

Basics/101

WHAT IS THE TEXAS PRESCRIPTION MONITORING PROGRAM (PMP)?

The Texas PMP, managed by the Texas State Board of Pharmacy, is a statewide electronic database that collects and monitors outpatient controlled substance prescription and dispensation data. It provides a complete picture of a patient's controlled substance prescription history to inform prescribing and dispensing decisions and to address prescription drug misuse, diversion and overdose.

HOW DOES THE PMP HELP PATIENTS?

The PMP ensures that patients have access to safe, effective pain management. It improves patient safety by allowing providers to identify overlapping prescriptions and prevent harmful drug interactions. Using PMP data, providers can discuss their concerns with patients and make a plan to keep them safe, such as tapering to a lower dose, discontinuing medications, co-prescribing naloxone to protect against an opioid overdose or making a referral to treatment for a substance use disorder.

HOW DOES THE PMP BENEFIT PROVIDERS?

PMP data help inform prescribing decisions, reduce implicit bias, and play an important role in providing responsible, patient-centered care. The PMP serves as a helpful starting point for conversations with patients about safe and effective alleviation of pain. On a larger scale, PMP data helps both front-line health care workers and public health officials to execute strategies in drug prevention, treatment and recovery services.

HOW DOES THE PMP WORK?

Texas-licensed pharmacies are required to report all dispensed controlled substances to the PMP no later than the next business day after the prescription is filled. See figure 1 graphic.

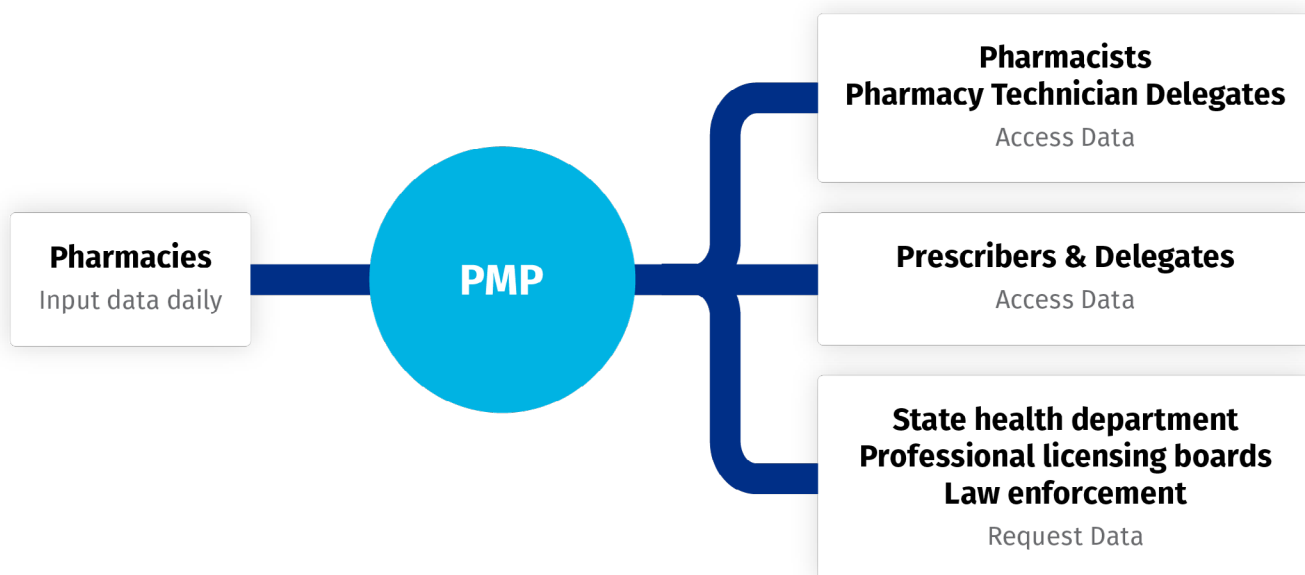


WHY WAS THE PMP CREATED?

Every day, 128 people in the United States die after an overdose involving either prescription or illicit opioids, according to the Centers for Disease Control and Prevention (CDC). To combat the opioid crisis, most states maintain PMPs to monitor controlled substances, inform prescribing and dispensing decisions, and save lives. Research funded by the National Institute on Drug Abuse (NIDA) found that state implementation of PMPs is associated with a reduction in opioid overdose deaths. Checking the PMP for every patient, every time is one small step that can make a big difference in the opioid crisis.

Figure 1.

How does the PMP work?



USING THE TEXAS PMP IS MANDATED.

Texas prescribers and pharmacists are required by law to check the PMP for every patient, every time, before prescribing or dispensing opioids, benzodiazepines, barbiturates or carisoprodol. Exceptions to checking the PMP are made only for patients who have been diagnosed with cancer or are receiving hospice care. Providers are not required to check the PMP before ordering controlled substances in the inpatient setting.

WHO CAN ACCESS THE PMP?

Health care providers with a DEA number may register for and access the PMP at txpmp.org or through Electronic Health Record or Pharmacy Management System integration (if applicable). The Texas PMP allows prescribers and pharmacists to designate an unlimited number of delegates to access the PMP on their behalf. Medical and pharmacy students, medical residents, pharmacy technicians, nurses, and administrative staff may be designated as delegates.

