



## MEDASSESS™ MEDICATION REVIEW

Confidence that your injured party's medications are appropriate and cost effective

Gain better control of an injured party's drug therapy and your expenditures with our Medication Review service, a component of the Helios MedAssess program. Consisting of a clinical pharmacist-driven Medication Review, Peer-to-Peer Outreach by specialist physicians and Nurse Progress Monitoring, this service provides intensive assessment, actionable recommendations, and dedicated follow-up of high risk medication concerns that drive proven results.

### Medication Review

Our comprehensive Medication Review provides an individualized evaluation of an injured party's current medication therapy by a Helios Clinical Pharmacist to identify any medication-related concerns and develop an action plan for problem resolution. Intended for high-risk, actively managed cases that are not in the process of settling, the Medication Review helps ensure that the injured party is on the right medication regimen for optimal long-term outcomes—so that dollars are not spent on unnecessary or inappropriate therapies and ongoing healthcare costs are reduced.

### Optimal Candidates for Medication Review

Injured workers meeting one or more of these criteria may benefit from a Medication Review:

- ▶ Using the following drug products for the treatment of pain:
  - Rapid acting fentanyl products (Actiq®, Fentora®)
  - Meperidine (Demerol®)
- ▶ Using medications from five or more therapeutic classes
- ▶ Using medications not typical for the treatment of workers' compensation claims
- ▶ Estimated annual drug costs exceeding \$12,000
- ▶ Receiving greater than 120 mg morphine equivalents daily for treatment of pain
- ▶ Using three or more narcotic analgesics concurrently
- ▶ Receiving duplicate therapy with:
  - Anti-inflammatory drugs (NSAIDs)
  - Muscle relaxants
  - Sedatives
- ▶ Using sedatives and stimulants concurrently
- ▶ Using compounded medications instead of commercially available products

### Details of a Medication Review

A Medication Review provides an in-depth analysis of the injured party's prescription medications and medical record by a Helios Clinical Pharmacist with specialized training in pain management. The review includes an assessment of the medication therapy for relatedness to the compensable injury, therapeutic appropriateness, safety concerns, duration of therapy, and cost effectiveness. After this thorough review, a summary report is created detailing specific clinical recommendations regarding the injured party's medication therapy. If followed, these action items can help optimize treatment outcomes and contain costs. The final report also includes annual cost projections for drug therapy both before and after implementation of all recommendations.

### Request a Medication Review Today!

Contact Helios

Call: 877.275.7674 ext. 8612

Email: [MedAssess@helioscomp.com](mailto:MedAssess@helioscomp.com)



### Peer-to-Peer Outreach

A Peer-to-Peer Outreach provides a telephonic interaction between the injured party's physician(s) and a physician specializing in the identified clinical concerns of the case being reviewed. The specializing physician will enter into a collegial discussion with the physician(s) caring for the injured party to better understand the clinical situation, fine tune the medication recommendations, and facilitate implementation of recommended drug therapy changes. Prescribers are asked to commit to agreed upon changes through confirmatory correspondence. If the prescriber cannot be reached, our specialty-matched physicians will provide their evidence-based recommendations for optimization of the medication regimen as part of the Peer Outreach report.

By leveraging our MedAssess Risk IS™ analytic tool, we monitor key elements of a case that has had a Peer-to-Peer Outreach to determine if it is moving in a positive direction. Our Clinical Progress Monitoring process evaluates the case six months following a successful Peer-to-Peer Outreach for factors such as increased spend or ongoing narcotic use despite the prescriber agreeing to make a change. If the case does not appear to be progressing appropriately, Helios contacts the prescriber to re-enforce the original agreement and ask for feedback regarding the changes in therapy that should have occurred. The adjuster/clinician is then notified of the findings and results to review for next steps.

### Clinical Progress Monitoring

Clinical Progress Monitoring is a value-added assessment of each case performed six months after a successful Peer-to-Peer Outreach, which evaluates pharmacist, physician and nurse effectiveness in facilitating the implementation of the agreed upon medication plan. It evaluates factors such as changes in medication spend and opioid utilization. A final report is generated, and the adjuster is then notified of the findings and results to review for next steps.

### Nurse Progress Monitoring

Helios offers Nurse Progress Monitoring as an adjunct to Peer-to-Peer Outreach. This intervention is performed by a clinical nurse specializing in the treatment of injured parties. Upon request, following Peer-to-Peer Outreach, the nurse will communicate with the injured party's treating provider and claims handler over a six-month period. This helps to ensure the agreed upon recommendations for change are implemented by the prescriber(s). A report from the nurse is provided to the claims examiner or case manager, giving insight into the outcomes of the case.

### Benefits of the Helios Medication Review Service

- ▶ Superior clinical assessments – Our evaluations are performed by Clinical Pharmacists who possess extensive pain-management experience and use recognized clinical guidelines to develop treatment recommendations, including the Medical Disability Advisor, ACOEM Guidelines, the Official Disability Guidelines (ODG), and state-specific treatment guidelines.
- ▶ Medical oversight and physician intervention – Our panel of board-certified physicians have specialized knowledge and experience in the treatment of occupational injuries and rely on evidence-based medicine to guide their recommendations.
- ▶ Cost containment through rational medication management – Our Clinical Pharmacists confirm appropriateness of medication regimens to reduce costs and decrease health risks.
- ▶ Follow-up by Clinical Nurses – Our experienced team helps ensure implementation of changes to the medication regimen.

#### PROVEN RESULTS

Medication Review services have demonstrated a recommendation acceptance rate of up to 70% and a return on investment of up to 8:1.

#### About Helios:

Helios, the new name for Progressive Medical and PMSI, is bringing the focus of workers' compensation and auto-no fault pharmacy benefit management, ancillary services, and Settlement Solutions back to where it belongs – the injured party. Along with this new name comes a passion and intensity on delivering value beyond just the transactional savings for which we excel. To learn how our creative and innovative tools, expertise, and industry leadership can help your business shine, visit [www.HeliosComp.com](http://www.HeliosComp.com). © 2015 Helios™ All Rights Reserved. PHM14-15204