

# Concurrent Use of Opioids and Benzodiazepines (COB)

## Description of Measure

The percentage of members  $\geq 18$  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 year<sup>1</sup>:

- 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"><li>▪ Members in hospice or using hospice services</li><li>▪ Cancer</li><li>▪ Sickle cell disease</li></ul>	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.

## Resources

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