

Evidence-Based Primary Pain Care

A New Opioid Guideline from Washington State



AMDG agency medical directors' group

A collaboration of state agencies, working together to improve health care quality for Washington State citizens.

Conference produced by L&I as part of the AMDG.



Washington State Department of
Labor & Industries

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Welcome

Gary Franklin, MD, MPH

Kathy Lofy, MD

David Tauben, MD



INTERAGENCY GUIDELINE ON PRESCRIBING OPIOIDS FOR PAIN

Developed by the Washington State Agency Medical Directors' Group (AMDG)* in collaboration with Senior State Officials, an Expert Advisory Panel, Actively Practicing Providers, and Public Stakeholders

*Written for Clinicians
who Care for Patients
with Pain*

3rd Edition June 2015

AMDG Opioid Guideline Update Committee Co-chairs:

Gary Franklin, MD, MPH

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Research Professor Depts. Environmental Health, Neurology,
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Daniel Lessler, MD, MHA

Chief Medical Officer, Washington State Health Care
Authority

David Tauben, MD

Chief, Division of Pain Medicine, University of Washington
Depts. of Medicine, Anesthesia and Pain Medicine

LEARNING OBJECTIVES

After participating in the full conference, participants will be able to:

1. Understand scientific evidence behind *safe opioid prescribing*.
2. Prevent opioid dose escalation that can lead to ineffective pain management, hospitalization and death, by learning how to *recognize inappropriate and ineffective dosing*.
3. Recognize signs & symptoms of patients who are at *high risk for poor outcomes with opioids*.
4. Properly *monitor patients* on chronic opioid analgesic therapy.
5. Apply effective strategies evaluating pain in *variety of patient populations & stages of pain*, and determine the best way to *manage pain while improving function*.
6. Prevent unnecessary chronic opioid use by learning about *non-opioid options* for effective pain management.
7. Access and use Washington's *Prescription Monitoring Program*.
8. Apply *opioid tapering techniques*, when needed.
9. Apply the latest information about opioid *use, misuse, addiction, and death*.
10. Follow *state and national recommendations* to lessen the epidemic of opioid misuse and abuse.

GUIDELINE ADVISORS AND CONTRIBUTORS

1. **David Beck MD**, Internal and Addiction Medicine, Kitsap Peninsula
2. **Randi Beck MD**, Group Health Cooperative, Seattle
3. **Richard Brantner MD**, Emergency Medicine and MQAC, Olympia
4. **Malcolm Butler MD**, Columbia Valley Community Health, Wenatchee
5. **Philip Capp MD**, Swedish Medical Center, Seattle
6. **Gregory T Carter MD, MS**, St. Luke's Rehab Institute, Spokane, and University of Washington
7. **Dianna Chamblin MD**, The Everett Clinic, Everett
8. **John Chang MD**, The Wellpoint Companies
9. **Pamela Stitzlein Davies MS, ARNP, ACHPN**, University of Washington, Seattle
10. **Dermot Fitzgibbon MD**, University of Washington, Seattle
11. **Andrew Friedman MD**, Virginia Mason Medical Center
12. **Deb Gordon RN-BC, MS, DNP, ACNS-BC, FAAN**, University of Washington
13. **Lucinda Grande MD**, Pioneer Family Practice, Lacey
14. **Chris Howe MD**, Valley Orthopedic Associates, Renton
15. **Ken Hopper MD**, Amerigroup Washington, Inc.
16. **Ray Hsiao MD**, University of Washington, Seattle

GUIDELINE ADVISORS AND CONTRIBUTORS

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21. **Thomas Paulson MD**, Amerigroup Washington, Inc.
22. **Patricia Read-Williams MD**, University of Washington Neighborhood Clinic, Issaquah
23. **Richard Ries MD**, University of Washington, Seattle
24. **Andrew Saxon MD**, VA Puget Sound Health Care System, University of Washington
25. **Michael Schatman PhD, CPE**, Foundation for Ethics in Pain Care, Bellevue
26. **Alyssa Stephenson-Famy MD**, University of Washington, Seattle
27. **Mark Sullivan MD, PhD**, University of Washington, Seattle,
28. **David J. Tauben MD**, University of Washington, Seattle
29. **Gregory Terman MD, PhD**, University of Washington, Seattle
30. **Stephen Thielke MD**, University of Washington, Seattle
31. **Gary Walco PhD**, Seattle Children's Hospital, UW School of Medicine
32. **Michael VonKorff ScD**, Group Health Research Institute, Seattle

DISCLOSURES

1. **Debra Gordon** is on advisory boards for Zogenix, Pazira, and Janssen.
2. **Lucinda Grande** will discuss off-label use of a variety of medications for chronic pain and for opioid withdrawal symptoms.
3. **Dan Lessler** has a relevant financial relationship with Johnson & Johnson, Abbvie, and Pfizer.
4. **Andrew Saxon** is an editor of *UptoDate* and will be discussing off-label use of a product and/or an investigational product.
5. **Alyssa Stephen-Famy** will be discussing off-label use of a product and/or an investigational product for pregnant and non-pregnant populations.
6. **Mark Sullivan** consults for Janssen and develops and disseminates CME on opioids for Opioid REMS program companies.
7. **David Tauben** is a speaker for ER/LA Opioid Analgesics REMS Program Companies, and support by NIH Centers of Excellence for Pain Education
8. **Michael Von Korff**, performs research on opioids for Pfizer and Campbell Alliance Pharmacy Consortium.
9. **Gary Walco** is a Pfizer consultant and will be discussing off-label use of a product

No other speakers report financial or other potential conflicts of interest

MORNING SCHEDULE

| Time | Topic | Lead |
|-------|---|--|
| 8:00 | Welcome | Gary Franklin, MD, MPH Kathy Lofy, MD David Tauben, MD |
| 8:15 | The Opioid Epidemic: Overview and a Look to the Future The role of state and federal government and emerging federal policy | Chris Jones, PharmD, MPH |
| 9:00 | What is the Evidence on the Safety and Effectiveness of Opioids? How is dose related to morbidity and mortality? Defining dependence and addiction. | Jane Ballantyne, MD |
| 9:30 | Highlights of the 2015 AMDG Interagency Guideline on Prescribing Opioids for Pain Will be available in June at www.AgencyMedDirectors.wa.gov | David Tauben, MD |
| 10:00 | Break | |
| 10:15 | Non-opioid Treatment Options and Preventing Ineffective Chronic Opioid Analgesic Therapy | Andrew Friedman, MD |
| 10:45 | Prescription Monitoring Program in Washington State | Chris Baumgartner, BS |
| 11:15 | Opioid Use in Patients with Mental Health and Substance Use Comorbidities | Mark Sullivan, MD, PhD |
| 11:45 | Weaning Off Opioids and Initiating Treatment for Opioid Use Disorder | Andy Saxon, MD Charissa Fotinos, MD |
| 12:15 | Lunch | |



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UW Medicine
PAIN MEDICINE

AFTERNOON SCHEDULE

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|------|--|---|
| 1:00 | <p>Panel: Lessons from the Front Line – Caring for Chronic Pain Patients in the Primary Care Setting</p> <ul style="list-style-type: none"> ▪ How the guideline is used in managing chronic pain patients ▪ How to integrate the PMP into your practice, and triggers for checking the PMP (e.g. new patient, red flags) ▪ How to communicate with your patients who have aberrant behaviors | <p><i>Michael Von Korff, ScD – Moderator</i> Lucinda Grande, MD Paul Williams, MD Patricia Read-Williams, MD Phillip Capp, MD</p> |
| 2:00 | <p>Opioids during the Perioperative Period</p> | <p>Greg Terman, MD, PhD</p> |
| 2:30 | <p>Break</p> | |
| 2:45 | <p>Panel: Opioid Use in Special Populations</p> <ul style="list-style-type: none"> ▪ Pregnancy and Neonatal Abstinence Syndrome ▪ Pediatrics ▪ Older adults ▪ Cancer survivors | <p><i>Dan Lessler, MD – Moderator</i> Alyssa Stephenson-Famy, MD Gary Walco, PhD Deb Gordon, RN, DNP, FAAN Pam Davies, ARNP, MS, ACHPN</p> |
| 3:45 | <p>Panel: Pain Care Innovations in Health Care Systems</p> <ul style="list-style-type: none"> ▪ Group Health ▪ Collaborative Care for Pain ▪ Everett Clinic ▪ VA Pain Care in Patient Aligned Care Team (PACT) | <p><i>Gary Franklin, MD, MPH – Moderator</i> Michael Von Korff, ScD Jeanne Sears, PhD, MS, RN, PHN Erica Peavy, MD, CPE Stephen Hunt, MD, MPH</p> |
| 4:45 | <p>Closing Remarks</p> | <p>Gary Franklin, MD, MPH David Tauben, MD Kathy Lofy, MD</p> |