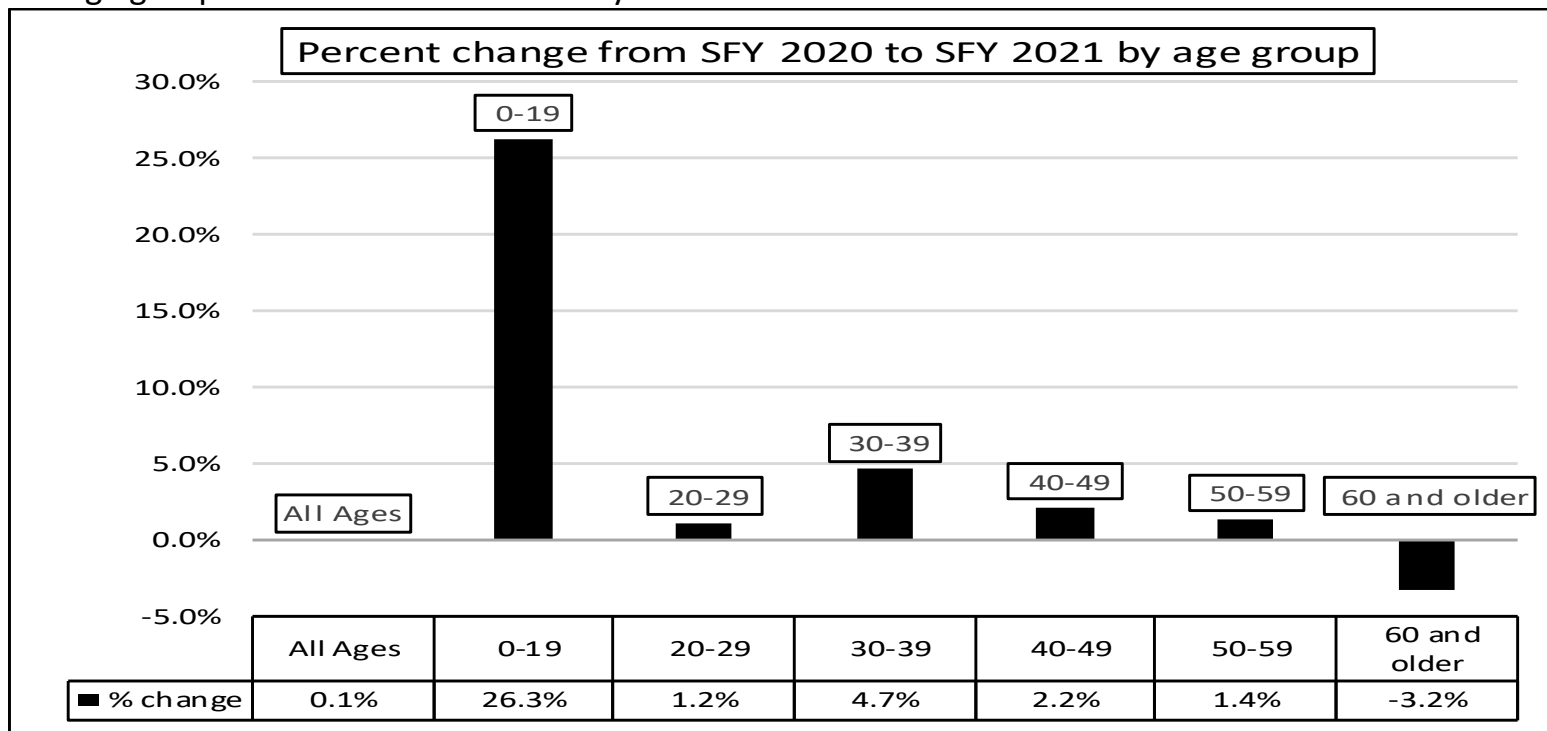
NH Residents with an Opioid Prescription, by Age Group

➤ There were 137,425 distinct residents of all ages with an opioid prescription from a NH prescriber, equal to 10.1% of all residents

SFY 2021 - % of residents with an opioid RX by age group

	0-19	20 to 29	30 to 39	40 to 49	50 to 59	60 and older	total
■ % of residents with an opioid RX	1.6%	5.5%	8.1%	10.0%	12.7%	18.3%	10.1%

Age groups	0-19	20 to 29	30 to 39	40 to 49	50 to 59	60 and older	total
Count of all residents	288,417	174,849	170,740	158,861	204,044	369,364	1,366,275
Residents w/opioid RX	4,596	9,539	13,855	15,871	25,968	67,596	137,425

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NH Residents with an Opioid Prescription - Percent Change by Age Group

➢ Between SFY20 and SFY21, there was an increase of only 1/10th of one percent (0.1%) in the number of residents of all ages with an opioid prescription

➢ Age group zero to 19 increased by 26%
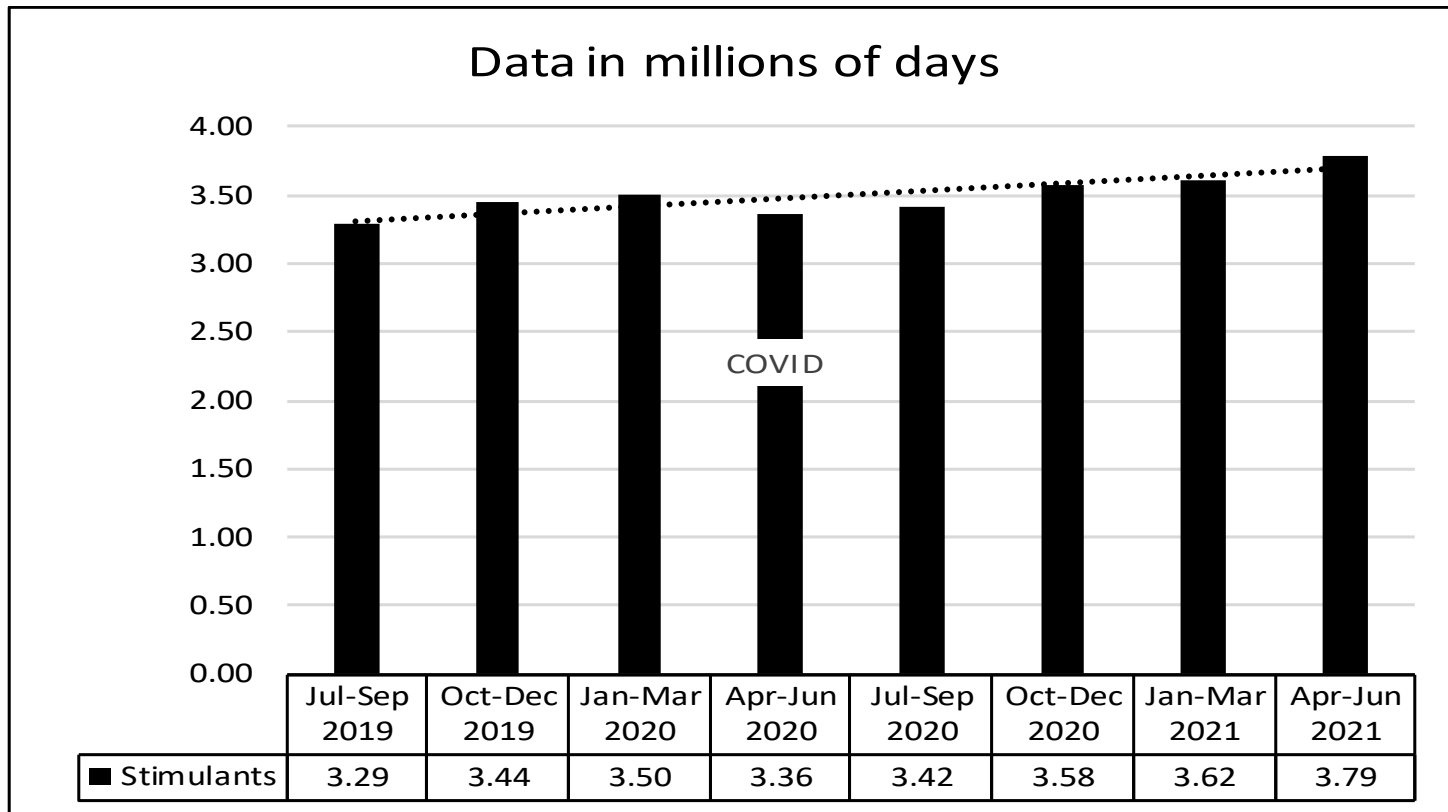
➢ Age group 60 and older decreased by 3.2%

Percent change from SFY 2020 to SFY 2021 by age group

	All Ages	0-19	20-29	30-39	40-49	50-59	60 and older
■ % change	0.1%	26.3%	1.2%	4.7%	2.2%	1.4%	-3.2%

Age Groups	All Ages	0-19	20-29	30-39	40-49	50-59	60 and older
SFY 2020 residents	137,284	3,639	9,428	13,231	15,535	25,608	69,843
SFY 2021 residents	137,425	4,596	9,539	13,855	15,871	25,968	67,596

STIMULANTS

Days' Supply of Stimulant Prescriptions

➤ In addition to the 14% increase in stimulant prescription counts, there has been a 15% increase in days' supply; this is trending upward

Data in millions of days

	Jul-Sep 2019	Oct-Dec 2019	Jan-Mar 2020	Apr-Jun 2020	Jul-Sep 2020	Oct-Dec 2020	Jan-Mar 2021	Apr-Jun 2021
■ Stimulants	3.29	3.44	3.50	3.36	3.42	3.58	3.62	3.79

COVID

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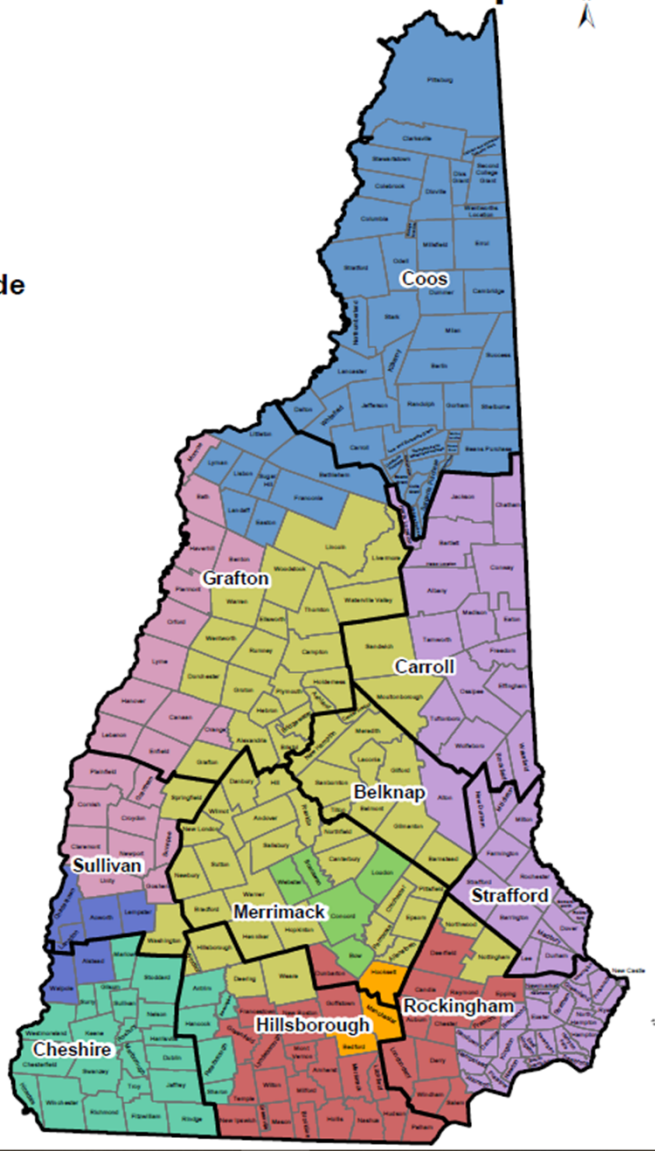Department of Health and Human Services

Stimulant Prescriptions, in Milligrams

➢ In addition to the increases in stimulant prescription counts and days supply, there has been a corresponding increase in total milligrams of stimulant prescriptions dispensed
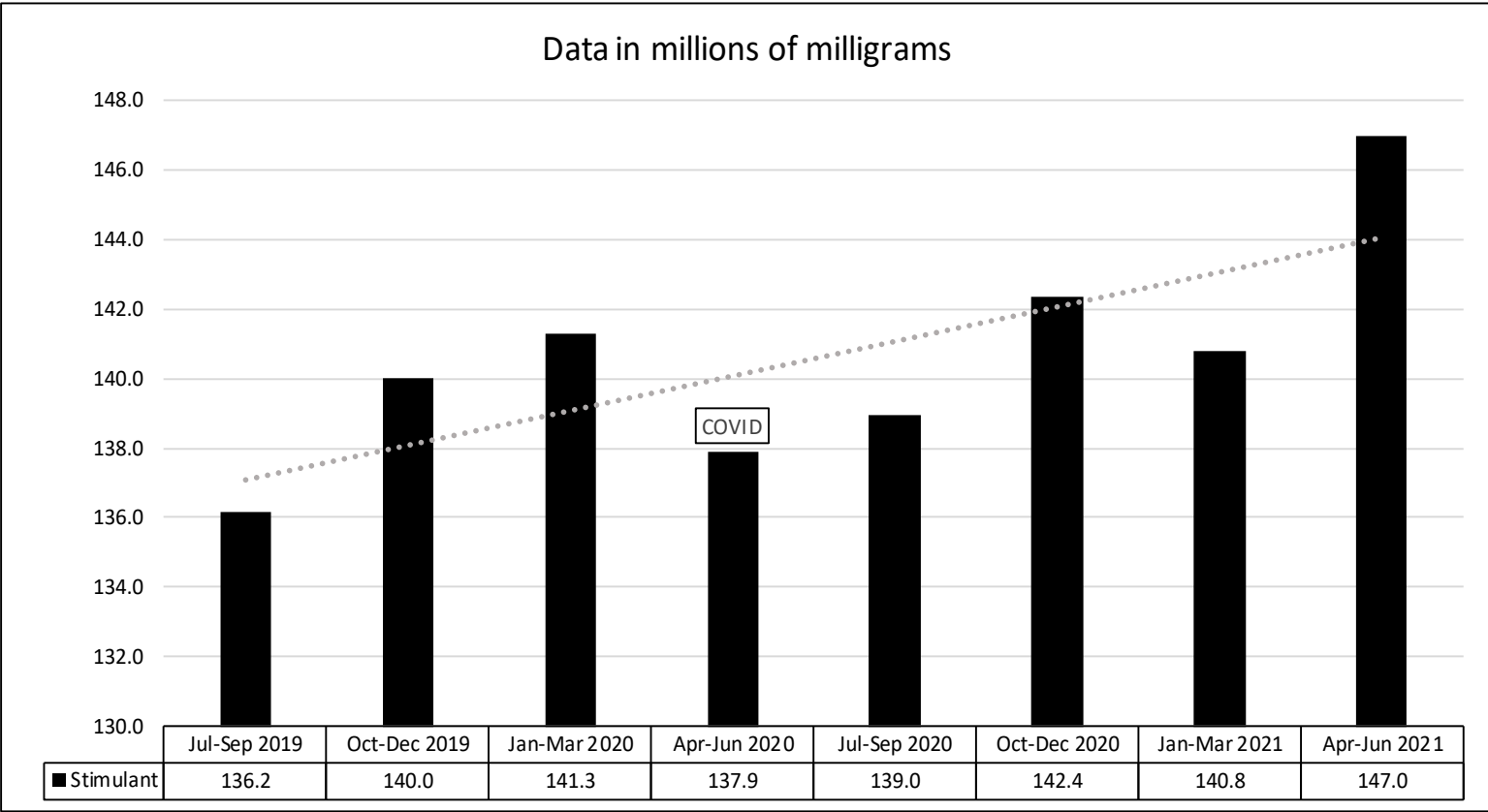
Data in millions of milligrams

	Jul-Sep 2019	Oct-Dec 2019	Jan-Mar 2020	Apr-Jun 2020	Jul-Sep 2020	Oct-Dec 2020	Jan-Mar 2021	Apr-Jun 2021
■ Stimulant	136.2	140.0	141.3	137.9	139.0	142.4	140.8	147.0

COVID

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Department of Health and Human Services

New Hampshire PDMP ZIP-3 Map

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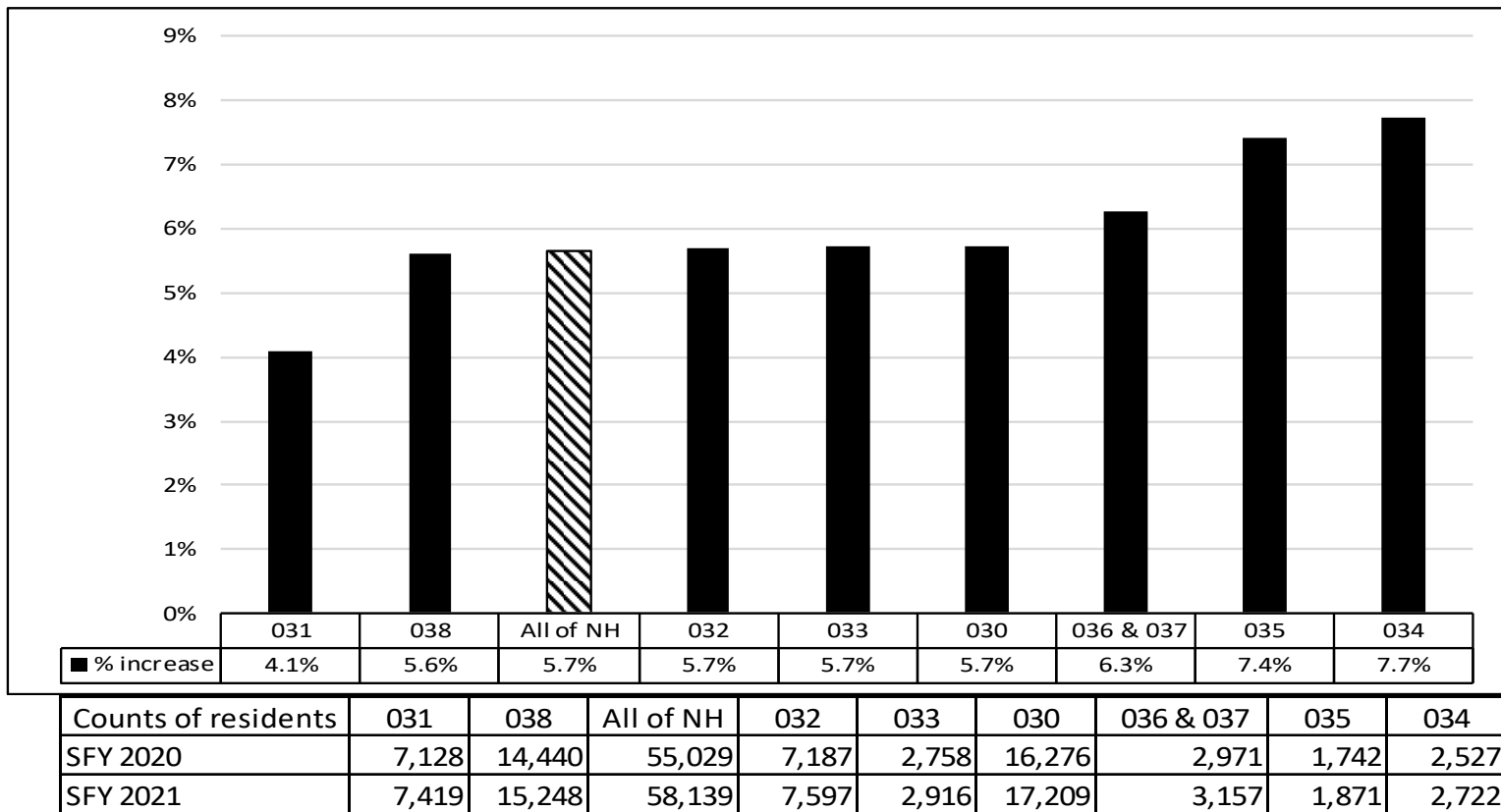- Do not allow for the continuity of historical PDMP data release by county

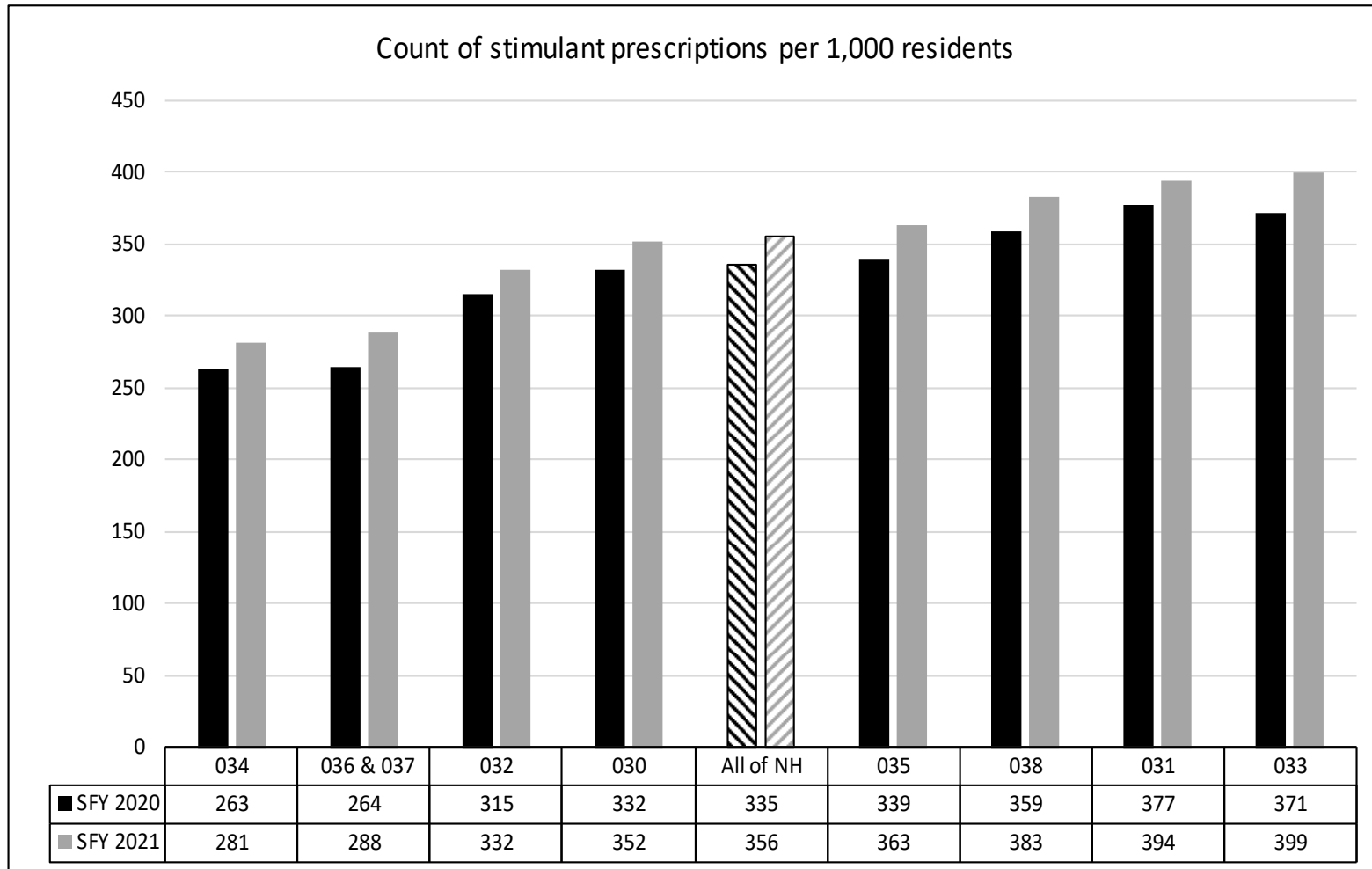Throughout this report, 036 data has been combined with data from 037

NH Residents with Stimulant Prescriptions, by ZIP-3

➤ All areas had an increase in the number of residents with a stimulant prescription

➤ In "All of NH" the resident count increased 5.7%

➤ Area 034 increased 7.7%, which is 37% greater than the statewide rate

	031	038	All of NH	032	033	030	036 & 037	035	034
■ % increase	4.1%	5.6%	5.7%	5.7%	5.7%	5.7%	6.3%	7.4%	7.7%

Counts of residents	031	038	All of NH	032	033	030	036 & 037	035	034
SFY 2020	7,128	14,440	55,029	7,187	2,758	16,276	2,971	1,742	2,527
SFY 2021	7,419	15,248	58,139	7,597	2,916	17,209	3,157	1,871	2,722

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Stimulant Prescription Counts per 1,000 Residents, by ZIP-3

➢ Between SFY20 and SFY21, there was an increase in all geographic areas

Count of stimulant prescriptions per 1,000 residents

	034	036 & 037	032	030	All of NH	035	038	031	033
■ SFY 2020	263	264	315	332	335	339	359	377	371
▨ SFY 2021	281	288	332	352	356	363	383	394	399

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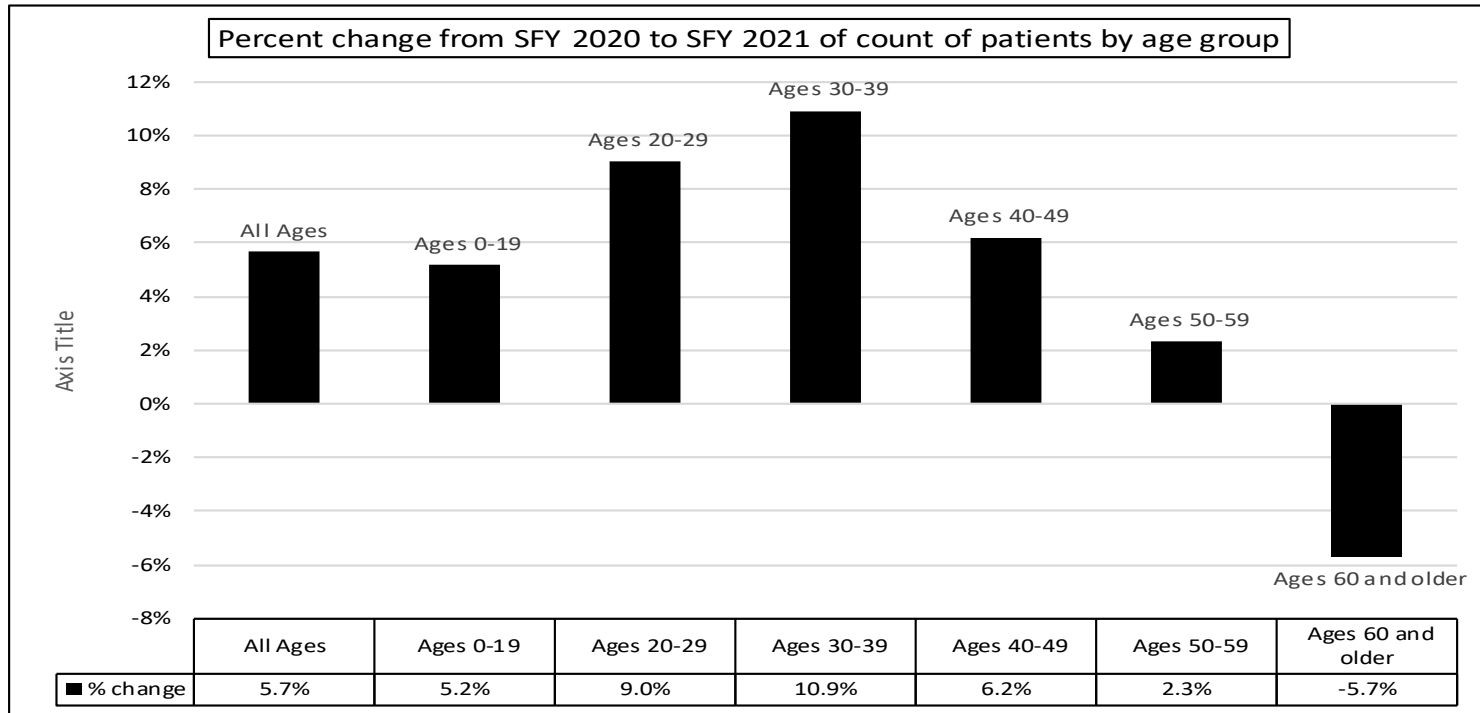Department of Health and Human Services

NH Residents with a Stimulant Prescription, by Age Group

➢In SFY 2021, there were 58,752 distinct residents of all ages with a stimulant prescription, equal to 4.3% of all residents

SFY 2021 percent of residents with a stimulant prescription

	Zero to 19	20-29	30-39	40-49	50-59	60 and over	All Ages
■ SFY 2021	5.5%	5.8%	7.0%	5.5%	3.4%	1.4%	4.3%

Age groups	zero-19	20 to 29	30 to 39	40 to 49	50 to 59	60 and over	All Ages
All residents	288,417	174,849	170,740	158,861	204,044	369,364	1,366,275
Residents w/stimulant RX	15,734	10,160	11,980	8,814	6,948	5,116	58,752

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NH Residents with a Stimulant Prescription - Percent Change by Age Group

➢ Between SFY20 and SFY21, there was an 5.7% increase in the number of residents of all ages with a stimulant prescription

➢ Age group 30-39 increased nearly twice that rate, by 10.9%

➢ Age group 60 and older decreased by 5.7%

Percent change from SFY 2020 to SFY 2021 of count of patients by age group

	All Ages	Ages 0-19	Ages 20-29	Ages 30-39	Ages 40-49	Ages 50-59	Ages 60 and older
■ % change	5.7%	5.2%	9.0%	10.9%	6.2%	2.3%	-5.7%

Counts	All Ages	Ages 0-19	Ages 20-29	30-39	40-49	50-59	60 and over
SFY 2020	55,029	15,700	9,000	10,352	8,036	6,685	5,256
SFY 2021	58,139	16,510	9,814	11,483	8,534	6,840	4,958

CLINICAL ALERTS

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Clinical Alerts

Clinical Alerts

- For informational purposes only
- NOT intended to be a stand-alone indication of wrongdoing by the practitioner or patient
- Intended to help practitioners improve patient outcomes and to supplement, but not replace, the practitioner's clinical judgment
- More than one alert may be generated by a prescription

Clinical Alert #1 (Daily Active MME Threshold)
➢ An alert is triggered when a patient fills an opioid prescription(s) which contains a morphine milligram equivalent (MME) dose of greater than 100 MME on average per day.* MME = metric which allows different opioids to be compared by their strength, with morphine as the benchmark

Clinical Alert #2 (Opioid-Benzodiazepine Threshold)
➢ An alert is triggered when a patient is prescribed opioids and benzodiazepines with an overlap of at least one day

Clinical Alert # 3 (Prescriber-Dispenser Threshold)
➢ An alert is triggered when a patient receives an opioid prescription from 3 different prescribers AND 3 different pharmacies within a 3-month period*
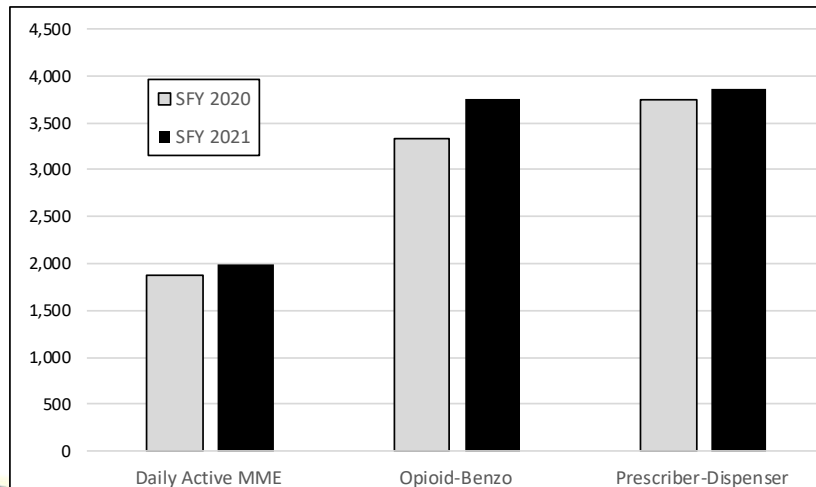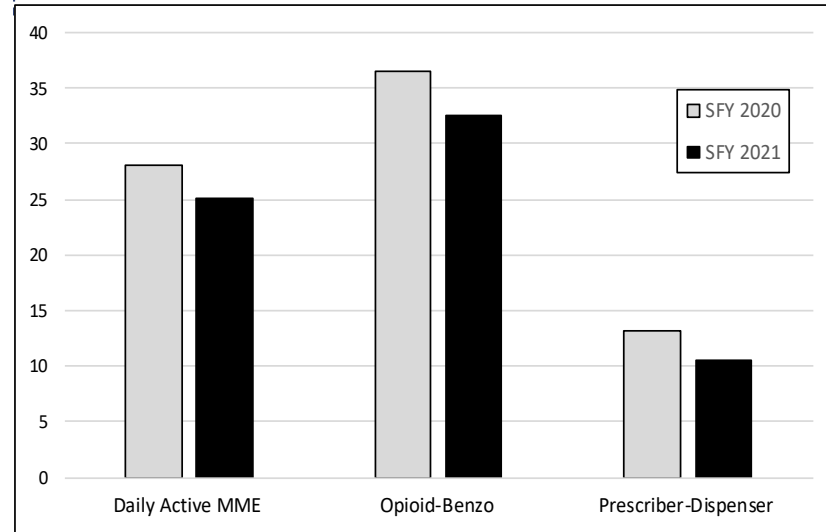
*Values recommended by the NH PDMP Advisory Council

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Clinical Alerts Summary

Total Number of Alerts has decreased
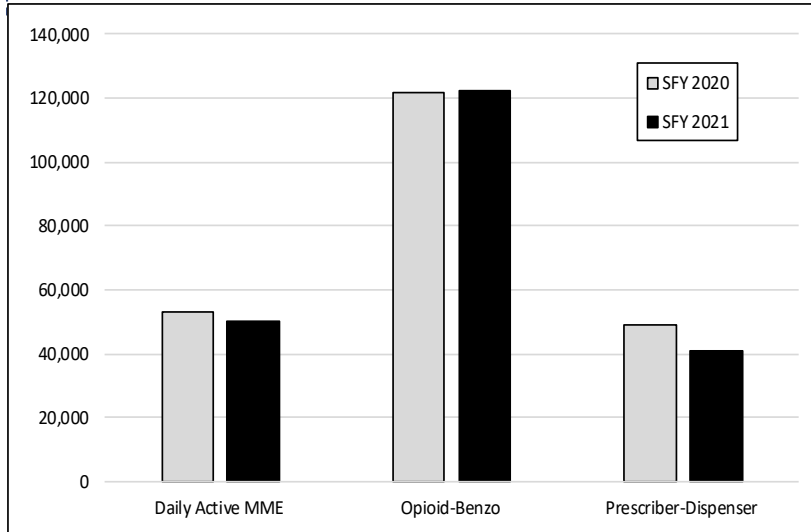
Average Number of Alerts per Prescriber has decreased

Number of Prescribers Receiving Alerts has increased

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Department of Health and Human Services

Future Enhancements

PDMP Database Platform

- Enhanced patient prescription history reporting for practitioners, with risk scores, interactive data visualizations, and communications module (NarxCare)
- PDMP integration with electronic health records (Gateway)
- Update to ASAP 4.2B dispensing standard

Practitioner Utilization

- EHR integration addresses user feedback to reduce time needed to query PDMP by integrating PDMP into existing clinical workflows
- Goal is to decrease time to perform patient queries, and thus increase utilization of the PDMP

Statutory Changes

- Improve the usability of PDMP data

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Summary

Utilization

- Registrant counts have increased
- Patient queries have increased

Prescribing Trends

- Filled prescription counts for opioids have _decreased_, along with days' supply and average MME per prescription
- Filled prescription counts for stimulants have _increased_, along with the total number of milligrams of stimulants and the number of residents with a stimulant prescription in every region of the state
- Filled prescription counts for sedatives have _decreased_, but remain the highest count of these three drug types

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Department of Health and Human Services