



NATIONAL WORKERS
COMPENSATION
AND DISABILITY
CONFERENCE

Navigating the Intersection of Pain Management and Psychotropic Drugs

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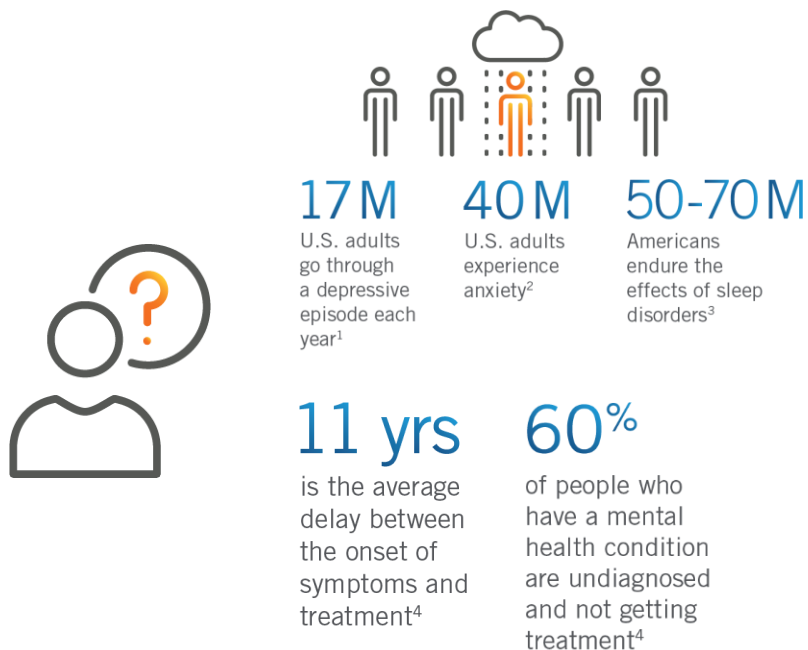
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BY THE NUMBERS



1 in 5 U.S. adults experience a mental illness event each year, but only 40% of them receive treatment.¹

1 National Institute of Mental Health 2 Anxiety and Depression Association of America 3 National Institute of Health 4 National Alliance on Mental Illness

THE TOLL ON THE U.S. WORKFORCE

Mental health costs rank #1 in the U.S.¹

\$200B+

Estimated annual U.S. spending due to mental health conditions – higher than heart disease, cancer, diabetes and other chronic conditions¹



~24%

of all costs caused by workplace accidents & errors are associated with insomnia²



16M

Missed work days per year due to mental health conditions³



2-3X

Higher cost to care for patients with both a mental health condition & chronic disease⁴

Depression is the leading cause of disability worldwide with mental illness costing U.S. employers \$17B each year.⁵

1 Roehrig, C. Health Affairs Vol 35, No. 6. 2015 2 American Psychiatric Association 3 Office of National Statistics 4 Milliman Research Report 5 National Institute on Mental Health

Customized based on patient's profile

Condition	Common medications to treat	Most appropriate utilization
Depression	SSRIs, SNRIs, MAOIs, and atypical antidepressants	<i>As prescribed</i>
Anxiety	Benzodiazepines	<i>As needed</i>
Insomnia	Sedative-hypnotics	<i>Controlled substances intended for short-term use</i>



America's State of Mind

2015-2019 Rx Utilization Data

Overarching across the three conditions

15% RISE

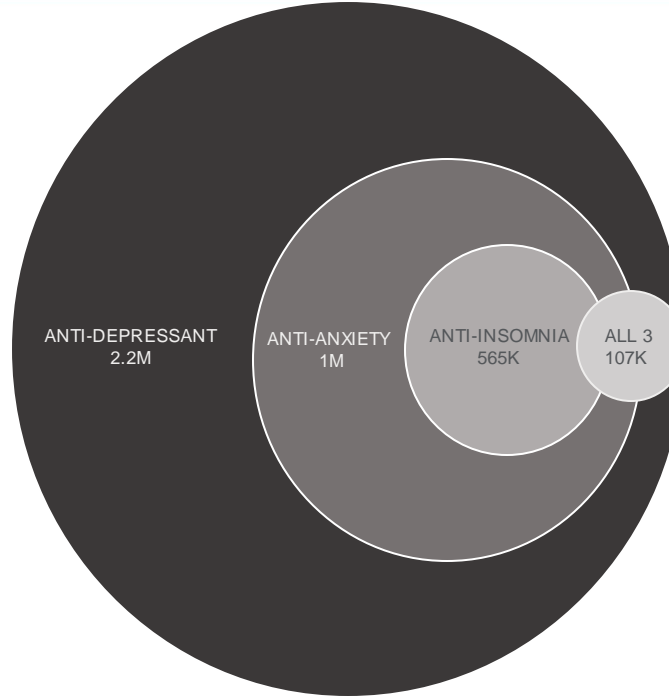
in antidepressant use

12.1% DECLINE

in benzodiazepines for anxiety

11.3% DECLINE

in sedative hypnotics
for insomnia



Number of patients taking at least one mental health medication

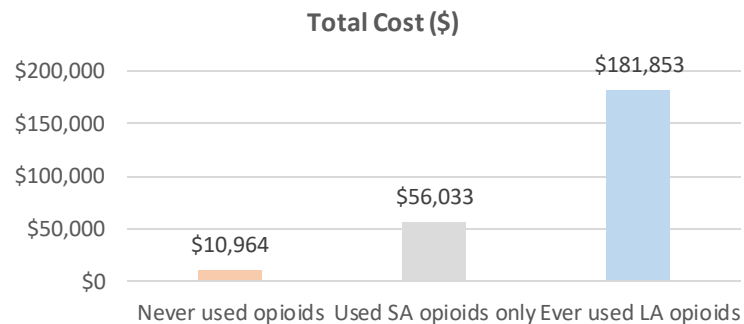
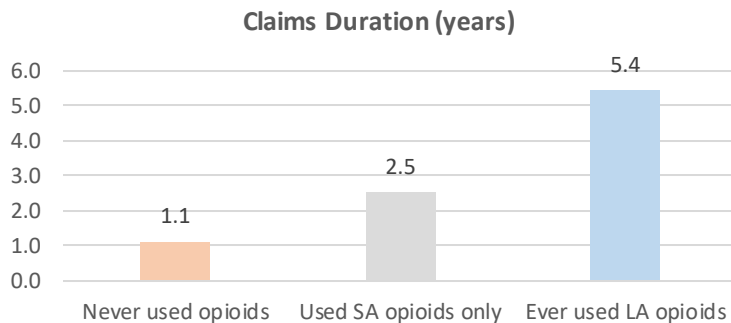
About 50% of patients who use a medication for anxiety or insomnia also use an antidepressant

America's State of Mind Report, 2020

Impact of the combined use of benzodiazepines and opioids on workers' compensation claim cost



RESULTS



By: Robert A. Lavin, MD, MS,
Xuguang Tao, MD, PHD,
Larry Yuspeh, BA,
Edward J. Bernacki, MD, MPH
Published September 2014

Lavin, R. A., Tao, X. (., Yuspeh, L., & Bernacki, E. J. (2014). **Impact of the combined use of benzodiazepines and OPIOIDS on Workers' Compensation Claim Cost.** Journal of Occupational and Environmental Medicine, 56(9), 973-978. doi:10.1097/jom.0000000000000203

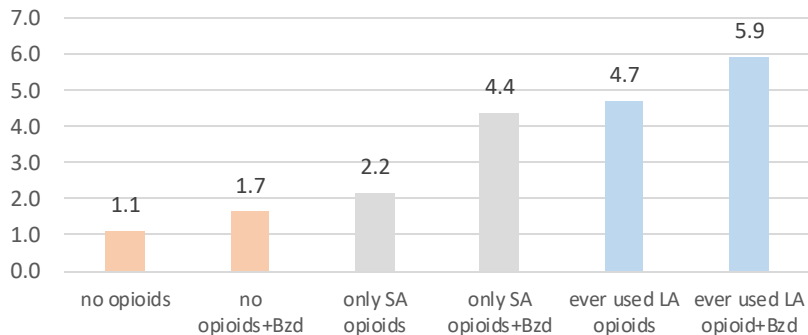


Impact of the combined use of benzodiazepines and opioids on workers' compensation claim cost

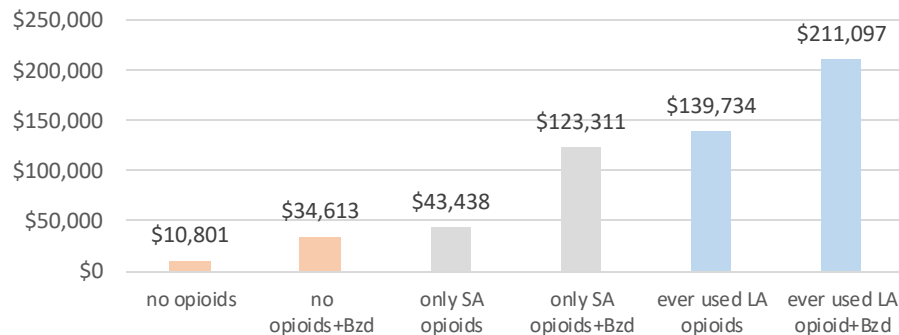


RESULTS

Claims Duration (years)



Total Cost (\$)



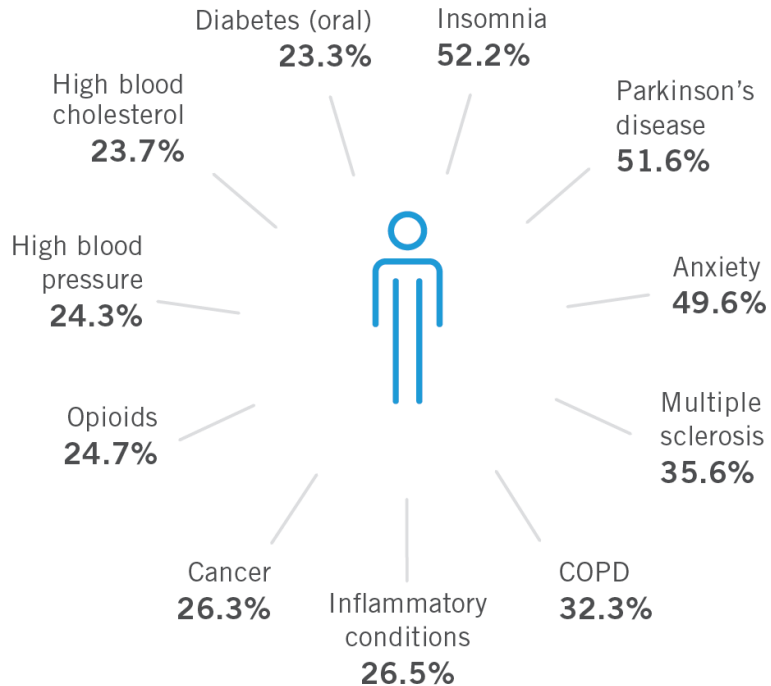
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COMORBIDITIES

Prevalence of physical condition treatments

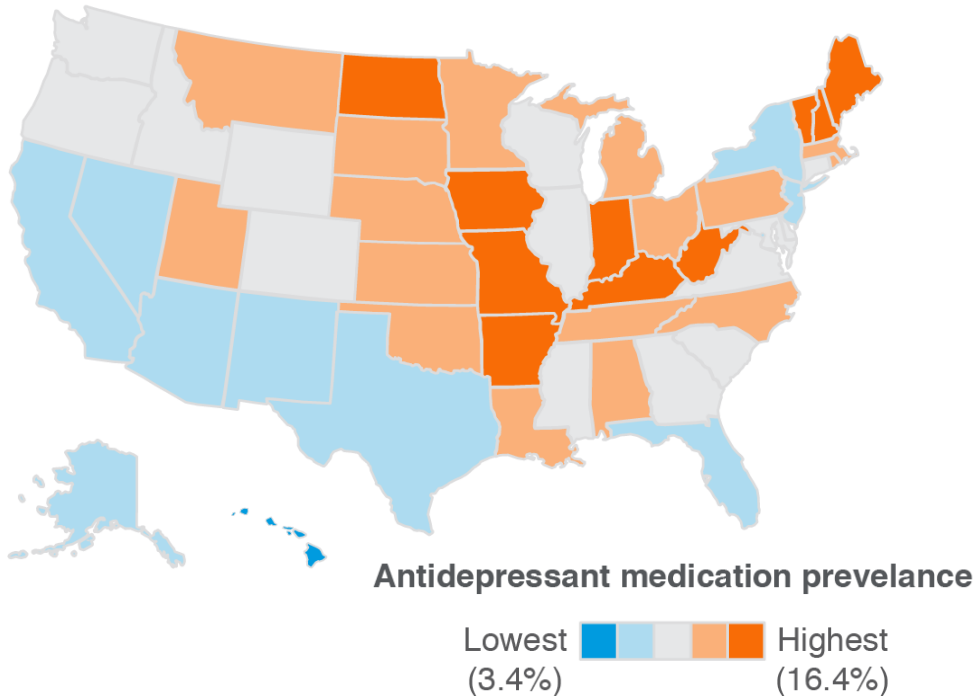


Number of patients taking an Rx for their condition and an antidepressant

Patients with depression have a 40% higher risk of developing cardiovascular and metabolic diseases

America's State of Mind Report, 2020

Percentage of patients taking antidepressants



Use is most prevalent in West Virginia (16.4%), Kentucky (15.3%), Vermont (14.6%) and New Hampshire (14.5%).

America's State of Mind Report, 2020

Food and Drug Administration

Food, Drug, and Cosmetic Act, 1938

→ Safety

Kefauver-Harris Amendment, 1962

→ Effectiveness



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OLDU: What is it?

An approved medication is used for
an indication, or
a patient population
That hasn't received approval

Or

Using an unapproved dosage or dosage form.

FDA. *Understanding unapproved use of approved drugs "off label"*. Feb. 2018.

OLDU

21%

Radley DC, et al. *Arch Int Med*, 2006.

OLDU: Examples

- A chemotherapy drug approved for one type of cancer is used to treat another
- A drug is used in pregnancy even though it hasn't been studied in this population
- A drug approved as a capsule is used topically
- A drug is used for longer than approved



OLDU: So what?

- 73% of medications prescribed for an off-label use had poor or no scientific support
- OLDU may be associated with an increase in medication errors
- A survey of primary care physicians found that they correctly identified a drug's FDA approval status 55% of the time (60% for drugs they prescribed in the previous 12 months)

Radley DC, et al. *Arch Intern Med*, 2006.
Rinke ML, et al. *J Dev Behav Pediatr*, 2010.
Chen DT, et al. *Pharmacoepidemiol Drug Saf*, 2009.

OLDU: Antidepressants and pain

Drug class	Examples	FDA approval	OLDU
Tricyclic antidepressants (TCA)	Amitriptyline (Elavil®) Doxepin (Sinequan®) Imipramine (Tofranil®)	Depression Insomnia (doxepin) Childhood enuresis (imipramine)	Chronic low back pain Neuropathic pain
Selective serotonin reuptake inhibitors (SNRI)	Duloxetine (Cymbalta®) Venlafaxine (Effexor®) Milnacipram (Savella®)	Anxiety Depression Diabetic neuropathy Fibromyalgia Chronic low back pain Chronic knee osteoarthritis	Neuropathic pain

FDA, 2021.
ODG, 2021.

OLDU: Antidepressants and pain

Drug class	Examples	Adverse events
Tricyclic antidepressants (TCA)	Amitriptyline (Elavil®) Doxepin (Sinequan®) Imipramine (Tofranil®)	Cardiotoxicity Hypotension Constipation Urinary retention Dry mouth
Selective serotonin reuptake inhibitors (SNRI)	Duloxetine (Cymbalta®) Venlafaxine (Effexor®) Milnacipram (Savella®)	Dizziness Fatigue Somnolence Anxiety Insomnia Sexual dysfunction

ODG, 2021.

OLDU: Antidepressants and pain

1. SNRIs offer a small, non-clinically relevant benefit to people with back pain and OA
2. SNRIs and TCAs might help in sciatica, but certainty of evidence is low to very low
3. SNRIs increase risk of side effects

Shared decision making



Health in trying times



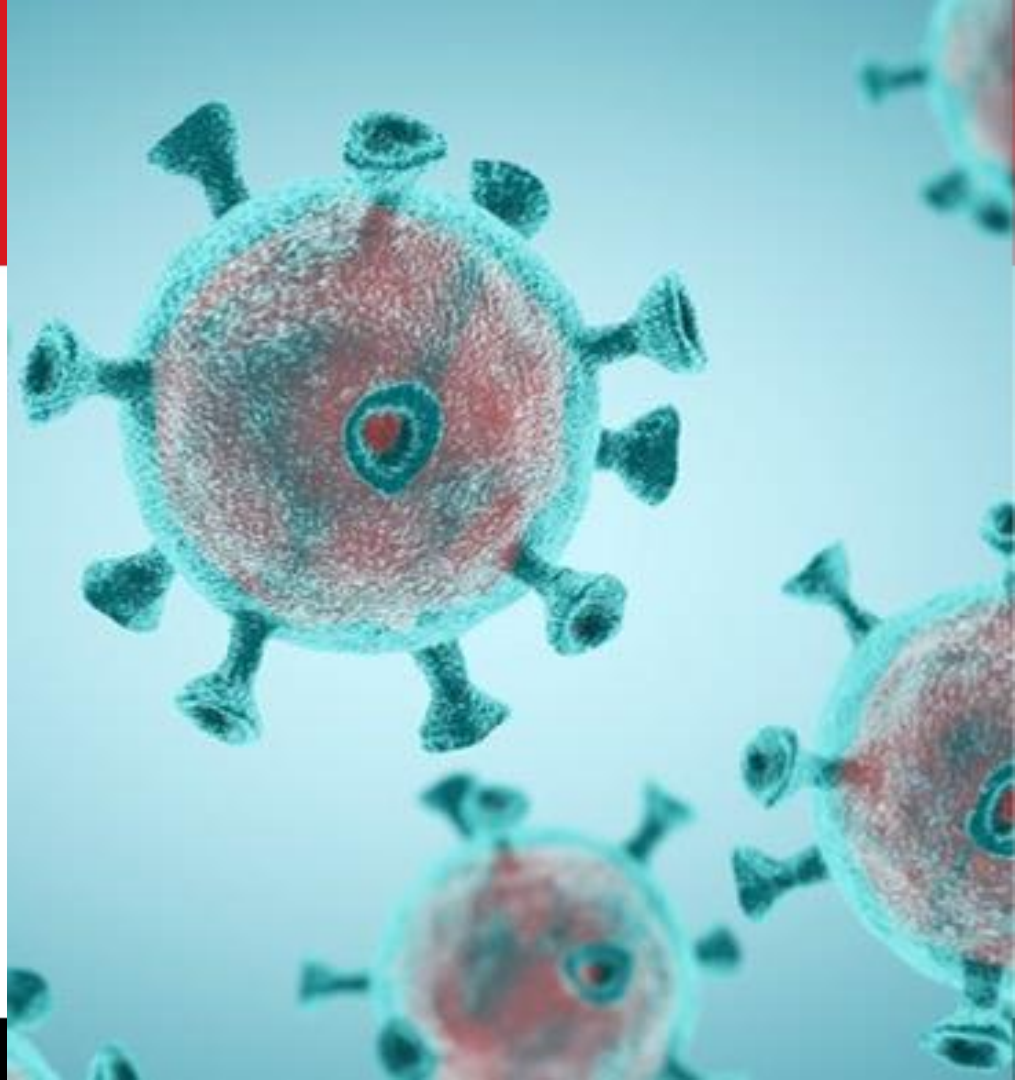
BIOLOGICAL

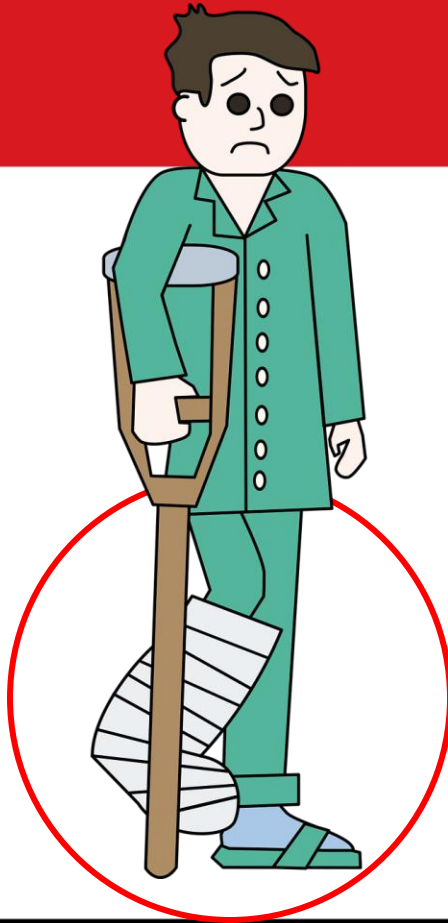


SOCIAL



PSYCHOLOGICAL







I'm having a
hard time
sleeping

I forgot
our
anniversary

Covid

The car
needs new
suspension

Bills are
piling up

My diabetes
is not
controlled

What do my
coworkers
think?

Will I lose
my job?



KFF Poll, July 2020

- Difficulty sleeping
- Difficulty eating
- Increased alcohol or substance use



During late June, 40% of U.S. adults reported struggling with mental health or substance use*

ANXIETY/DEPRESSION SYMPTOMS



STARTED OR INCREASED SUBSTANCE USE



TRAUMA/STRESSOR-RELATED DISORDER SYMPTOMS



SERIOUSLY CONSIDERED SUICIDE†



*Based on a survey of U.S. adults aged ≥18 years during June 24-30, 2020

†In the 30 days prior to survey

For stress and coping strategies: bit.ly/dailylifecoping

CDC.GOV

bit.ly/MMWR81320

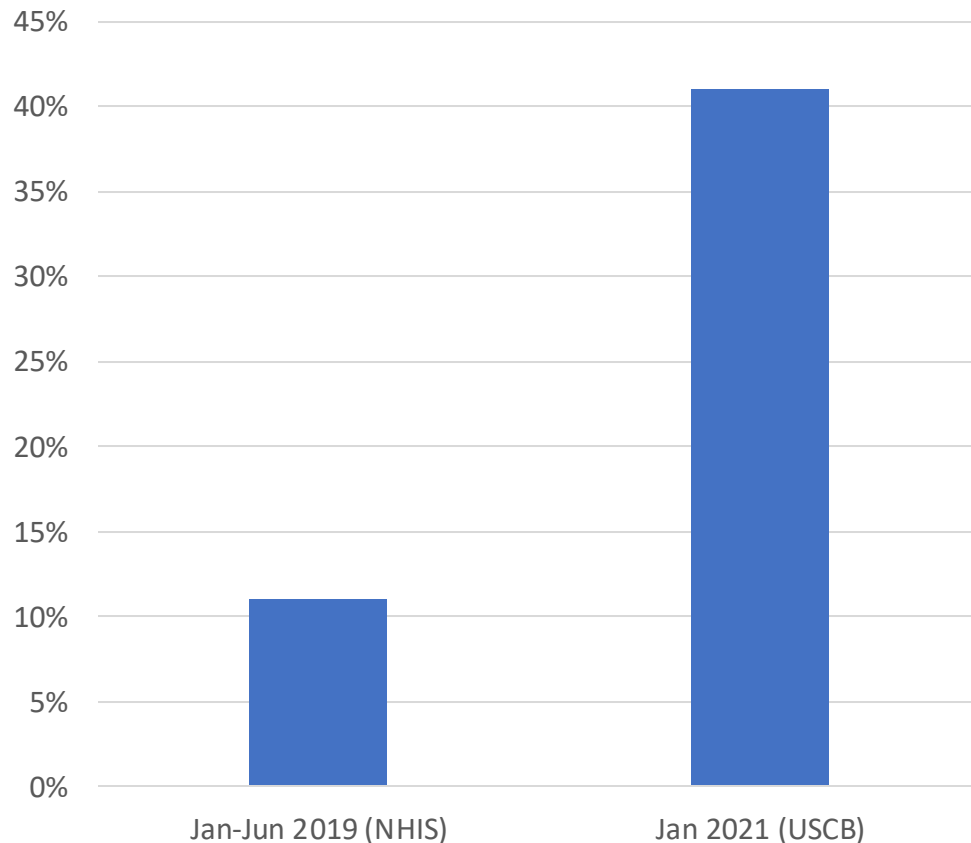
MMWR



Public Information
#NationalComp

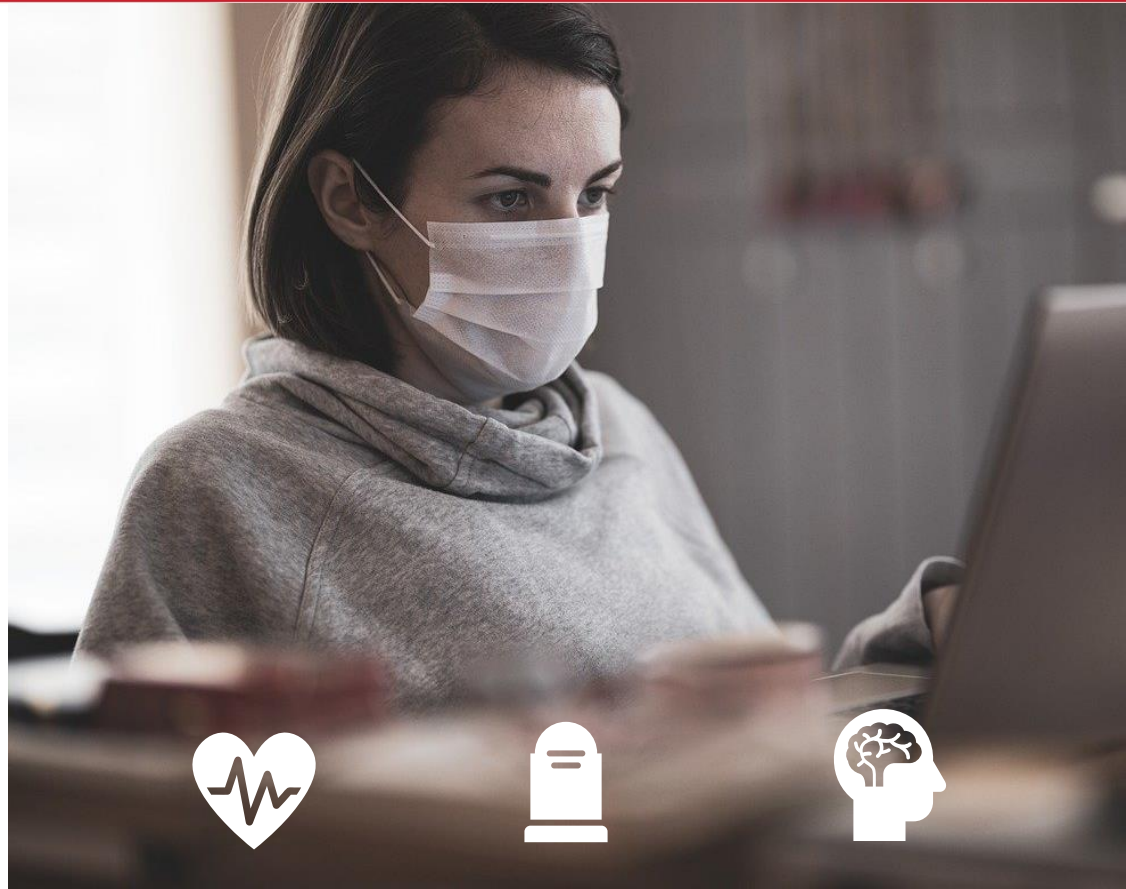
Prevalence of anxiety and / or depression symptoms, U.S. adults

Jan-Jun 2019 vs Jan 2021



KFF, February 2021; NHIS Early Release Program and U.S. Census Bureau Pulse Survey, 2021.

Social isolation and loneliness



Leigh-Hunt N, et al. *Public Health*, 2017.

Worklessness

2 to 3X

2 to 3X

6X

Bamia C, et al, 2008.
Couser GP, et al, 2021.
Iglesias MA, 2018.
Jurisic M, et al, 2017.
Van der Noordt M, et al, 2014.
Waddell G, Burton AK, 2016.



Worklessness

50% excess mortality

Gerdtham UG and Johansson M. A note on the effect of unemployment on mortality. *J Health Econ.* 2003;22(3):505-518.



Not working may be
harmful to your health.



Are you okay?



Interventions

- EAP
- Community resources
- National resources



Coming Soon

2020 myMatrixx Annual Drug Trend Report



For more information, go to our website at www.mymatrixx.com/drug-trend-report.