

Supporting Patients and Physicians Navigating Non-Insured Health Benefits

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Acknowledgement

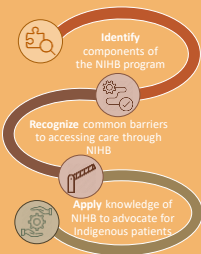
Let us acknowledge that we are gathered on the traditional territory of the Coast Salish People, including Musqueam, Squamish, and Tsleil-Waututh First Nations.



A useful resource for resources about and from Indigenous groups across Canada
www.native-land.ca

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Objectives



Presenters Disclosures

Aaron Livingstone, Physician at Wabano Centre for Aboriginal Health and Bruyère Continuing Care
 No grants, honoraria, consulting fees received

Steven Fisher, Owner of Vanier Pharmacy
 No grants, honoraria, consulting fees received

Disclosure of Financial Support

This presentation has not received any financial or in-kind support

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The systems serving Indigenous patients in Canada



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The coverage accessible to Indigenous patients in Canada



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Non-Insured Health Benefits Program

Provides eligible First Nations and Inuit clients with coverage for a range of health benefits that are not covered through other:

- Social programs
- Private insurance plans
- Provincial or territorial health insurance



NIHB Eligibility

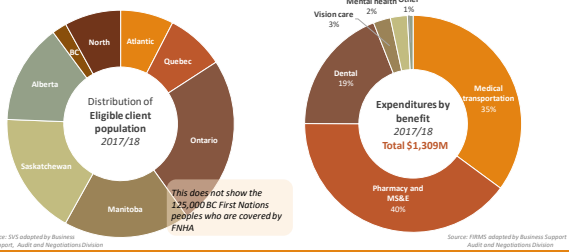
A resident of Canada who is:

- A registered Indian according to the Indian Act, or
- An Inuk recognized by one of the Inuit Land Claim organizations, or
- An infant less than eighteen months of age, whose parent is an eligible client

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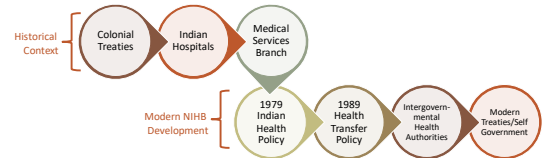
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NIHB Statistics: Eligible Population and Expenditures



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Historical context and development of NIHB



"A medicine chest shall be kept at the house of each Indian Agent for the use and benefit of the Indians at the direction of such agent"
 -Treaty Six

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Coverage

- Drugs and pharmacy coverage
- Medical supplies & equipment
- Mental health counseling
- Vision care
- Dental benefits
- Medical transport

- Over the counter medications
- Prescription medications
 - Open Benefits
 - Limited Use
 - Exceptions

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Coverage

- Drugs and pharmacy coverage
- Medical supplies & equipment
- Mental health counseling
- Vision care
- Dental benefits
- Medical transport

- Medical supplies
 - Dressings, bandages
- Medical equipment
 - Walkers
 - Wheelchairs
 - Orthotics, custom footwear, pressure garments
 - Prosthetics like an artificial leg
- Oxygen supplies and equipment
- Respiratory supplies and equipment
- Audiology benefits
 - Hearing aids and their repair

* Requires prescription by health professional

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Coverage

- Drugs and pharmacy coverage
- Medical supplies & equipment
- Mental health counseling
- Vision care
- Dental benefits
- Medical transport

- Coverage for initial assessment and up to 20 counseling sessions
 - Services must be provided by professional enrolled with NIHB
 - Up-to-date list can be provided by regional office.
- Crisis phone line available 24/7
 - First Nations and Inuit Hope for Wellness Help Line 1-855-242-3310

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Coverage

- Drugs and pharmacy coverage
- Medical supplies & equipment
- Mental health counseling
- Vision care
- Dental benefits
- Medical transport

- As provided by optician/optometrist
 - No need for referral
 - May have to pay up front if provider not registered with NIHB
- Periodic eye exams
 - <18 yo once yearly
 - >18 yo q2 years
- Corrective eyewear and repairs
 - <18 yo once yearly
 - >18 yo q2 years

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Coverage

- Drugs and pharmacy coverage
- Medical supplies & equipment
- Mental health counseling
- Vision care
- Dental benefits
- Medical transport

- Diagnostic services (e.g. examinations)
- Preventive services (e.g. scaling, polishing, sealants, fluorides)
- Restorative services (e.g. fillings)
- Removable prosthodontic services (e.g. dentures)
- Oral surgery, including extractions
- Orthodontic services, including braces

* More dental services are available than listed

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Coverage

- Drugs and pharmacy coverage
- Medical supplies & equipment
- Mental health counseling
- Vision care
- Dental benefits
- Medical transport

- Covers the travel costs (e.g. fares, meals, accommodations) to attend medically necessary health services that are unavailable in community of residence
- Eligible medical services could include:
 - Appointments with physician, dentist, optometrist
 - Hospital care
 - Addiction and detox treatments
 - Consultations with traditional healer
 - Mental health counseling

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Additional Federal Program: Jordan's Principle



Jordan River Anderson, October 22, 1999–February 2, 2005

Jordan's Principle makes sure all First Nations children living in Canada can access the products, services and supports they need, when they need them. Funding can help with a wide range of health, social and educational needs. Government of Canada

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Understanding the BC Context: The First Nations Health Authority

First Provincial First Nations Health Authority

- BC First Nations, BC and Federal Governments
- Transfer of Federal health programs, services, funding
- Community based-service to address health promotion and disease prevention

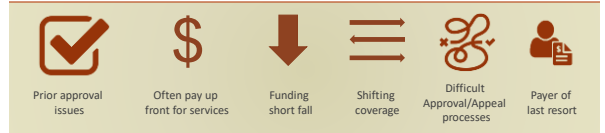


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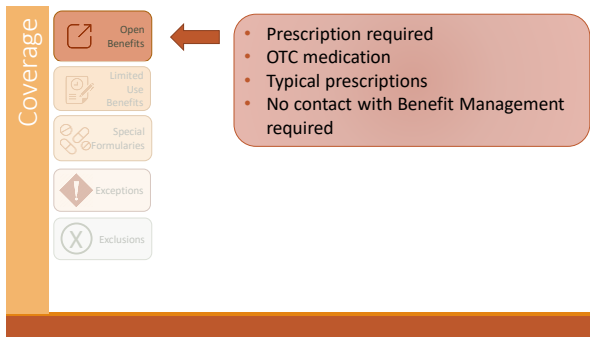
What are your experiences working with NIHB?

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Barriers to Access



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Over the Counter Medication covered in NIHB

<p>PHYSICIAN PRESCRIBED</p> <ul style="list-style-type: none"> - Acetaminophen - ASA - Calcium - Capsaicin - Cetirizine - Coal tar - Condoms - Deslorastadine - Dextran 70, - hydroxypropyl methylcellulose - Dimenhydrinate - Diphenhydramine 	<ul style="list-style-type: none"> - Electrolyte solution - Hydrocortisone - Lactase - Naproxen - Nicotine replacement - Sodium chloride - Sodium cromoglycate - Vitamin B1, B6, B12 - Vitamin C - Vitamin D3 - Zinc oxide 	<p>PHARMACIST INITIATED</p> <ul style="list-style-type: none"> - Bacitracin/polymyxin - Benzoyl peroxide - Bisacodyl - Clotrimazole combipak - Folic Acid - Ped/Prenatal Multivitamin - PEG 3350 - Permethrin - Sennosides - Sodium carboxymethyl cellulose
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NIHB Formulary: www.canada.ca/en/indigenous-services-canada/services/non-insured-health-benefits-first-nations-insult/benefits-services-under-non-insured-health-benefits-program/drugs-pharmacy-benefits/drug-benefits-list.html
 PNA OTC list with douglas: www2.gov.bc.ca/assets/gov/health/health-drug-coverage/pharmacare/pbnw-otc-meds.pdf

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Coverage

- Open Benefits
- Limited Benefits
- Special Formularies
- Exceptions
- Exclusions

1. Limited benefits that do not require prior approval
2. Benefits which have a quantity and/or frequency limit
3. Limited benefits which require prior approval

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Coverage

- Open Benefits
- Limited Benefits
- Special Formularies
- Exceptions
- Exclusions

1. Examples of No Prior Approval Required

1. Prenatal Vitamins (ages 12-50)
2. Multivitamins (Children up to 19)
3. Calcineurin Inhibitors (prior Rx for topical steroid)

2. Examples of Quantity/Frequency Limit

1. Levofloxacin - 14 tabs for 14 days, 14 day lockout
2. Nicotine replacement therapy - 3 treatment courses with 12 months

3. Conditions of Prior Approval Required

1. Majority of non-open access medications*
2. Specific criteria for approval
3. Limited benefits form that is faxed directly to prescriber

*Detailed list in subsequent slide

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Coverage

Limited Use Benefits

Common Limited Benefits Medications

<ul style="list-style-type: none"> - Buprenorphine/naloxone - Vancomycin - Piperacillin-tazobactam - Cholinesterase inhibitors - Formoterol/mometasone - Salmeterol - Salmeterol/fluticasone - Cyclobenzaprine - Direct oral anticoagulant - Diclofenac topical - Lacosamide - Triptans 	<ul style="list-style-type: none"> - Acamprosate - Atomoxetine - Montelukast - Bismuth - DPP-4 inhibitors - SGLT2 inhibitors - Calcineurin inhibitors - Inhaler spacers - Insulin pump supplies - Lancets - Glucose test strips
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Coverage

- Open Benefits
- Limited Use Benefits
- Special Formularies
- Exceptions
- Exclusions

- Palliative
- Chronic Renal Failure
- Active Cancer Treatment

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Coverage

- Open Benefits
- Limited Use Benefits
- Special Formularies
- Exceptions
- Exclusions

- Drugs not listed in general formulary
- Exception Drugs Request Form
- Recognized clinical indication
- Supported by evidence
- Drug is superior to listed alternative

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Coverage


- Open Benefits
- Limited Use Benefits
- Special Formularies
- Exceptions
- Exclusions

- Glucosamine
- Fertility treatments
- Impotence drugs
- Megavitamins
- Zopiclone
- Chlordiazepoxide
- Opioid containing cough preparations
- Hair growth stimulants
- Travel Vaccines

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Coverage

Medical Supplies & Equipment



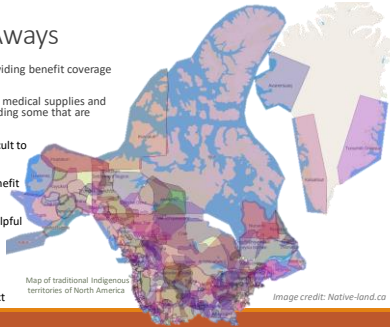
Medical supplies & equipment

- Open benefit examples
 - Tub grab bars
 - Shower seats
 - Commodes
 - Transfer benches
 - Automatic blood pressure machines
- Others require approval form
 - Available online
- Call regional office to confirm coverage

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Practical Take Aways

- NIHB is a Federal program providing benefit coverage for some Indigenous people
- There is a broad range of drug, medical supplies and other supports available, including some that are uncommon
- NIHB can be complex and difficult to navigate
- Use patient specific limited benefit forms
- NIHB navigators can be very helpful for patients and practitioners
- Building local connections with allied health is vital
- Know your local/patient context



Map of traditional Indigenous territories of North America
Image credit: Native-land.ca

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YOUR FEEDBACK IS IMPORTANT TO US!