



State Pain Policy Advocacy Network

2016 POLICY PRIORITIES

Connecting policy leaders to take action that improves pain care.

1.

HIGH POLICY PRIORITIES/ACTIVELY LEADING:

- Ensure access to, and adequate insurance coverage for, integrative pain care.
- Advocate for increased pain education for clinicians.
- Influence the development of state pain management policies and monitor unintended consequences of restrictions on pain medication prescribing and dispensing.

2.

MEDIUM POLICY PRIORITIES/ACTIVELY SUPPORTING:

- Improve effectiveness of prescription monitoring programs as healthcare delivery tools.
- Improve pharmacy benefit management, including prior authorization, step therapy, specialty tiers, medication synchronization, and transparency.
- Increase access to, and awareness of, palliative care.
- Improve public safety through overdose reversal, treatment for substance use disorder, and other related efforts.

3.

LOWER POLICY PRIORITIES/WATCHING/SUPPORTING:

- SPPAN is tracking and monitoring a half dozen other pain topics at sppan.aapainmanage.org.

HIGH-PRIORITY POLICIES

(SPPAN will lead or provide primary support for others' efforts)



ACCESS TO INTEGRATIVE PAIN CARE: Overwhelmingly, our stakeholders report that their number one policy priority is ensuring access to, and adequate insurance coverage for, evidence-supported non-pharmacological pain treatments. SPPAN believes that an integrative approach to pain care is the way to achieve optimal results for people with pain. Improved access to integrative pain care will bring positive societal outcomes, such as improved quality of life for patients and decreased dependence on medications for pain. Current barriers to accessing integrative care are many, and include lack of reimbursement, misperceptions about how pain should be treated, inadequacy of information needed to create referral networks, and lack of an evidence base confirming the health benefits and cost savings of integrative pain care. Addressing this priority is certainly not simple, and there are many short- and long-term policy goals that could be considered. SPPAN will be actively collaborating with other organizations to address this enormous patient care challenge.

POLICY ACTIVITY	OPPORTUNITIES FOR ACTION
<p>PROVIDER NON-DISCRIMINATION:</p> <ul style="list-style-type: none">• Introduce and support swift passage of relevant legislation to address current discrimination in reimbursement for licensed providers who are acting within their scope of practice.• Partner with Cover My Care, a project of the Integrative Health Policy Consortium, to reach out to business leaders, State Insurance Commissioners and lawmakers.	<ul style="list-style-type: none">• Ask about our target states: CA, HI, MN, NM, OR, RI (e.g., MN Fair Pay Coalition).• Share your stories (as consumers) about the importance of these therapies.• Familiarize yourself with: Provider Non-discrimination provisions of Section 2706.• Like the Cover My Care Facebook page.• Consider leading new efforts in your state (with SPPAN's support).
<p>COST/BENEFIT DATA CAPTURE</p> <ul style="list-style-type: none">• Support demonstration projects that illustrate effective use of integrative care, establishing evidence of efficacy and cost-effectiveness.• Showcase a list of results from active, multi-modal, integrative pain management programs.• SPPAN participates in the Alliance for Balanced Pain Management, 24+ orgs, to address this issue	<ul style="list-style-type: none">• Send SPPAN examples of successful integrative pain care programs and related data.• Read IHPC's "Integrative Health and Medicine: Today's Answer to Affordable Healthcare."• Support PAINS' efforts to develop demonstration projects
<p>SHAPING FEDERAL POLICY</p> <ul style="list-style-type: none">• Coordinate outreach to policymakers to explain the benefits of integrative pain care, arranging a limited number of visits with members of Congress in 2016.• Support development of the Pain Treatment Parity Act.	<ul style="list-style-type: none">• Check back soon for Action Alert link, as a guide to call, email, or visit your legislators.• Alert SPPAN to your outreach to legislators.• Work with CPATF members to coordinate strategy for Capitol Hill outreach.
<p>TRACK & MONITOR LEGISLATION & REGULATIONS</p> <ul style="list-style-type: none">• SPPAN will track and analyze legislation and proposed regulations, and distribute regular updates to our stakeholders, to enable them to take easy action.	<ul style="list-style-type: none">• Request SPPAN's integrative pain care legislative update to stay apprised of hot legislation and opportunities for action.• Visit SPPAN's website to identify opportunities to address related issues in your state.
<p>INCREASE MOMENTUM COLLECTIVELY</p> <ul style="list-style-type: none">• SPPAN is facilitating a new workgroup to define integrative pain care and coordinate policy priorities among many groups.	<ul style="list-style-type: none">• Ask us how to get involved with SPPAN or one of our many partners so that you may help us advocate for integrative pain care.



PAIN EDUCATION FOR CLINICIANS: Improved and appropriately-balanced pain education for health care professionals continues to rank as a top concern for SPPAN’s stakeholders. In 2014-2015, SPPAN convened a new workgroup of policy and clinical experts—representing multiple professional disciplines—to try to identify what ideal pain education policy would look like and then target collective action. Due to the vastness of this topic and the controversial nature of mandatory continuing education, the workgroup members did not identify clear policy “needs” in the time allotted for meetings. However, SPPAN remains committed to this important priority. In 2016, we will work with partners to advocate for appropriate continuing education and engage networks of advocates in that effort.

POLICY ACTIVITY

OPPORTUNITIES FOR ACTION

ADVOCATE FOR CONSISTENT REQUIREMENTS IN STATES

SUPPORT FEDERAL BILL: US HR 3889

- Advocate for positive amendments and ultimate passage of this bill.

- Read our info sheet on US HR 3889 and share with your networks. (coming soon)

ADVOCATE FOR INTEGRATIVE PAIN MANAGEMENT CURRICULUM

- Increase awareness of the importance of an integrative approach and ensure this important language is added to policies and plans.

- Develop and disseminate model language that reflects the importance of integrative pain care.

SHARE POSITIVE FINDINGS FROM NEW MEXICO

- Consider the public health findings related to mandatory education for pain and reducing overdose in New Mexico and consider the implications for other states. (August 2014, Vol 104, No. 8, American Journal of Public Health)

- Read the article here.



INFLUENCING THE DEVELOPMENT OF STATE PAIN MANAGEMENT GUIDELINES AND MONITORING UNINTENDED CONSEQUENCES OF RESTRICTIONS ON PAIN MEDICATIONS:

In 2015, we saw a great deal of policy action—on the state and federal levels—aimed at making significant changes to guidelines for managing pain. As part of an integrative approach to pain management, many people living with pain require controlled substances to maintain optimal functioning. While we fully recognize the risks and limitations of opioid analgesic therapy for some chronic pain conditions, we are also mindful of the harmful impact on too many people with high-impact pain who are needlessly suffering because they are unable to access FDA-approved medications (particularly opioid analgesics) and other treatments that are prescribed by their providers and covered by their health insurance policies. While many policy proposals have the good intention of reducing the misuse, abuse, addiction to, and diversion of controlled substances, these policies often have harmful unintended consequences for people with pain. SPPAN will work diligently to modify policy proposals to prevent these poor outcomes, as well as advocate for passage of policy proposals that would significantly improve pain care.

POLICY ACTIVITY

MONITOR / INFLUENCE PROPOSED STATE AND FEDERAL POLICIES:

- SPPAN will continue to track, analyze, summarize, provide testimony, and submit comments on relevant bills and regulations.
- At every opportunity, SPPAN will participate in efforts to guide controlled substance prescribing, ensuring provisions are positive for patients, providers and the public.

CONVENE NEW AD HOC WORKGROUP, INFLUENCING THE DEVELOPMENT OF STATE PAIN MANAGEMENT GUIDELINES:

- SPPAN is facilitating a workgroup to bring together organizational experts and develop relevant resources for advocates.

OPPORTUNITIES FOR ACTION

- Advocates can utilize SPPAN’s website to check for, and act upon, legislation and regulations with implications for people with pain in their state.
- Advocates are encouraged to contact SPPAN as concerning policy emerges.
- Watch closely as new CDC Guidelines develop to be prepared for unintended consequences and state action
- We are looking for opportunities to recommend that local pain care experts be included in these state task forces, opioid abuse committees, etc.

- Inform SPPAN if you are seeing opportunities or challenges related to pain policy guidelines in your state
- An article will be published in early 2016 that will be a helpful resource for those seeking to understand complex guidelines throughout the nation.
- SPPAN will be creating multiple resources and/or blog posts to help illuminate the complexities of practice guidelines for pain, and will offer solutions and opportunities for action.

MEDIUM-PRIORITY POLICIES

(SPPAN will support others' efforts)



IMPROVE EFFECTIVENESS OF PRESCRIPTION MONITORING PROGRAMS

AS HEALTHCARE DELIVERY TOOLS: Prescription monitoring programs (PMPs) are important tools for delivering effective healthcare. During 2015, SPPAN tracked more than 125 bills related to PMPs, many of which sought to upgrade PMPs and increase their use. In 2014, SPPAN facilitated an ad-hoc group, Improving Effectiveness of PMPs as Healthcare Delivery Tools,

in order to convene experts to help operationalize this policy priority. The group discussed many important issues and landed on two issues for focus: lack of prescriber education in regard to PMPs and the inconsistent approach in identifying problematic prescribing patterns. To identify how we could collectively address these issues, SPPAN brought this group together in Kansas City in August 2015 (in connection with a SPPAN leadership meeting) to keep the PMP conversation moving forward. The invited experts represented the National Association of State Controlled Substances Authorities (NASCSA), American Academy of Pain Management, American Medical Association, American Academy of Family Physicians, National Association of Boards of Pharmacy, National Alliance for Model State Drug Laws, US Pain Foundation, Pain & Policy Studies Group, Federation of State Medical Boards, and American Society for Pain Management Nursing. At this meeting, we determined that NASCSA will be increasing their leadership around PMPs in the coming year, and SPPAN would work to support these efforts. In 2016, we will continue to monitor proposals closely to ensure that new policies do not erect unintended barriers to healthcare delivery, and we will promote policies designed to increase PMP registration and usage by prescribers and dispensers. SPPAN also will collaborate with key organizations in designing proactive policy proposals and educational efforts that will promote the ability of healthcare providers to effectively use this important healthcare delivery tool.

POLICY ACTIVITY

PROMOTE POSITIVE PMP-RELATED EDUCATION

ADVOCATE FOR PASSAGE OF POSITIVE PMP LEGISLATION IN MO (THE ONLY STATE WITHOUT A PMP STATUTE).

- We are part of the Missouri PDMP Now Coalition, focused on passage of PMP legislation.

TRACK, ANALYZE, AND RESPOND TO PMP-RELATED LEGISLATION.

- Continue to work with our partners to ensure that new policies do not erect unintended barriers to healthcare delivery.

OPPORTUNITIES FOR ACTION

- At a minimum, SPPAN will identify educational programs that exist or are being written, and disseminate information to partners so they can publicize them to clinicians. Let us know if you are interested in receiving this guidance!
- Join the Missouri PDMP Now Coalition as a national organization or through a Missouri state chapter, and encourage other organizations to join this coalition.
- For organizations with state chapters, coordinate with the coalition on Lobby Day activities and other advocacy opportunities.
- Visit SPPAN's website to identify opportunities to address PMP issues in your state.
- Familiarize yourself with PMP legislation in your state (click "State Profiles").



IMPROVE PHARMACY BENEFIT MANAGEMENT: We tracked a great deal of activity in this priority area and a number of these bills passed in 2015—mostly related to transparency, prior authorization and medication synchronization and management. We believe that addressing this issue will positively impact patients and providers. Within this area, SPPAN is working alongside, and in support of, many of our stakeholders who aim to make our healthcare system more transparent and to reform prior authorization, specialty tier, and step therapy policies. Pharmacy benefit management works to manage the costs and utilization of prescription medications. Unfortunately, when it is implemented, patients may be harmed by being denied insurance coverage for the treatment prescribed for them. The use of medication synchronization is gaining in popularity as a way to improve adherence by patients who are on a regular medication regimen. To coordinate the patient’s recurring medications, the pharmacist performs a comprehensive review of the patient’s medication regimen to determine the appropriateness of each therapy. After the initial review, the pharmacist calls the patient each month, before filling the new prescriptions, to ensure that no changes have been made and to confirm that the patient is still taking the medication. There are a number of states already working to advance legislation in the realm of pharmacy benefit management, and we expect several more states to be identified soon.

POLICY ACTIVITY

TRACK AND MONITOR PBM LEGISLATION AND REGULATIONS

- SPPAN will track, analyze, and distribute regular updates to our stakeholders to take easy action.
- Will continue to connect patient and healthcare provider groups together to address these issues.

CO-LEAD/SUPPORT A NEW STEP THERAPY COALITION to develop best practices, including model policies, non-negotiables, and consider creating a benchmark summary to assess future advocacy efforts/target states.

ADVOCATE TO PROMOTE POSITIVE POLICIES (SPECIALTY TIER, STEP THERAPY, AND PRIOR AUTHORIZATION LIMITATIONS; TRANSPARENCY IN HEALTHCARE; AND MEDICATION SYNCHRONIZATION). SPPAN will participate in state coalitions focused on this priority, which are being led by the Leukemia & Lymphoma Society, Arthritis Foundation, American Cancer Society Cancer Action Network, Patient Services, Inc., Global Healthy Living Foundation, National Patient Advocate Foundation, Power of Pain Foundation, US Pain Foundation, International Autoimmune Foundation, and more.

OPPORTUNITIES FOR ACTION

- Request and read SPPAN’s PBM legislative update to stay apprised of hot legislation and opportunities for action.
- Visit SPPAN’s website to identify opportunities to address PBM issues in your state.
- More details will be coming soon
- Share your story about specialty tier policies (i.e., high copays/coinsurance, inability to access needed medications).
- Become active in one of the state coalitions. Email Amy Goldstein, SPPAN Director, to find out if one is in your state.



INCREASING ACCESS TO, AND AWARENESS OF, PALLIATIVE CARE:

SPPAN supports efforts to expand access to high-quality palliative care throughout the United States. Because good pain care is an integral part of good palliative care, policies promoting improved education, access, and research into palliative care are consistent with SPPAN's policy priorities. The same integrative approach to pain care promoted by SPPAN is a key characteristic of palliative care, once again reinforcing the symbiotic nature of these two areas of care for people who are suffering.

POLICY ACTIVITY

SPPAN WILL SUPPORT PALLIATIVE CARE LEGISLATION ON THE STATE & FEDERAL LEVEL:

- American Cancer Society Cancer Action Network is leading efforts to pass palliative care legislation—expecting legislation to be introduced in FL, GA, and MO in 2016.
- (Note: In 2015, it passed in OK, TX, AL, OR, ME, joining RI, CT, NH, MA, and MD)
- Continue participation with Patient Quality of Life Coalition to support US HR 3119 and other initiatives.

OPPORTUNITIES FOR ACTION

- Visit SPPAN's legislative tracker to see if there are bills in your state that need your support.
- Talk with your lawmakers about the importance of palliative care—reach out to ACSCAN or SPPAN for suggested talking points.
- Support US HR 3119 at Hill Day on June 22, 2016.



OVERDOSE REVERSAL / PUBLIC SAFETY: Within this priority area, SPPAN tracked, by far, the largest number of bills in 2015. More than 250 bills spanned 46 states. We are seeing a great deal of time and money—from every state house to the White House—being spent to address the prescription drug abuse challenges in our country. Many organizations will continue to focus on overdose reversal and public safety efforts during 2016, and SPPAN stands ready to support these important initiatives. We advocate for the **safe use, secure storage, and appropriate disposal of medications**, and seek ways to assure this responsibility is shared among prescribers, pharmacists, and patients. SPPAN will support and increase awareness of **Good Samaritan legislation** that, in part, increases **access to overdose reversal medications** (e.g., naloxone) for individuals at risk of dying from an overdose. Related to substance use disorder, we support rational policies that appropriately regulate the use of **medication assisted treatment** for addiction—for example, proof that counseling required by medication labels is taking place. We advocate for reimbursement and integration of better **screening and referral for substance abuse treatment** into the clinical work flow—Screening, Brief Intervention, and Referral to Treatment (SBIRT) in particular. Bills related to abuse deterrent formulations (ADF) were active in 2015, but we don't expect to see a lot of action in this area in 2016.

POLICY ACTIVITY	OPPORTUNITIES FOR ACTION
<p>TRACK, ANALYZE, AND RESPOND TO LEGISLATION AND REGULATIONS :</p> <ul style="list-style-type: none"> • Increase appropriate access to naloxone by at-risk individuals and by first responders. • Encourage passage of Good Samaritan laws. • Ensure access to abuse deterrent formulations in appropriate circumstances (see our position here). 	<ul style="list-style-type: none"> • Collect stories from patients/professionals (i.e., denial of medication due to high cost of ADF) • Help educate lawmakers about the importance of naloxone as a safety measure • Note in SPPAN's tracker what bills are pending and support/oppose them in your state
<p>SUPPORT COMPREHENSIVE ADDICTION AND RECOVERY ACT (HR 953/S 524)</p> <ul style="list-style-type: none"> • SPPAN will support this bill with suggested amendments (language coming soon) 	<ul style="list-style-type: none"> • Read more information about US HR 953/S 524. (coming soon)
<p>SUPPORT LEGISLATION ALLOWING PARTIAL FILLS FOR OPIOID PAIN MEDICATIONS</p> <ul style="list-style-type: none"> • Federal: Advocate removing the federal regulation that does not allow for any partial fills. • State: Work with stakeholders to vet the idea of a plan for an initial, small fill of opioid medication for acute pain, which can be followed by a second fill, without a second co-pay, if necessary. • We are supporting with slight amendments NY SB 6091 (Sponsor: Hannon) 	<ul style="list-style-type: none"> • SPPAN is proposing the idea of writing two prescriptions for a patient in acute pain. This would entail an initial, small fill of medication for acute pain, to be followed by a second prescription, without a second co-pay, if necessary. This should address short-term pain while reducing medication waste and misuse and diversion of the medications. • Need to vet this with other stakeholders to ensure the idea is workable and beneficial for patients and providers.
<p>ADVOCATE FOR SAFE USE, STORAGE, & DISPOSAL</p> <ul style="list-style-type: none"> • Share checklist for consumers created by Alliance for Balanced Pain Management (SPPAN/Academy are members). • Encourage the important conversations to be had between patient and provider when controlled substances for pain are prescribed and dispensed. • Promote Drug Takeback Days. 	<ul style="list-style-type: none"> • Share this checklist with anyone in your personal network (e.g., healthcare professionals, people with pain, lawmakers, parents, co-workers, etc.). • Increase awareness among your family/networks about the importance of safely using, storing, and disposing of controlled substances.

LOWER PRIORITIES/WATCHING/SUPPORTING:

SPPAN is tracking hundreds of other policies involving other pain-related issues, which have either not yet risen to the top of the list (based on stakeholder feedback) or continue to see momentum led by other groups and do not require assistance from SPPAN.

POLICY ACTIVITY

CONTINUE TO TRACK AND MONITOR LEGISLATION AND REGULATIONS IN OTHER PAIN-RELATED CATEGORIES:

- Awareness Bills, Resolutions, and Proclamation
- Patient-Centered Programs
- Pain Clinic Regulation
- Medical Marijuana
- Scope of Practice / Licensing
- Workers' Compensation

OPPORTUNITIES FOR ACTION

- Utilize SPPAN's legislation and regulation trackers to see our other policy areas and what is happening in your state.

For more information about SPPAN's priorities, contact:
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