Buprenorphine-Medication Assisted Treatment: A Retrospective Analysis of Health Plan Data

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Background

- During recent years, there has been a steady increase in both the number of people who abuse and become dependent upon opioids - though not causally related, the number of prescription opioids filled in the U.S., per capita, has increased many times during the past 10 years (US DEA)

- Opioid dependence imposes a significant economic burden on society—substantial costs arise from:
  - -increased health services utilization
  - -neglect of personal responsibilities
  - -greater criminal activity, justice and corrections
  - -other welfare expenditures (Doran, 2008)

- Treatment options include abstinence treatment (e.g., psychotherapy and/or drug counseling) and replacement therapy

- The most commonly used medication assisted treatments are methadone and buprenorphine/buprenorphine-naloxone:
  - -methadone is a long-acting, full opioid agonist, that has abuse and diversion potential (Drake et al., 2002)
  - -buprenorphine/buprenorphine-naloxone medication assisted treatment is a newer form of replacement therapy designed to minimize abuse & diversion while retaining all positive aspects of methadone

- The objective of this study is to compare the health services utilization and costs of opioid dependent patients' treated with and without buprenorphine

- It is hypothesized that treating opioid dependence with buprenorphine will lead to higher pharmacy and physician utilization, yet lower use of expensive health services, resulting in a net economic benefit to the payer

Methods

Sample

- Study subjects (N = 7,065) were members of a large national health plan with integrated pharmacy and medical claims data

- Inclusion criteria included

  -16+ years of age
  -continuously eligible in 2007
  -one claim with a diagnosis of opioid dependence using relevant ICD-9-CM codes(International Classification of Diseases, 9th Revision, Clinical Modification) during CY 2007

- Patients were categorized into 2 groups

  -Buprenorphine treated (n=2,026): must have filled at least one prescription for buprenorphine (Suboxone® or Subutex®) during the study period

  -Non-buprenorphine treated (n=5,039): included individuals diagnosed with opioid dependence, but were either untreated or treated with a modality other than buprenorphine

Measures

- Four health services utilization measures:

  1. number of prescription fills
  2. number of inpatient hospital days
  3. number of emergency department visits
  4. number of physician and outpatient visits

- Five health services costs variables:

  1. prescription costs
  2. inpatient hospital costs
  3. emergency department costs
  4. physician and outpatient costs
  5. total healthcare costs

Data Analysis

- Descriptive and bivariate analyses, and ordinary least squares multivariate models of the nine dependent variables were estimated

- To remove the influence of cost-sharing, allowed amounts were used for medical cost measures, and pharmacy costs were gross

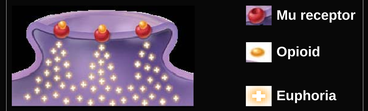
- No outliers were trimmed from the dataset, and claim reversals were retained

- Finally, in addition to the main between-groups effect (Treatment Group), all regression models included the same vector of covariates:

-age
-gender
-geographic region indicators
-medicaid enrollment flag
-health status as measured by the weighted Charlson Comorbidity Index (Charlson, et al., 1987)

Full Opioid Agonist

- Intoxication from opioids results when the opioid (heroin, prescription analgesics, etc.) binds to the mu receptors in the brain, producing euphoria



Buprenorphine/Naloxone — Suboxone

- When Suboxone is taken, it binds to the same mu receptors, but produces a mild euphoria, while simultaneously preventing other opioids from binding

Results

Demographics

- Buprenorphine vs. non-buprenorphine on demographics:
- 63% vs. 50% male
- 37 years vs. 40 years of age
- 5% vs. 10% Medicaid Beneficiaries (p's < .01)

- Patients receiving buprenorphine were in better physical health as measured by the Charlson Comorbidity Index (0.48 vs. 0.74, p < .001)

Bivariate Analyses

- An average patient treated with buprenorphine filled 7.63 buprenorphine prescriptions in 2007, covering 162 days of therapy at a gross cost of $2,065 (i.e., $12.75 per day of supply)

- The buprenorphine treated group had significantly lower emergency department visits & inpatient hospital days (p's < .01; Figure 1)

- The buprenorphine treated group had higher pharmacy costs, but lower emergency department costs & lower inpatient hospital costs (p's < .05, Figure 2)

- Overall, buprenorphine treated patients cost significantly less money per patient during 2007 for the health plan (p < .01, Figure 3)

Multivariate Regression

- With just 5.21 more prescriptions filled ($1,208 costs), the use of other pharmaceuticals was lower (5.21 vs. 7.63) among buprenorphine treated patients, perhaps due to decreased use of Rx opioids

- Individuals in the buprenorphine treated group spent 1.46 less days as a hospital inpatient (-$1,986 costs, p<.01), presented in the emergency department 0.22 fewer times (-$301, not statistically significant), and visited their physicians 0.88 more times in 2007 ($160 costs, p<.01)

- Overall, after controlling for demographics, Medicaid, and health status, patients in the buprenorphine treated group had total healthcare costs in 2007 that were $11,200 less (p<.01) than patients in the non-buprenorphine treated group

Figure 1. Average Healthcare Utilization

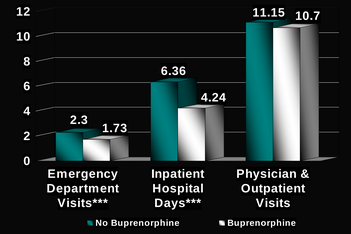


Figure 2. Average Healthcare Cost

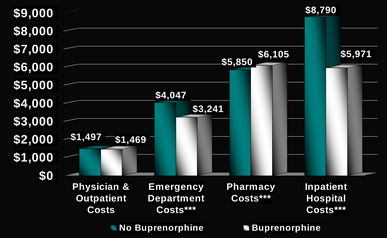
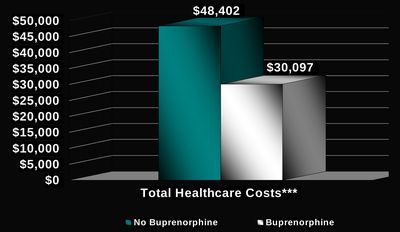


Figure 3. Total Cost of Care



Conclusions

- Though buprenorphine treated patients incur higher pharmacy and office visit costs, they use fewer expensive health care services, resulting in an overall positive cost-benefit conclusion for buprenorphine-replacement therapy

- These results support the primary hypothesis, and provide evidence that treatment of opioid dependence with buprenorphine is cost effective for health plans

- Assuming that the present results remain in direction and magnitude across other health plans, lines of business, and from year to year, health plans can experience considerable savings using buprenorphine as a first line of treatment for opioid dependence supported by outpatient services such as office based providers and counselors

- There are a few limitations to this study:

  -The buprenorphine group variable is potentially endogenous, i.e., identification of other factors that drive buprenorphine and service utilization is essential to understanding the relationship between buprenorphine and services utilization

  -Unmeasured characteristics correlated with both buprenorphine treatment and the dependent variables may lead to biased estimates

  -Cohorts displayed different demographic and comorbidity profiles; therefore selection bias may also be present

- Next step will be to identify "other uncategorized medical costs" as their contribution is greater than are those included in "typical services" indicator

- The proposed groups would be: those treated with pharmacotherapy, patients treated without pharmacotherapy, and those untreated

- Finally, alternative multivariate modeling approaches will be considered: negative binomial regression (with or without zero inflation) for count measures, and two-part, log-transformed, or Gamma/Log link models for costs measures

Study was funded by Reckitt Benckiser Pharmaceuticals Inc.