

About NarxCare

For Patients and Their Families

This informational sheet is intended to help patients and their families understand what NarxCare is, what it does, how it works, why it is helpful for your doctor(s) to use it, and provide you with some answers to common questions about it.

Definitions

PDMP: Prescription drug monitoring programs (PDMPs) are state-directed computer systems that collect and distribute data about controlled substance prescribing and dispensing within the state. PDMPs provide healthcare providers and pharmacists with real-time information about prescribing and patient behaviors to help evaluate risk factors and intervene sooner.

Healthcare Provider: Usually a doctor, nurse practitioner, or physician assistant.

Opioids or Narcotics: Medications reported to the PDMP that act on the opioid receptors in your body to reduce the sensation of pain. They can also cause sleepiness and slowed breathing. Examples include morphine, hydrocodone with acetaminophen, and oxycodone.

We know that seeing a doctor often means that you are not feeling well and you are concerned about your condition and treatment plan.

Part of your treatment plan, whether it is short-term, or long-term, may, or may not, include the use of prescription medications. Your doctor(s) may have been required to, or opted to, check the state prescription drug monitoring program (PDMP) to evaluate risk factors, including your prescription history over the last year or two. Some PDMPs include a NarxCare Report which is a specially designed PDMP report that helps your doctor better understand the information in the PDMP.

The Intended Use of a NarxCare Report

A NarxCare Report is intended to raise healthcare provider and pharmacist awareness of the use of controlled substances by a patient as represented in the PDMP report. Prescribers and pharmacists are expected to review a patient's PDMP report in certain clinical situations, and sometimes are required by law to check the PDMP before prescribing certain types of medications. The NarxCare Report identifies risk factors with interactive visualizations, as well as an Rx Graph, and a set of scores that numerically correspond to the patient's PDMP data. Providers are expected to review the patient's PDMP report and determine if there are any concerns that would suggest further evaluation and/or discussion with the patient. This report helps providers holistically interpret data and avoid making judgments based on a limited number of data elements only. This focus on a holistic point of view benefits patients as it reduces the chance of any one factor unduly influencing a provider's assessment.

Score Explanations

Several scores, ranging from 000-999, may be included with the report as an objective measure of the PDMP data, which means that the data is treated

Sedatives: Medications reported to the PDMP that generally have a calming effect when taken. They can also cause sleepiness and slowed breathing. Examples include lorazepam, phenobarbital, and zolpidem.

Stimulants: Medications reported to the PDMP that generally increase alertness and focus. Examples include dextroamphetamine, amphetamine, and methylphenidate.

NarxCare: A comprehensive substance use disorder platform to help with clinical decision making for better patient outcomes.

Narx Scores: A set of three-digit numbers that correspond to the dispensing of different types of controlled substances (prescriptions). A separate score exists for narcotics, sedatives, and stimulants. The "scores" range from 000-999. Narx Scores are type specific use indicators based on the number of prescribers, number of pharmacies, milligram equivalents and overlapping prescriptions as represented by the PDMP. Narx Scores have a time element such that more recent activity is weighted more heavily than distant activity. Generally, lower Narx Scores correlate with lower levels of medication dose, lower numbers of providers, and lower numbers of pharmacies. Narx Scores increase as the medication dose, number of providers, and number of pharmacies increase. For more detailed information, read the Score Explanations section.

the same for every patient regardless of where they live, their age, sex, race, or any other attribute.

Providers are expected to review PDMP data for elements of risk, and these scores generally correspond to the number of risk factors present within the PDMP data. A provider or pharmacist should compare these risks to the benefits the patient is receiving to determine if the benefits of using controlled substances outweigh the associated risks. The risk factors currently taken into account, over a period of time, include:

- The number of prescribers a patient has
- The number of pharmacies at which a patient fills medications
- The amount or strength of medication being prescribed
- The amount of additional medications (if any) that may increase the potency (or risk) of other medications. For example, some sedatives increase the amount of respiratory depression (slowed breathing) when they are combined with opioids
- The number of times prescriptions overlap with other prescriptions from different prescribers

As the number of risk factors in the PDMP data increases, so do the corresponding scores.

These risk factors are all contained in the PDMP data. The NarxCare Report is designed to highlight either the absence or the presence of these risk factors to make it easier for your provider to more accurately understand the PDMP data.

Published research has proven that these risk factors are critical to identifying the risk of a patient for misuse, abuse, overdose, and death. The scores provided with NarxCare are solely intended to help providers—and patients—become more aware of risk and make smart decisions about the care they provide or receive.

Importantly, a patient who uses higher doses of medication for a long period of time, such as with severe chronic pain or severe anxiety, will not necessarily have a high score. For patients who have well-managed chronic conditions, as indicated by a relatively stable dose of medication from a limited number of prescribers and pharmacists, the Narcotic, Sedative, and Stimulant Scores are expected to be in the lower half of the score range. This is true even if the patient is prescribed very high doses of medication.

Please note, there are multiple, weighted calculations that are included in each patient's unique score that include a number of complex factors and scaled values.

Lastly, these scores are provided as a means of raising awareness to prescription data that may be clinically important. However, the scores themselves are NOT intended to be a basis for any clinical decision by your

Overdose Risk Score: A three-digit number that corresponds to a patient's risk of unintentional overdose. The score ranges from 000-999. Generally, a lower Overdose Risk Score is associated with a lower risk of overdose.

Rx Graph: A color-coded graphical display of the PDMP data.

For Additional Information

Most of the questions you may have are most likely to be best answered by your provider or your pharmacist, or your state PDMP. However, if you have questions for Appriss Health, specifically, or would like additional information about NarxCare, please contact us at: apprisshealth.com/patients/contactus

Additionally, if you or a family member suffer from chronic pain, or if you believe the use of controlled substances may be harmful to you or a loved one, please review the Appriss Health Blog Series titled "[A Balanced Approach to Opioids and Chronic Pain.](#)"

provider or pharmacist. Providers should ALWAYS use the actual PDMP data to inform their clinical decision making and should ALWAYS discuss any concerns with a patient prior to making or changing a prescribing or any other treatment decision.

Frequently Asked Questions

Can I get a copy of my PDMP report?

Different rules exist for each state. Please contact your state PDMP program to determine if and how you may obtain a copy of your PDMP Report.

What can I do if I believe some of the prescriptions on my PDMP report are not mine or are not accurate?

The state PDMP program is the point of contact for having corrections made to the PDMP data.

What can I do if I believe my scores are wrong?

The scores represent only PDMP data and they are calculated using a mathematical formula. They are always calculated the same way for every patient, based on the data in the PDMP. If you believe the PDMP data itself is wrong, then please contact your state PDMP program.

What can I do if my prescriber (usually a doctor) or pharmacist told me my scores were too high and they wouldn't prescribe or fill my prescription?

Appriss Health's training materials very specifically advise that the scores should not be used in this manner. The underlying PDMP data should be the source of clinical decision making and any concerns should be discussed with a patient along with a benefit/risk determination.

Every NarxCare Report contains the following information:

*This NarxCare Report is based on search criteria supplied and the data entered by the dispensing pharmacy. For more information about any prescription, please contact the dispensing pharmacy or the prescriber. Narx Scores and reports are intended to aid, not replace, medical decision making. **None of the information presented should be used as sole justification for providing or refusing to provide medications.** The information on this report is not warranted as accurate or complete.*

If you believe a NarxCare Report or score has been used inappropriately by a provider then we suggest discussing your concern directly with the provider and asking what underlying PDMP information was found to be concerning. In all situations, risks should be compared with benefits to make a final determination on appropriateness.