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Opioid Prescribing Learning Collaborative

Session 1 - Introduction to the Opioid Prescribing and Overdose Prevention Toolkit

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June 22, 2023

Empowering patients, families and caregivers to achieve health care quality improvement

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Poll Question

How familiar are you with the 2022 Centers for Disease Control and Prevention (CDC) Clinical Practice Guideline for Prescribing Opioids for Pain?

- Not at all
- Somewhat
- Very
- I reference it often



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Objectives

Following today's presentation, you will be able to:

1. Discuss the importance of the new CDC Clinical Practice Guidelines for Prescribing Opioids for Pain.
2. Identify important topics related to prescribing opioids for pain.
3. Explain how the Superior Health Opioid Prescribing and Overdose Prevention Toolkit can support efforts to manage opioid prescribing.

Overview and Important Changes

Response to the Misapplication of the CDC 2016 Opioid Prescribing Guideline

Misapplication via laws, regulations and policies:

- Application to patient populations not covered in the 2016 CDC Opioid Prescribing Guideline (e.g., cancer and palliative care patients)
- Rapid opioid tapers
- Abrupt discontinuation without collaboration with patients
- Rigid application of opioid dosage thresholds
- Duration limits by insurers and pharmacies
- Patient dismissal and abandonment



Expands and Updates the 2016 Opioid Prescribing Guideline

2016 Guideline	2023 Guideline
Was misapplied through rigid laws, regulations and policies	Not intended to be implemented as absolute limits for policy or practice across populations by organizations, health care systems, or government entities. Emphasizes that it does not replace clinical judgment and individualized, patient-centered decision-making
Focused on Primary Care Physicians in outpatient settings	Expands the scope to additional clinicians. <ul style="list-style-type: none"> • dentists • clinicians managing postoperative pain in outpatients • clinicians providing pain management for patients being discharged from emergency departments Promotes integrated pain management and collaboration among clinicians / between clinicians and patients



Focuses on “weighing the benefits and risks” of prescribing an opioid for pain



Provides evidence-based information to be integrated into the patient’s individual needs and personal situation.

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Emphasizes “Assessing Risks and Potential Harms of Opioid Use”



The final five recommendations all involve attention to the potential for opioid-related harms to occur.

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The CDC's 12 Recommendations

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Determining Whether or Not to Initiate Opioids for Pain (Recommendations 1 & 2)



VS.



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Selection and Determination of Dosages (Recommendations 3, 4 & 5)



When initiating opioid therapy. Prescribe immediate-release opioids instead of extended-release and long-acting opioids - starting with the lowest effective dosage.

Exercise care when changing opioid dosage while optimizing nonopioid therapies. Tapering slowly if or when needed.



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Deciding the Duration of Prescriptions and Follow-up (Recommendations 6 & 7)

Prescribe no greater quantity than needed for the expected duration of acute pain.

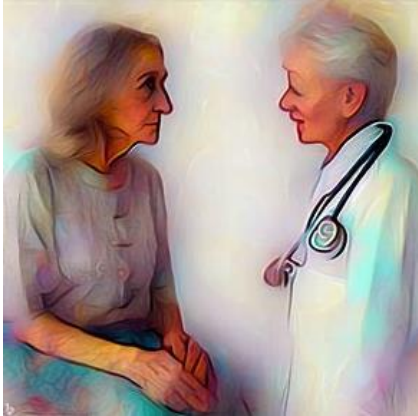
Reevaluate the benefits and risks with patients within 1–4 weeks of starting opioid therapy and regularly throughout the course of care.



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Assessing Risks and Potential Harms of Use (Recommendations 8-12)



- Evaluate the risk for opioid-related harms
 - Discuss risks with the patient
 - Create a plan to mitigate risks including offering Naloxone
- Review the Prescription Drug Monitoring Program (PDMP)
- Consider toxicology testing
- Use caution if co-prescribing benzodiazepines
- Offer or arrange treatment for opioid use disorder



Opioid Prescribing and Overdose Prevention Toolkit

Opioid Prescribing and Overdose Prevention Toolkit for Health Care Organizations
Last updated: June 15, 2023

Overview
Superior Health Quality Alliance is dedicated to helping community prescribers reduce opioid overdose and deaths. In their updated *Clinical Practice Guidelines for Prescribing Opioids for Pain*, the Centers for Disease Control and Prevention (CDC) states, "Opioids can be essential medications for the management of pain; however, they carry considerable potential risks." In the last couple of decades, evidence reports have ignited concern about the safety of these drugs, and overdose has been on the rise. The CDC reports that in 2021, a record number of Americans – more than 107,000 – died from drug overdoses.

The CDC's updated *2022 Clinical Practice Guidelines for Prescribing Opioids for Pain* is grouped into the four areas of consideration listed below. This toolkit contains resource materials and recommendations supporting these considerations and their 12 recommended prescribing best practices.

Opioid Prescribing Considerations	Resource Materials
Determine Whether or Not to Initiate Opioids for Pain (CDC Recommendations 1 and 2) Recommendations Determine the greatest use of non-opioid therapies that are generally as effective as needed for acute pain and chronic pain. Evaluate the patient's symptoms, confirm the diagnosis and work with patients to establish specific and measurable treatment goals.	<ul style="list-style-type: none"> • <i>Nonopioid Therapies for Pain</i> (CDC) • <i>2022 ALZ (Pain) with Appendix 1/Nonopioid Drugs</i> (National Center of Drug Information)
Select and Determine Opioid Dosages (CDC Recommendations 3, 4 and 5) Recommendations When initiating opioid therapy, prescribe immediate-release opioids instead of extended-release and long-acting opioids – starting with the lowest effective dosage.	<ul style="list-style-type: none"> • <i>Initiating Opioid Therapy</i> (CDC)
Weigh the benefits and risks. Exercise care when changing opioid dosages when replacing one opioid therapy. Tapering slowly if or when needed.	<ul style="list-style-type: none"> • <i>Nonopioid Therapies</i> (CDC) • <i>2022 Opioid Therapy Update for Chronic Pain</i> (CDC)

Source: <https://www.cdc.gov/pain/painmanagement/>

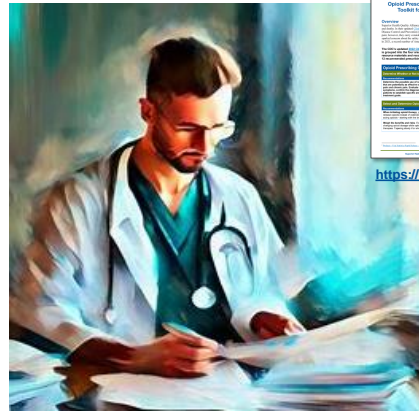
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<https://buff.ly/3qZleTz>



Toolkit Resources

- Links to additional CDC resources around opioids
- Other pain management guidelines
- 2019 Beers Criteria Pocket Guide
- Information regarding the removal of the X-Waiver
- How to obtain Narcan



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Toolkit Resources cont.

Screening Tools for Opioid Use Disorder

- [SOAPP-R \(d1li5256yqm7oi.cloudfront.net\)](https://d1li5256yqm7oi.cloudfront.net)
- [Opioid Risk Tool \(nih.gov\)](https://nih.gov)
- [TAPS Tool Parts I and II 508 compliant \(nih.gov\)](https://nih.gov)



<https://buff.ly/3qZleTz>

Toolkit Resources cont.



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Patient Education Resources

- Alternative treatments to opioids
- How to talk with your provider
- Safe storage and disposal
- Naloxone availability and use
- Fentanyl test strip resources
- Dangers of polysubstance use



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Introducing Rachel Dibble DNP, MSN, BSN, BS, RN, AGPCNP-C

- Rachel has over 11 years of health care experience.
- Her focus has been in the areas of palliative care, homecare, long-term care, quality assurance and management.
- She will be guiding us through our next five sessions as we take a deeper dive into the CDC's Clinical Practice Guideline for Prescribing Opioids for Pain.



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Upcoming Sessions

Future 30-Minute sessions will cover CDC recommendations one through 12.

- July 25, 2023
- August 22, 2023
- September 26, 2023
- October 24, 2023
- November 7, 2023

Register at
<https://buff.ly/43YxBiR>



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Questions?

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Continue the Conversation in

Superior Health Connect



Connect is a shared learning environment for Superior Health participants to come together to foster and promote an all-teach-all-learn climate that provides the framework to improve and sustain mutual health care quality improvement initiatives locally, regionally, and nationally.

<https://bit.ly/3BhfHc1>



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