Criteria for Developing Utilization Management Strategies

Purpose

This document describes the process and criteria used for selecting and evaluating clinical practice guidelines to develop step therapy protocols, quantity limits, prescribing guidelines, and other forms of utilization management strategies.

Process and Criteria

Prescribing guidelines may include, but not be limited to, prior authorization criteria, quantity limitations, physician specialty limitations, prior therapy (step-care), age limitation and/or gender-based requirements. Guidelines presented to the Pharmacy and Therapeutics (P&T) Committee for consideration will be reviewed on the following evidence-based criteria:

- Safety, including concurrent drug utilization review (cDUR) when applicable,
- Efficacy: the potential outcome of treatment under optimal circumstances,
- Strength of scientific evidence and standards of practice through review of relevant information from the peer-reviewed medical literature, accepted national treatment guidelines, and expert opinion where necessary,
- Cost-Effectiveness: the actual outcome of treatment under real life conditions including consideration of total health care costs, not just drug costs, through utilization of pharmacoeconomic principles and/or published pharmacoeconomic or outcomes research evaluations where available,
- Relevant benefits of current formulary agents of similar use,
- Condition of potential duplication of similar drugs currently on formulary,
- Any restrictions that should be delineated to assure safe, effective, or proper use of the drug.

The above evidence-based criteria for mental health and substance use disorder drugs and drug classes shall be comparable to, and the P&T Committee shall apply them no more stringently with respect to such drugs, than those used for medical/surgical drugs and drug classes.