

# OPIOID QUALITY IMPROVEMENT PLEDGE

For Health Care Professional Organizations and Practices

September 2016

## The United States is facing an opioid use crisis

- Approximately 2.5 million Americans have a substance use disorder related to opioids and heroin<sup>1</sup>.
- The U.S. consumes 80 percent of the world supply of prescription opioids<sup>2</sup>.
- In 2014, there were approximately 29,000 drug overdose deaths linked to opioids and heroin in our country, or about 80 people every day<sup>3</sup>.

## Take the pledge

We invite you to help drive change, and address this epidemic within your own patient community, by taking the pledge below. Cigna is committed to collaborating with you to help you provide the best possible care to your patients.

<p><b>We,</b> _____, <b>representing</b> ____ <b>health care</b></p> <p>Name of health care professional organization or practice #</p> <p><b>professionals, commit to:</b></p> <ul style="list-style-type: none"><li>• <b>Encouraging prescribers to individually sign the Surgeon General’s “<a href="#">Turn the Tide</a>” pledge (<a href="#">Turnthetiderx.org</a>):</b><ul style="list-style-type: none"><li>– Educate ourselves to treat pain safely and effectively</li><li>– Screen our patients for opioid use disorder and provide or connect them with evidence based treatment</li><li>– Talk about and treat addiction as a chronic illness, not a moral failing</li></ul></li><li>• <b>Taking steps to improve the quality and coordination of care for patients receiving opioids.</b></li><li>• <b>Reducing potentially avoidable opioid prescriptions when alternative therapies are available.</b></li></ul> <p>_____ Practice representative signature</p> <p>_____ Print name</p> <p>_____ Date</p>
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## Thank you for taking the opioid pledge

Please send your completed pledge to [PledgeResponses@Cigna.com](mailto:PledgeResponses@Cigna.com).

1. Rodolico, J. NPR, “Anatomy of Addiction: How Heroin and Opioids Hijack the Brain,” 12 January 2016.

2. American Society of Addiction Medicine, “Opioid Addiction: 2016 Facts & Figures,” 2016.

3. Rudd, R.A., et al. Morbidity and Mortality Weekly Report (MMWR), “Increases in Drug and Opioid Overdose Deaths – United States, 2000 - 2014,” 1 January 2016.

**Together, all the way.™**



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