

## **Test your practical understanding of daily MME in clinical practice**

1. Which of the following about Daily Morphine Milligram Equivalents (MME) is FALSE?
  - a. Daily MME helps assess risk of respiratory depression and overdose.
  - b. MME is NOT to be used to convert from one opioid to another.
  - c. The Centers for Disease Control and Prevention (CDC) recommends careful reassessment of benefits and risk when the total daily dose is  $\geq 50$  MME.
  - d. MME can only be used to assess risk in patients on one opioid.

Morphine Milligram Equivalents (MME) is a mathematical conversion that standardizes risk evaluation of the different opioids. If a patient has multiple opioid prescriptions, add together the MME/day for each individual prescription to get the total cumulative MME/day (correct answer is D).

2. What is the daily MME (i.e., MME/day) for a patient taking the following: Oxycodone HCl 20mg extended release tablets, 1 tablet every 12 hours?
  - a. 20
  - b. 40
  - c. 60
  - d. 120

The total daily dose in mg/day (40 mg [20 mg x 2 doses per day]) multiplied by the conversion factor for oxycodone (1.5) is a daily MME of 60 (correct answer is C).

3. Recent opioid guideline recommendations to address opioid doses  $\geq 50$  MME/day include:
  - a. More frequent follow-up visits and monitoring
  - b. Co-prescribing naloxone
  - c. Tapering to reduced opioid dose or discontinuation when few benefits compared to risk of harm
  - d. All of the above

Correct answer is D.

4. What is the daily MME (i.e., MME/day) for a patient taking the following: hydrocodone/acetaminophen 5/325 mg, 1 tablet every 6 hours, dispense #20?
  - a. 10
  - b. 20
  - c. 30
  - d. 60

The combination product hydrocodone and acetaminophen (brand name examples include Norco<sup>®</sup>, Vicodin<sup>®</sup>, Lortab<sup>®</sup>) is commonly prescribed. Hydrocodone is one of two opioids (the second is obviously morphine) that convert directly on a mg for mg basis to morphine and do not require an MME dose calculator conversion. In this example, the total daily dose (20 mg [5 mg x 4 doses per day]) equals a daily MME of 20 (correct answer is B).