

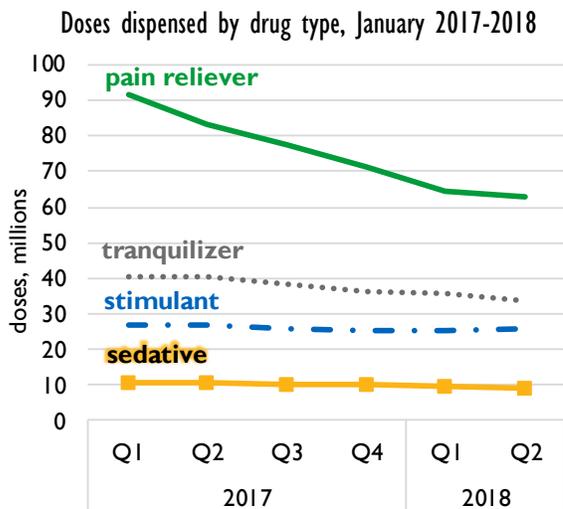
PROGRESS TOWARDS SAFER PRESCRIBING: New & Notable in 2018



THE Virginia Prescription Monitoring Program (PMP) is a statewide electronic database containing information on dispensed Schedule II-V prescriptions, gabapentin (a drug of concern), and naloxone. The primary purpose of the PMP is to promote safe prescribing and dispensing practices for covered substances by providing timely and essential information to healthcare providers. Both the *Code of Virginia* (§54.1-25.2) and Virginia Administrative Code (18VAC76-20) contain laws and regulations applicable to the PMP.

As a result of legislation during the 2018 General Assembly session, two operational changes occurred on July 1, 2018: prescriptions dispensed for Schedule V medications requiring a prescription and naloxone were added as covered substances and veterinarians must report covered substance dispensing for a course of treatment exceeding seven days.

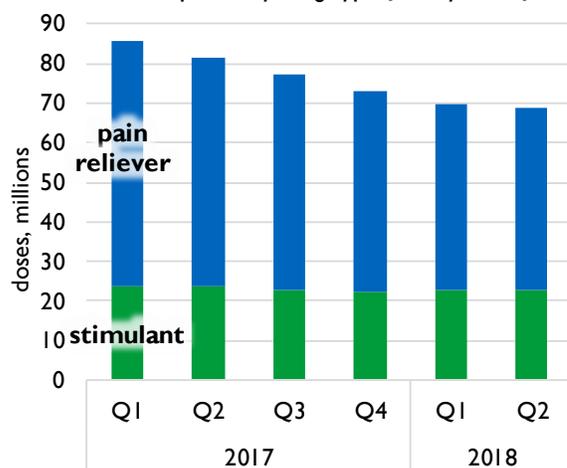
sedatives. Doses dispensed for three of four categories (pain reliever, tranquilizer, sedative) decreased between 16% and 31% from January 2017 to June 2018.



Dose decrease by drug type: pain reliever, 31%; tranquilizer, 16%; stimulant, 4%; sedative, 18%

Opioids and stimulants are classified as Schedule II controlled substances. The overall reduction in prescribed doses of Schedule II medications is the result of changes in pain reliever prescribing. The dispensing of stimulants remained stable.

Schedule II doses dispensed by drug type, January 2017-June 2018



Reduction in Schedule II doses: pain reliever, 26%; stimulant, 4%

NEW IN 2018  **Schedule V** medications and **naloxone** are now reportable

NEW IN 2018  **Veterinarians** must report dispensing for treatment exceeding 7 days

Top 10 medications

Gabapentin is the most frequently prescribed covered substance. The top 10 medications reported to PMP based on quantity of doses dispensed:

1. gabapentin
2. hydrocodone/acetaminophen
3. tramadol
4. dextroamphetamine/amphetamine (Adderall®)
5. alprazolam (Xanax®)
6. oxycodone
7. oxycodone/acetaminophen
8. clonazepam (Klonopin®)
9. lorazepam (Ativan®)
10. zolpidem (Ambien®)

Medications dispensed by drug type

Prescription psychotherapeutic medications that are most commonly abused can be grouped into four categories: pain relievers, stimulants, tranquilizers, and sedatives. Opioids are considered pain relievers. Stimulants are often prescribed to treat attention-deficit hyperactivity disorder (ADHD). In general, tranquilizers include longer-acting benzodiazepines (e.g., diazepam) and muscle relaxants. Sleeping medications, shorter-acting benzodiazepines (e.g., temazepam), and barbiturates are classified as

Prescription Monitoring Program
Virginia Department of Health Professions
 804.367.4514 | fax 804.367.4470 | pmp@dhp.virginia.gov
 online https://www.dhp.virginia.gov/dhp_programs/pmp
 PMP database <https://virginia.pmpaware.net/login>
 December 2018