

# Document

## Chronic Controlled Substance Prescribing of Stimulants For Adults and Minors

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### BlueCross BlueShield of Tennessee

**Applies to:** All BCBST Lines of Business

**Audience:** Clinical Risk Management Department

**Purpose:** To provide BCBST's guidelines for chronic controlled substance prescribing of stimulants

**Policy:**

BCBST supports **medically appropriate** chronic controlled substance prescribing. Controlled substances include those drugs in Schedules I - V of the federal and Tennessee statutes, as existing and hereinafter amended, identifying controlled substances for the purpose of regulating their manufacture, prescription, sale, or use. Chronic controlled substance prescribing is defined as prescribing a controlled substance for 90 days or greater. When a controlled stimulant is prescribed chronically, the practitioner should keep accurate and complete records which should include documentation of the following:

- Completion of a mental and physical examination that screens for and diagnoses any comorbidities prior to prescribing
- Update of mental and physical examination at least yearly
- Details of relevant member behavior supporting the stimulant prescribing; and, for minors, the same information gathered from the member's responsible party and also teachers where applicable
- FDA approved diagnosis that is consistent with the prescription written
- If prescribed for ADD/ADHD, symptomatic behavior present before the age of 12
- Complete medication list with consideration of concurrently prescribed controlled substances or other medications that may reduce the desired effects

- Treatment planning and effectiveness, side effects, and changes made in the prescribing treatment
- Education of risks, appropriate use, administration, and storage of medication, or this same education provided to the responsible party of a minor member
- In the event of suspected misuse or diversion of the prescribed stimulant, pill count, drug testing, discussion of aberrant results, and/or completion of a risk assessment for treatment referral of a substance use disorder
- Controlled Substance Monitoring Database has been checked at the initial prescription and at least every six months with written evidence either of no discrepancies or a discussion of all discrepancies with the member or responsible party
- Advance writing of stimulant prescriptions for greater than 90 days without member evaluation at the time of the prescription is inappropriate

Network practitioners who prescribe controlled stimulants and do not comply with these guidelines are subject to disciplinary action by BCBST that may include credentials revocation, network contract terminations, and a report filed with the National Practitioner Data Bank (NPDB) or other entities mandated by law.