

Concurrent Use of Opioids and Benzodiazepines (COB)

Description of Measure

The percentage of members ≥ 18 years of age with concurrent use of prescription opioids and benzodiazepines.

Members 18 years and older who meet BOTH of the following criteria during the measurement year¹:

- Two or more opioid prescriptions filled on different dates of service
- Received cumulative supply of opioids for 15 days or more

Documentation

Members on opioid medication with BOTH of the following criteria during the measurement year:

- Two or more benzodiazepine prescriptions filled with different dates of service
- Concurrent use of opioids and benzodiazepines for 30 cumulative days or more

NOTE: A lower rate indicates better performance.

Exclusions

Exclusion	Time limit
<ul style="list-style-type: none">■ Members in hospice or using hospice services■ Cancer■ Sickle cell disease	Any time during measurement year (MY)

Strategies for Success

- Consider alternative medications, treatments, or therapies to manage acute or chronic pain. (chiropractic, acupuncture, physical therapy, etc)
- Coordinate care with all treating providers to avoid co-prescribing.
- Reference the CDC Guideline for Prescribing Opioids for Chronic Pain
- Implement a referral tracking process.
- Educate members on opioid safety, the risks associated with use of multiple opioids and having multiple prescribers/pharmacies.
- Schedule follow up visits before the member leaves the office.
- Reassess the pain management plan and make adjustments when appropriate.
- Encourage regular visits with a provider to discuss tapering and other treatment options. To find a provider, visit secure.arkansasbluecross.com/Findcare/Default.aspx#/ChooseNetwork.
- Ask a community pharmacist for questions about medications, including opioids and benzodiazepines.
- For assistance connecting to care and treatment options, call **800-225-1891** to speak with an Arkansas Blue Cross case manager or peer support specialist



Arkansas
BlueCross BlueShield

An Independent Licensee of the Blue Cross and Blue Shield Association

Resources

- I. www.pqaalliance.org/pqa-measures
- II. [2022 CDC Clinical Practice Guideline at a Glance | Overdose Prevention | CDC](#)



Arkansas
BlueCross BlueShield
An Independent Licensee of the Blue Cross and Blue Shield Association