

# Opioid Review and MAT Clinic Changing Physician Culture

February 21, 2018

# Announcements



**“Be brave enough to  
start a conversation  
that matters.”**

**-Dau Voire**

# Learning Objectives

- Identify the events that led to opioid overprescribing
- Facilitate the reeducation of the prescribers

# Physician Culture

- The big issue- multiple generations in clinic
  - Post 2010 approx. → there are changing attitudes towards opioid prescribing
  - The big question → how do we change prescribing habits of doctors that we “encouraged” to treat pain with narcotics- and other physicians who are high prescribers

# Education

- CDC guidelines- Page 16
- CDC guidelines outline the risk of opioids
  - Increased risk of concurrent benzo use
  - Comorbidities that increase risk such as COPD, asthma, and sleep apnea
  - Increased risk at dosages > 50 MME and lack of significant benefit above 90 MME, but substantial increase in mortality
  - Lack of data to show long term benefit of opioids beyond 2 months
  - Lack of data to show long term beyond 3 months with benzodiazepine use

# DHS Opioid Improvement Project

- To begin this year: monitoring physicians prescribing habits for patients with state supported insurance programs, initially not punitive

# Address Physicians Concerns Regarding Time

- Monitoring takes time
  - Have nurse obtain care plan
  - LPN can get access to PMP
  - Nurse obtains UDAS (and confirmatory)
  - Nurse coordinator reviews refills
  - “Urine expert”



# Information That Helps Change Physician Attitude

- Calls from the police
- Urines that are unexpected
- Phone calls from family
- Pill counts that are off
- People that walk out when asked to give sample or sign care plan
- Calls from DHS
- Trusted patients that have unexpected arrests or unexpected urines
- Chronic pain patients receiving narcotics that come in for heroin addiction/buprenorphine



# Approaching Physicians

- Clinic needs lead physician
- Never accusatory- you are there to support
- Being “thrown under the bus”
- Support your position with data
- Offer help with taper (pharmacy)
- Not everyone is receptive
  - Discuss DHS initiative
  - Insurance company restrictions
  - Risk, risk, risk
  - OD death- Mayo Clinic story

# Summary

- Educate and support high prescribers
- Make CDC guidelines page 16 available
- Support and monitor tapers
- Make prescribers understand there will be consequences
- OD deaths occur and can result in medicolegal issues