
North Dakota Medicaid Pharmacy Program Quarterly News

Published Quarterly by Health Information Designs, Inc.

Winter 2006

Welcome to the Winter 2006 edition of the “North Dakota Medicaid Pharmacy Program Quarterly News”, a pharmacy newsletter presented by the North Dakota Department of Human Services and published by Health Information Designs, Inc. This newsletter is published as part of a continuing effort to keep the Medicaid provider community informed of important changes in the North Dakota Medicaid Pharmacy Program.

The North Dakota Department of Human Services has contracted with Health Information Designs, Inc. (HID) to review and process prior authorizations (PAs) for medications. This process began February 1, 2005. For a current list of medications requiring a PA, as well as the necessary forms and criteria, go to www.hidndmedicaid.com, or call HID at (334) 502-3262 to have this information faxed.

In this issue, we will review cost saving measures that have been implemented by the Department. These include prior authorization, quantity limits, and tablet splitting. Also, we will introduce the Academic Detailing program that began in 2005.

The North Dakota Pharmacy Program team appreciates your comments and suggestions regarding this newsletter. To suggest topics for inclusion, or to make comments, please contact Health Information Designs, Inc. at (334) 502-3262 or toll free at 1-800-225-6998, or email us at info@hidinc.com.



Helpful Numbers

PA Help Desk 866-773-0695
To fax PAs 866-254-0761
To report adverse 800-FDA-1088
reactions (via Med Watch)

Inside this issue:	Page
Welcome	1
Helpful Numbers	1
Cost Savings and ND Medicaid Prior Authorization	2
Quantity Limits	2
Tablet Splitting	2
Academic Detailing	3
Health Information Designs, Inc.	4

**Visit HID's North Dakota Department of Human Services Prior Authorization
Webpage, www.hidndmedicaid.com.**

Cost Savings and North Dakota Medicaid

One of our goals at North Dakota Medicaid is to make the pharmacy program more cost effective while preserving the overall quality of care for ND Medicaid recipients. In accordance with this goal, we have implemented the following programs to facilitate cost savings.

Prior Authorization

Per federal law, state Medicaid programs may require, as a condition of coverage or payment for a covered outpatient drug, the prior approval of the drug before it is dispensed for any medically accepted indication. The 2003 Legislative Assembly passed House Bill 1430. This bill restructured the existing Drug Use Review (DUR) Board and required the board to advise the Department of Human Services in developing a prior authorization (PA) process to help assure that beneficiaries receive appropriate medications in the most cost-effective manner, thus conserving state expenditures for drugs whenever possible.

Quantity Limits

A quantity limit is the **maximum allowable** quantity of a drug that may be dispensed per prescription, per date of service, or per month. Quantity limits are designed to limit the use of selected drugs for quality and safety reasons. The maximum daily dose is determined according to the FDA approved and manufacturer recommended daily dose. This utilization management program encourages appropriate drug use to assist in reducing drug benefit costs for everyone. A current list of quantity limits can be found on the State website at <http://www.nd.gov/humanservices/services/medicalserv/mcicaid/docs/quantity-limits-4-4-05.pdf>.

Tablet Splitting

Pharmaceutical manufacturers provide many medications in a variety of dosage strengths to facilitate titration of the appropriate dose to each patient. These different strengths of the same medication often have little or no price differential. For example, the 20mg tablet and the 40mg tablet of a particular drug may have the same price. By prescribing one-half tablet of the 40mg strength instead of one full tablet of the 20mg strength, the cost of the medication can be approximately halved.

North Dakota Medicaid allows pharmacy reimbursement for tablet splitting of the following four medications:

Sertraline 100mg tablets (for 50mg doses)

Mirtazapine 30mg tablets (for 15mg doses)

Paroxetine 20mg tablets (for 10mg doses)

Citalopram 20 or 40mg tablets (for 10 and 20mg doses, respectively)

Academic Detailing

As new programs are implemented, it is essential that the physicians of the state understand the rationale behind those programs and be kept informed of the most current relevant information if they are to effectively participate and gain optimum benefits for their patients. One-on-one discussions with physicians are one of the most effective ways to communicate and discuss prescribing patterns. These discussions are referred to as “detailing” sessions.

To gain the benefit of such one-on-one communication with physicians, HID and North Dakota Medicaid developed and implemented an “Academic Detailing” program. Representatives of HID provide educational materials and meet with Medicaid providers throughout the state, better preparing these providers to participate in programs such as the prior authorization program.

HID provides a pharmacist, a coordinator, and appointment schedulers, to educate providers on appropriate and cost-effective utilization of preferred medications through academic detailing. The detailing pharmacist is trained in the use of RxExplorer®, PA process/criteria, RDUR process and possesses an in-depth understanding of Medicaid prescribing. The detailing pharmacist works closely with Medicaid staff to review prescribing and dispensing.

The detailing pharmacist conducts visits to targeted North Dakota providers monthly. Interventions are pre-scheduled, face-to-face meetings with physicians, prescribing nurses, pharmacists, and nursing staff. Commonly used provider forms (such as Prior Authorization request forms, Medicaid notices, Prior Authorization criteria, and newsletters) are given to providers at each visit.

The Academic Detailing program implemented for North Dakota Medicaid provides support, education, and prescribing goals for Medicaid providers; all components that are valuable in making the North Dakota Medicaid Pharmacy Program successful and cost-efficient.

NORTH DAKOTA MEDICAID ACADEMIC DETAILING

07/01/05 TO 12/31/05

<u>Total Appointments</u>		
ALL PROVIDERS	PRESCRIBERS	PHARMACIES
219	142	77



Health Information Designs, Inc. (HID) is the most experienced and qualified provider of drug utilization review and pharmacy benefit management services in the country. We specialize in helping our clients promote clinically appropriate and cost effective prescribing, dispensing, and utilization of prescription drugs.

For 29 years, HID has worked to improve the quality and cost effectiveness of health care through clinically rational use of prescription medication. Our clients include public and private health care plans throughout the U.S. with a combined total of over 11 million covered lives.

Health Information Designs, Inc. was founded in 1976 and is incorporated as a C Corporation in the State of Delaware. HID's initial mission was to market drug utilization review (DUR) services nationally and since its founding, has provided DUR services for clients in approximately two-thirds of the United States. HID is headquartered in Auburn, Alabama, with regional offices in Colorado, Arkansas, Maryland, and Mississippi.



1550 Pumphrey Ave.
Auburn, AL 36832
Tel: 800-748-0130
Fax: 800-748-0116

PRST STD
U.S. Postage