



HEDIS® Tip Sheet*

Use of Opioids from Multiple Providers (UOP)



The National Committee for Quality Assurance (NCQA) has developed Healthcare Effectiveness Data and Information Set (HEDIS) measures as a tool for performance improvement. Blue Cross and Blue Shield of New Mexico (BCBSNM) collects HEDIS data from our providers to measure and improve the quality of care our members receive. The NCQA recommends tracking the HEDIS UOP measure.

Why Is the HEDIS UOP Measure Important?

Individuals who visit multiple prescribers and use multiple pharmacies are also at higher risk of overdose. Individuals who receive opioids from four or more prescribers or four or more pharmacies are more likely to die from opioid-related overdose than those who receive opioids from one prescriber or one physician.¹

UOP Measure Description²

The measure assesses opioid prescribing practices that may be high-risk. The measure evaluates members 18 years and older who were dispensed an opioid for ≥ 15 days during the measurement year from multiple prescribers and/or pharmacies.

Three rates are reported. The proportion of members dispensed opioids from:

- Four or more different **prescribers**
- Four or more different **pharmacies**
- **Combination** of four or more different **prescribers and** four or more different **pharmacies**

Best Practices

Providers can improve their quality score and help our members by:

- Coordinating care with the patient's other providers
- Utilizing New Mexico's prescription monitoring program before prescribing an opioid
- Educating the member regarding the safe use and risks of opioids. This includes education and access to **Naloxone (Narcan®)**. The [Centers for Disease Control and Prevention](#) recommends anyone at increased risk for an opioid overdose should be offered a **Naloxone (Narcan) prescription**.

Opioid Medications Include:

- Benzhydrocodone
- Buprenorphine (buccal film and transdermal patch)
- Butorphanol
- Codeine
- Dihydrocodeine
- Fentanyl
- Hydrocodone
- Hydromorphone
- Levorphanol
- Meperidine
- Methadone
- Morphine
- Opium
- Oxycodone
- Oxymorphone
- Pentazocine
- Tapentadol
- Tramadol

The above material is for informational purposes only and is not a substitute for the independent medical judgment of a physician or other health care provider. Physicians and other health care providers are encouraged to use their own medical judgment based upon all available information and the condition of the patient in determining the appropriate course of treatment. The fact that a service or treatment is described in this material is not a guarantee that the service or treatment is a covered benefit and members should refer to their certificate of coverage for more details, including benefits, limitations and exclusions. Regardless of benefits, the final decision about any service or treatment is between the member and their health care provider.

* Measurement Year (MY) 2020 and MY 2021

¹ NCQA HEDIS MY 2020 & MY 2021, HEDIS measure for UOP; <https://www.ncqa.org/hedis/measures/use-of-opioids-from-multiple-providers/>

² NCQA HEDIS MY 2020 & MY 2021 Technical specifications for health plans, volume 2, Washington DC, 2020

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