

Prescription Pain Medication Steering Committee Meeting
February 19, 2007
9:00-11:00 in Room 216

Present:

Alan Colledge
Noel Taxin
Craig PoVey
Mitchell Jones
Kim Bateman
Marc Bennett
Martin Caravati
Teresa Garrett
Iona Thraen
Erin Johnson
Guest presenter: Lynn Webster
Guest presenter (via webinar): Hal Stockbridge

Next meeting: March 18 from 9:00-11:00 in Room 401 (please RSVP if you can not come)

1. Action items:

- a. Craig PoVey: identify resources physicians could easily access to address addicts that present in their office. "What does a doctor do with this 10% that is causing 90% of the problem in our offices"
- b. Iona: See how we can use the University Dept of Pain as a resource
- c. All: send any feedback on the current draft of the Table of Contents for the Guidelines to Erin by March 3.

2. Updates:

- a. Bob Rolfs is not present due to the death of his father.
- b. Noel Taxin is new with us this month: representing DOPL

3. Presentation on Washington State Guidelines by Dr. Hal Stockbridge:

- a. An outline of the presentation will be available on our website: (http://www.health.utah.gov/prescription/html/steering_committee.html) under "presentations" & "other resources"
- b. Here is a link to the Washington Guidelines and Opioid Dosing Calculator and CME credits: <http://www.agencymeddirectors.wa.gov/>
- c. The guidelines are only 11 pages--concise
- d. The Opioid Dosing Calculator has been very popular with docs (they say it is easy to use)
- e. There is a list made available online of pain management specialists in Washington for docs and patients to reference
- f. CME credit available about the guidelines
- g. Pg 10 of Guidelines: Collaborative Opioid Prescribing Education (COPE)
 - i. Online training to improve doctor-patient communications
 - ii. Free CME

iii. [Http://Depts.washington.edu/cme/online/course/EN0705](http://Depts.washington.edu/cme/online/course/EN0705)

- h. For the first year the guidelines have been recommendations (not enforced)
- i. Process: 3 yrs ago the Agency Medical Directors group created the guideline committee (with 20 specialists) and met 5-6 times in 1-2 yrs. They used a consensus process → reviewed literature according to Washington’s usual process (available on website). Contact Simone Javeher (360-902-5762) with any process questions.
- j. Discussion:
 - i. Alan-Is there a spreadsheet of negative side effects due to narcotic use
 - 1. Hal-Yes, in the opioid contract or agreement (some docs use this contract verbatim, some modify)
 - ii. Marty-any issues/problems about conversion of doses?
 - 1. Hal-Yes, Ini.wa.gov → medical treatment guidelines “controlled substance outpatient prescription of oral opioids for chronic non-cancer pain”
 - iii. Do the guidelines address the methadone issue?
 - 1. Hal-there is some added information on the website (not in the guidelines themselves) with detailed description on how to prescribe and do conversions for methadone. <http://www.aafp.org/afp/20050401/1353.html>
 - 2. Others: there should not be a conversion table with methadone (not scientifically based).
 - 3. We could keep the calculator excluding methadone.
 - iv. Iona- idea to take calculator (excel spreadsheet) and convert to hand-held format.
 - 1. Hal-great idea. If you do that, please send it us.
 - v. WA guidelines say that if you’re prescribing over 120 mg of morphine equivalent, the patient should be given to a pain management specialist.
 - 1. Alan-This could help patients to know their limit—they will know they can’t go beyond the 120 mg without being transferred.
 - vi. Kim-Telehealth can be difficult...we don’t have enough capacity to respond to the people who may sign up for telehealth
 - vii. Idea of making pain specialists available to do chart reviews

4. Presentation on Intervention Ideas by Dr. Lynn Webster:

- a. An outline of the presentation will be available on our website: (http://www.health.utah.gov/prescription/html/steering_committee.html) under “presentations” & “other resources”

- b. Action plan:
 - i. research: future
 - ii. education: present
 - iii. audience: patients, providers, public
- c. What Dr. Webster is currently doing:
 - i. Website, brochures, posters, working on academic detailing
 - ii. Some of these sponsored by the National Pain Foundation—for national distribution
- d. Everything is public domain and Dr. Webster is happy to share—both he and the steering committee share the goal of reducing deaths from prescription meds, so he will support anything that furthers this goal.
- e. Methadone should be targeted (only 10% of CS prescriptions are for methadone, but 40% of deaths)
- f. Partnerships: Utah Pharmacist Association (for pamphlets), Utah Medical Association (for poster), UDOH
- g. Discussion:
 - i. Kim-UDOH Steering Committee should be the intersection for all of these interventions
 - ii. HealthInsight wants to move forward ideas that the Steering Committee has agreed on.
 - iii. Iona- the academic detailing could be discussed by the Provider Behavior Change group
 - iv. If the stats are right, the picture on Lynn’s poster ought to be a 42 year-old man, rather than a young girl.
 - v. “take as prescribed” maybe should be “question what is prescribed to you” since many people are prescribed more than they may need.

5. Review Table of Contents: The latest draft will be sent to the Steering Committee for another round of comments and feedback. If you are editing the text, please do so in track changes.

- a. Added sections on pain patients who also have mental health and/or addiction problems.

6. Reflect on Advisory Committee meeting: The evaluation work group could be used to determine how we formally evaluate the guideline (following Washington State’s process and example). They could write the proposal of the evaluation process.

7. Other:

- a. Next meeting: Review and discuss timeline