

# Iowa's Prescription Monitoring Program (PMP)



The PMP is a health care tool for practitioners to assist in identifying potential diversion, misuse or abuse of controlled substances by their patients while facilitating the most appropriate and effective medical use of those substances.

## PMPs improve patient safety by allowing clinicians to:

- Identify patients who are obtaining opioids from multiple providers.
- Calculate the total amount of opioids from multiple providers.
- Identify patients who are being prescribed other controlled substances that may increase risk of overdose – such as benzodiazepines.

## When to check the PMP

Required as per licensing board

- A physician or physician's designated agent shall utilize the prescription program prior to issuing an opioid prescription to assist the physician in determining appropriate treatment.
- Prior to the prescribing or dispensing of an opioid, the ARNP or their authorized delegate shall query the PMP database and the ARNP shall review the patient's information contained in the PMP database.
- Prior to the prescribing of an opioid a physician assistant shall review the patient's information contained in the prescription monitoring program database.

## Things to consider when prescribing controlled substances:

### ALTERNATIVES TO OPIOIDS

First, recommend non-opioid treatment. Trial nonpharmacologic therapies for chronic pain such as: physical therapy, exercise, cognitive behavioral therapy (CBT), and effective non-opioid medications such as acetaminophen, nonsteroidal anti-inflammatory drugs (NSAIDs) or anticonvulsants.

### DOSAGE

If opioids are needed, check the PMP to ensure the patient is not already prescribed an opioid, benzodiazepine, gabapentin, or pregabalin, which can increase risk for respiratory failure. Otherwise, start with a low dose immediate-release opioid for the shortest duration possible, prescribe naloxone, and follow-up with the patient within one week.

### SUPPORT

Provide your patients with **Your Life Iowa** information. We provide free, confidential support and connect your patients to resources meant to help get their life back on track.



## Register to use the PMP

Visit [iowa.pmpware.net](http://iowa.pmpware.net)

### Find support 24/7

for problems with alcohol, drugs, gambling, mental health and suicidal thoughts.



CALL: (855) 581-8111



TEXT: (855) 895-8398



CHAT: [YourLifelowa.org](http://YourLifelowa.org)

## What should I do if I find information about a patient in the PMP that concerns me?

Patients should not be dismissed from care based on PMP information. Use the opportunity to provide potentially life-saving information and interventions.

- **Confirm that information in the PMP is correct.** Check with the dispensing pharmacy to verify potential data entry errors, use of a nickname or maiden name, or possible identity theft to obtain prescriptions.
- **Assess for possible misuse or abuse.** Use a screening process such as Screening, Brief Intervention and Referral to Treatment (SBIRT) to assess for possible misuse or abuse with a valid tool: i.e., the Drug Abuse Screening Test (DAST). Assess risk with the Opioid Risk Tool (ORT), then partner with a treatment provider for referral when needed. Visit the [YourLifelowa.org](http://YourLifelowa.org) website for a treatment provider list.
- **Discuss any areas of concern with your patient and emphasize your interest in their safety.** Consider entering the patient into a formal pain contract, if not already established. Listen non judgmentally. Encourage appropriate professional help and consider provision of the opioid reversal agent naloxone. Mention nonpharmacologic alternatives to pain management including physical therapy, massage therapy, and exercise.

## Frequently Asked Questions

### WHAT INFORMATION IS CONTAINED IN THE IOWA PMP DATABASE?

Records of all Schedule II, III and IV controlled substance prescriptions dispensed to patients by Iowa pharmacies and dispensing prescribers are included in the PMP. In addition, records of prescriptions for the administration of opioid antagonists, such as naloxone, are included in the Iowa PMP.

### HOW LONG IS INFORMATION RETAINED IN THE PMP DATABASE?

Information and records are retained in the PMP for at least four (4) years from the date of record.

A full compilation of Frequently Asked Questions can be found on [pharmacy.iowa.gov](http://pharmacy.iowa.gov)



## PMP Facts

- You may allow an unlimited number of delegates or agents (non-prescribing registered healthcare professionals in your practice whom you designate to access the PMP) to register under your supervision.
- Iowa's PMP provides information from all states that utilize a PMP and have an agreement with the state of Iowa to share information.
- Authorized dispensing prescribers and pharmacists are required to report data to the Iowa PMP.
- With recent legislative authority, the Iowa PMP can connect with your clinic/hospital EHR/EMR software. Contact the Iowa Board of Pharmacy at [PMP@iowa.gov](mailto:PMP@iowa.gov) for more information.

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