

HEALTH ANALYSIS

We create metrics
to help you monitor
patient health



Pain Meds: When You Have Too Much of a Good Thing

If you have ever binged on sweets, you know that a bellyache soon replaces sugary satisfaction. One brownie is good. But, twenty? Consuming the right amount of chronic pain medication delivers ill or injured Sailors and Marines a necessary dose of relief; too much can have negative consequences for the individuals and the military.

Navy Medicine leaders from Healthcare Operations enlisted our expertise in health analytics to identify high-users of chronic pain medications and decrease overuse. To help them accomplish this, we developed a set of metrics. The metrics define what it means to be a high-user. Applying them allows more targeted care by honing in on those who meet the definition.

We analyzed active duty service members enrolled at a military treatment facility for a 12-month period. The result was a list of high-users and insight into their use of key services, such as behavioral health consultants and case managers. The analysis also revealed the number of personnel placed on limited duty. This information will allow BUMED to track reduction, improve care quality, and determine the potential impact to readiness.

To learn more about how we can create metrics to help you monitor the health of your population, contact us:

www.med.navy.mil/sites/nmcphc/health-analysis



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