

# Fiscal Year 2008 Annual Review of Skeletal Muscle Relaxants

Oklahoma Healthcare Authority

January 2009

## Prior Authorization Criteria

### Criteria for approval of a Tier-2 product:

- 1) Failure with at least two Tier-1 medications within the past 90 days defined as no beneficial response after at least two weeks of use during which time the drug has been titrated to the recommended dose.
- 2) Approvals will be for the duration of three months, except for members with chronic diseases such as multiple sclerosis, cerebral palsy, muscular dystrophy, paralysis, or other chronic musculoskeletal diagnosis confirmed with diagnostic results, in which case authorizations will be for the duration of one year.
- 3) For repeat authorizations, there must be documentation of failed withdrawal attempt within past three months defined as increase in pain and debilitating symptoms when medication was discontinued.

<i>Skeletal Muscle Relaxants*</i>		
<i>Tier-1</i>	<i>Tier-2</i>	<i>Hard PA</i>
Cyclobenzaprine (Flexeril <sup>®</sup> ) Baclofen (Lioresal <sup>®</sup> ) Tizanidine (Zanaflex <sup>®</sup> ) Methocarbamol (Robaxin <sup>®</sup> ) Chlorzoxazone (Parafon Forte <sup>®</sup> ) Orphenadrine (Norflex <sup>®</sup> )	Metaxolone (Skelaxin <sup>®</sup> )	Carisoprodol (Soma <sup>®</sup> ) 350mg Carisoprodol w Aspirin Carisoprodol, ASA, Codeine Carisoprodol (Soma <sup>®</sup> ) 250mg Tizanidine (Zanaflex <sup>®</sup> ) Caps Cyclobenzaprine ER (Amrix <sup>®</sup> ) Caps Cyclobenzaprine 7.5mg (Fexmid <sup>®</sup> ) Tabs

\*Brand products are subject to the Brand Name Override where generic is available.

**Carisoprodol 350mg or carisoprodol 350mg combination products:** A cumulative 90 therapy day window per 365 days will be in place for these products, further approval will be based on the following:

- 1) An additional approval for 1 month will be granted to allow titration or change to a Tier1 muscle relaxant. Further authorizations will not be granted.
- 2) Clinical exceptions may be made for members with the following diagnosis and approvals will be granted for the duration of one year: multiple sclerosis, cerebral palsy, muscular dystrophy, or paralysis

### Carisoprodol (Soma<sup>®</sup>) 250mg

- 1) Must provide detailed documentation regarding member's inability to use other skeletal muscle relaxants including carisoprodol 350mg, and specific reason member cannot be drowsy for even a short time period. Member must not have other sedating medications in current claims history.
- 2) A diagnosis of acute musculoskeletal pain, in which case, the approval will be for 14 days per 365 day period. Conditions requiring chronic use will not be approved.

**A quantity limit of #120 tabs per 30 days will also apply for the carisoprodol and carisoprodol combination products.**

**Zanaflex Capsules:** Tizanidine tablets must be tried prior to consideration of the capsules. The capsules may be considered for approval only if there is supporting information as to why the member cannot take the tablets.

**Amrix<sup>®</sup> and Fexmid<sup>®</sup>:** Approval is based on clinical documentation of inability to take other generically available forms of cyclobenzaprine tabs.

**A quantity limit of #30 tabs per 30 days also applies for Amrix<sup>®</sup>.**

**A quantity limit of #90 tabs per 30 days also applies for Fexmid<sup>®</sup>.**

## Utilization of Skeletal Muscle Relaxants

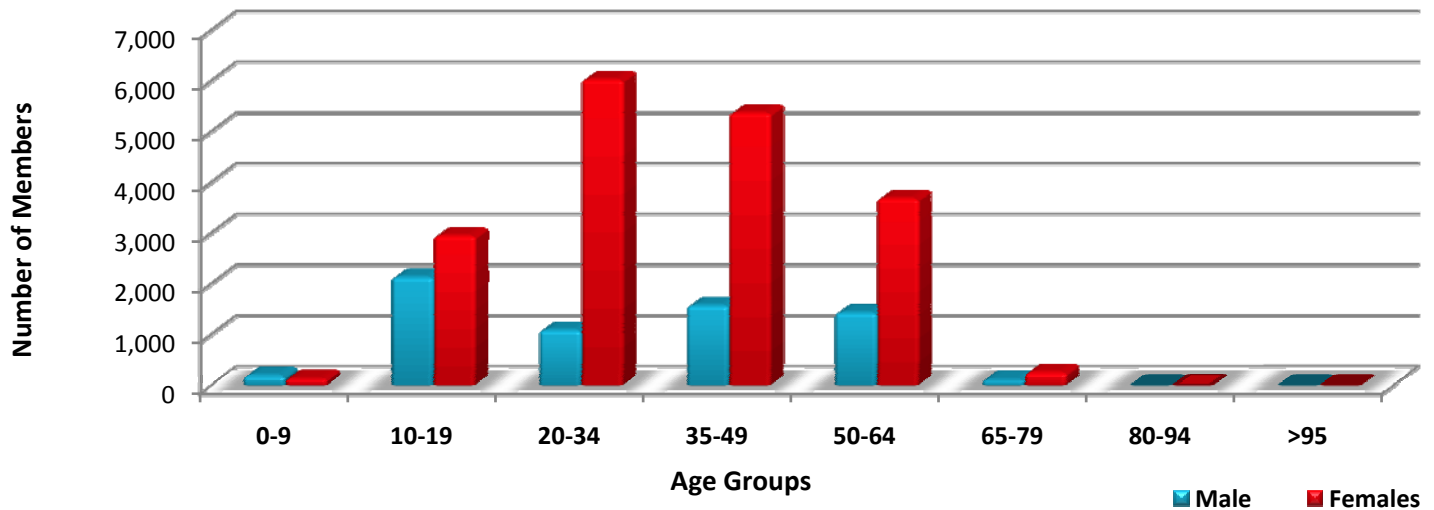
### Utilization Trends of Skeletal Muscle Relaxants

Fiscal Year	Members	Claims	Cost	Cost/Claim	Perdiem	Units	Days
2007	25,405	71,764	\$1,545,693.74	\$21.54	\$0.96	4,642,538	1,614,369
2008	25,145	73,777	\$1,331,620.32	\$18.05	\$0.78	4,968,213	1,706,063
Percent Change	-1.00%	2.80%	-13.80%	-16.20%	-18.80%	7.00%	5.70%
Change	-260	2,013	-\$214,073.42	-\$3.49	-\$0.18	325,675	91,694

### Utilization Trends of Carisoprodol Combination Products

Fiscal Year	Members	Claims	Cost	Cost/Claim	Perdiem	Units	Days
2007	53	76	\$2,293.53	\$30.18	\$1.81	3,733	1,265
2008	41	77	\$1,764.91	\$22.92	\$1.51	3,800	1,169
Percent Change	-22.60%	1.30%	-23.00%	-24.10%	-16.60%	1.80%	-7.60%
Change	-12	1	-\$528.62	-\$7.26	-\$0.30	67	-96

### Demographics of All Members Utilizing Skeletal Muscle Relaxants



### Top Prescriber Specialties by Claims

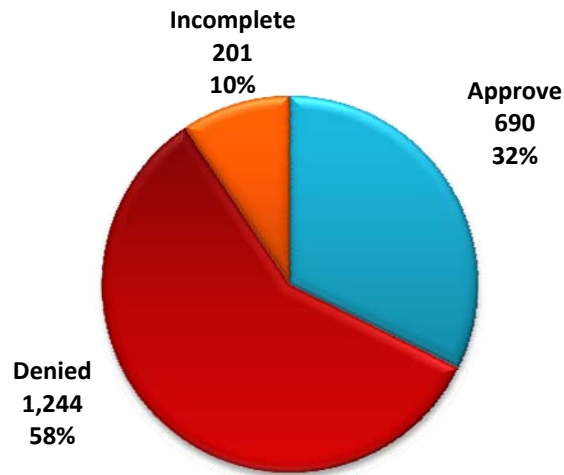
Specialty	Claims	Amount Paid
Family Practitioner	27,891	\$514,123.22
General Practitioner	7,842	\$148,208.95
Internist	6,678	\$126,296.75
Unknown	4,124	\$62,674.43
General Pediatrician	3,689	\$56,767.38
Nurse Practitioner (Other)	2,682	\$57,158.13
Physician Assistant	2,635	\$48,507.00
Anesthesiologist	2,524	\$56,005.51
Orthopedic Surgeon	2,520	\$43,746.03
Physical Medicine and Rehabilitation Practitioner	1,901	\$46,321.86
ER Practitioner	1,892	\$17,786.65

## **Prior Authorization of Skeletal Muscle Relaxants**

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For the time period between July of 2007 through June of 2008, there were 2,135 total petitions received for the category of Skeletal Muscle Relaxants. The following is a chart detailing the status of the received petitions.

### **Prior Authorizations: FY 2008**



## **Conclusion and Recommendations**

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The College of Pharmacy recommends continued monitoring of this category at this time.

### Utilization Details of Skeletal Muscle Relaxants: FY 2008

Brand Name	Claims	Members	Units	Days	Cost	Perdiem	% Cost	Claims/Member
CYCLOBENZAPR TAB 10MG	32,518	14,921	1,697,260	680,264	\$281,757.26	\$0.41	21.16%	2.18
CARISOPRODOL TAB 350MG	9,813	4,018	684,860	242,293	\$97,257.79	\$0.40	7.30%	2.44
TIZANIDINE TAB 4MG	7,400	2,129	615,425	200,810	\$95,276.48	\$0.47	7.15%	3.48
BACLOFEN TAB 10MG	6,646	1,599	633,596	192,555	\$81,702.20	\$0.42	6.14%	4.16
CYCLOBENZAPR TAB 5MG	3,477	2,222	140,595	56,956	\$31,642.25	\$0.56	2.38%	1.56
SKELAXIN TAB 800MG	3,026	1,472	186,418	67,306	\$537,276.32	\$7.98	40.35%	2.06
BACLOFEN TAB 20MG	2,921	580	447,108	87,176	\$55,378.77	\$0.64	4.16%	5.04
METHOCARBAM TAB 750MG	2,802	1,360	221,649	59,164	\$34,655.21	\$0.59	2.60%	2.06
METHOCARBAM TAB 500MG	1,498	760	114,995	32,762	\$18,025.73	\$0.55	1.35%	1.97
ORPHENADRINE TAB 100MG ER	1,357	822	57,836	28,990	\$37,253.91	\$1.29	2.80%	1.65
CHLORZOXAZON TAB 500MG	1,140	548	75,179	26,452	\$8,988.16	\$0.34	0.67%	2.08
TIZANIDINE TAB 2MG	939	314	73,887	25,802	\$13,110.64	\$0.51	0.98%	2.99
SOMA TAB 250MG	175	98	8,603	3,965	\$21,704.67	\$5.47	1.63%	1.79
SOMA TAB 350MG	21	3	2,220	615	\$10,236.88	\$16.65	0.77%	7
BACLOFEN POW	21	8	7,391	443	\$256.75	\$0.58	0.02%	2.63
FEXMID TAB 7.5MG	8	7	450	180	\$836.31	\$4.65	0.06%	1.14
CYCLOBENZAPR POW HCL	4	4	244	57	\$52.86	\$0.93	0.00%	1
LIORESAL INT INJ 40MG/20	3	2	3	67	\$4,289.25	\$64.02	0.32%	1.5
ZANAFLEX CAP 6MG	3	1	270	90	\$908.31	\$10.09	0.07%	3
LIORESAL INT INJ 10MG/20	2	1	4	56	\$975.82	\$17.43	0.07%	2
CHLORZOXAZON TAB 250MG	2	1	200	50	\$19.58	\$0.39	0.00%	2
ORPHENADRINE TAB 100MG CR	1	1	20	10	\$15.17	\$1.52	0.00%	1
<b>Totals</b>	<b>73,777</b>	<b>25,145*</b>	<b>4,968,213</b>	<b>1,706,063</b>	<b>\$1,331,620.32</b>	<b>\$0.78</b>	<b>100%</b>	<b>2.93</b>

\*Number of unduplicated members.

### Utilization Details of Carisoprodol Combination Products: FY 2008

Brand Name	Claims	Members	Units	Days	Cost	Perdiem	% Cost	Claims/Member
CARISOPR/ASA TAB 200-325	58	29	2,904	824	\$751.16	\$0.91	42.56%	2

CARISOPR/ASA/COD TAB	19	12	896	345	\$1,013.75	\$2.94	57.44%	1.58
<b>Totals</b>	<b>77</b>	<b>41*</b>	<b>3,800</b>	<b>1,169</b>	<b>\$1,764.91</b>	<b>\$1.51</b>	<b>100%</b>	<b>1.88</b>

\*Number of unduplicated members.