

How to Build a Controlled Substance Review Committee in Your Primary Care Clinic: Why? Who? How?

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Disclosures

None

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Roadmap

- Audience questions
- Why develop a controlled substance review committee?
- How could we do it?
- · Who will this benefit?
- Take-home points

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Audience Questions

- Does your clinic currently have a controlled substance review committee?
 - Yes
 - No

Audience Questions

- Do you have in your clinic, or are you member to, a behavioral health team?
 - Yes
 - No

Audience Questions

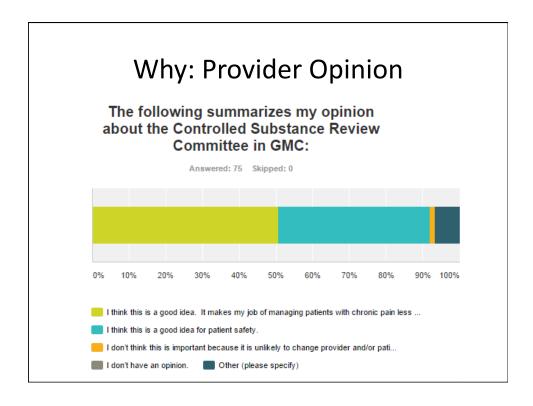
- Do you have pharmacy support in your clinic?
 - Yes
 - No

Audience Questions

- Have you taken care of ≥ 5 patients suffering from chronic pain?
 - Yes
 - No

Roadmap

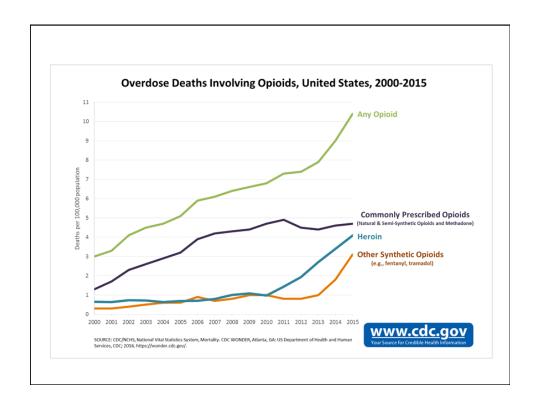
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Provider Survey

- Anonymous, web-based survey of providers in the Richard Fine People's Clinic at ZSFG
 - Urban, academic teaching clinic, Internal Medicine
- Respondents (n=76)
 - 55% residents, 37% attendings, 6% NPs
 - Majority with <5 patients taking chronic opioids





Remember the Guidelines

- CDC Opioid Guidelines*
 - Opioids not 1st line
 - Non-pharm. and non-opioid tx are preferred
 - Chronic opioids often start with acute rxs. Use lowest dose, <3d
 - Limit MME to <50mg daily
 - Monitor closely: urine drug screen, PDMP, risk/benefit



https://www.cdc.gov/drugoverdose/pdf/guidelines_factsheet-a.pdf

Peer Review

- Peer review
 - Process whereby provider(s) evaluate the quality of their colleagues' work in order to ensure that prevailing standards of care are being met
 - Origins in the 19th century when standardization of care was needed to protect the public
 - Required by joint commission (peer credentialing)

Why: Evidence Base

- Opioid Peer Review
 - Chart review tool in a family medicine clinic (n=99 charts, 14 FCM MDs):
 - <u>Patients</u>: >60% of patients with "agreement violation" before intervention, 28% with multiple violations, mean dose 76mg/day MME
 - Intervention:
 - chart review by anonymous peer (MD or pharmacist, 3/mo)
 - form filled out (based on prior 6 months),
 - optional in chart

Penti B et al. J Opioid Manag 2016;12(4):269)

CONTROLLED SUBSTANCE REVIEW FORM

Please:

- · Limit chart review to last 6 months.
- · Please document how time to complete form.

Medical record

PCP being reviewed (initials):

What controlled substance? (Please circle, & write dose & amount of pills)

	Dose/amt of tabs		Dose/amt tabs per
	per month:		mon
Oxycodone/Percocet		Fentanyl	
Morphine/MS contin		Suboxone	
Ativan/Lorazepam		Methadone	
Klonopin (Clonazepam)		Codeine/Tylenol 3	
Dilaudid (hydromorphone)		Vicodin (hydrocodone)	
Tramadol (ultram)		Flexeril	
Valium (Diazepam)			

Other:_____

 $Indication\ for\ controlled\ substance\ (ie\ back\ pain,\ fibromylgia,\ etc):$

Number of PCP Clinic visits in past 6 months. Does not include phone contact or visits to other providers in ACC clinic.

Is there evidence of narcotic contract in the chart? (either narcotic contract printed at somepoint, or other evidence of discussion done?)

Is the patient in violation of controlled-substance policy by any of the below items:

any of the below items.		
Failing to arrived at scheduled follow-up appointments (either PCP or referred specialist)	YES	NO
Failure to submit to requested urine testing or pill counts (or abnormal results on urine tox or pill count)		
Increasing dose of meds without discussing w. PCP		
Seeking early refills		
Calling after hours for refills		
Getting controlled substances from other healthcare providers without discussing with PCP		
Not treating staff respectfully		
Misrepresenting facts or failing to discuss info to providers		

OTHER:

If patient has violated narcotic contract, how many documented violations exist?

Table 4. Provider practices per charts reviewed (n = 99)		
Percentage of patients with documented controlled substance treatment agreement in chart	50.1	
Percentage of patients with urine drug screens in past 6 months None 1 2 3 or more	35.0 20.5 18.0 26.5	
Percentage of patients with UDT, with abnormal results (n = 26)	41	
Among patients with abnormal UDT, patient with Prescribed drug missing (n = 20) Abnormal drug present (n = 7)		
Percentage of patients with a random pill count in past 6 months		
Percentage of charts with provider documentation of decreased pain or improved quality of life		
Percentage of charts with provider documentation of symptoms that can be explained by possible side effects from controlled substance		

- Opioid Peer Review
 - Outcome:
 - mean decrease 2.6mg MED/day (v. 7mg/d increase before intervention)
 - 16% taken off meds
 - "I have greatly benefited from it and would certainly support a standardized approach."

Why: Case 1

- 62yo M with hx of COPD, CAD, DM (poorly controlled), HTN, HCV, HL, R knee trauma s/p surgery with ongoing chronic pain on opioids, and seizure disorder coming for follow-up with PCP.
- Primary complaint is poorly controlled pain. Pain is excruciating (10/10); he's newly in wheelchair, and quite depressed "all I do is lay in bed and sleep"
 - Requesting early refill and dose increase of opioids
 - Reports taking friend's methadone to control his pain because current meds not sufficient
- Current meds:
 - Oxycodone 20mg 1-2 tabs po TID
 - Morphine sulfate CR 60mg po tid
 - Clonazepam 2mg PO tid
 - MEQ = 300mg/day

Case 1

- · Patient perspective
 - My pain is out of control. I need more of my medicine. I know what helps me. Why can't you increase my dose.
- Provider perspective
 - You are already on extremely high dose, but you are clearly suffering.
 - You are clearly depressed, but haven't engaged with behavioral health. You missed the ortho appointment to discuss your total knee replacement, but I started these meds.



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How Could We Do It?

- RFPC Controlled Substance Issues (CSI) Committee
 - Who: 1 RN, 1 behavioral health clinician (LCSW), 1 pharmacist, 1 medical assisstant, 1 MD
 - When: monthly meetings, 1 hour long, over lunch hour
 - Number of Cases Reviewed: 1-4
 - Means of Referral:
 - providers (preference)
 - external referral (RNs, front-line staff)
 - · registry data

How Could We Do It?

- RFPC Controlled Substance Issues Committee
 - Process:
 - Provider fills out intake form* →
 - Committee* discusses case and reviews additional information
 - Alternative pain treatments being used,
 - PAR,
 - urine drug screen data,
 - attendance at appointments,
 - behavioral health involvement →
 - Recommendations sent to provider by email
 - *optional in/out of official medical record

How Could We Do It?

- RFPC Controlled Substance Issues Committee
 - Process:
 - Provider fills out intake form* →

metimes just an

Committee* discusses case and reviews additional information

Provider usually not there

- Alternative pain treatments being used,
- PAR,
- urine drug screen data,
- attendance at appointments,
- behavioral health involvement →
- Recommendations sent to provider by email

Move *optional in/out of official medical record towards IN the record given size of

How Could We Do It?

- · If done well
 - Reviews are supportive, not punitive
 - · Pools knowledge and resources
 - Provides "external" perspective
 - Assist with patient communication (if possible)
 - Institutional support
 - Clinical FTE, blocked patient(s) slots
 - Public acknowledgment

Vellow Flags These are behaviors that might suggest opioid abuse or diversion, but might also be rational and normal responses to undettreated pain in to fear of pain. They have a low specificity for abuse and diversion. Any control of the property of

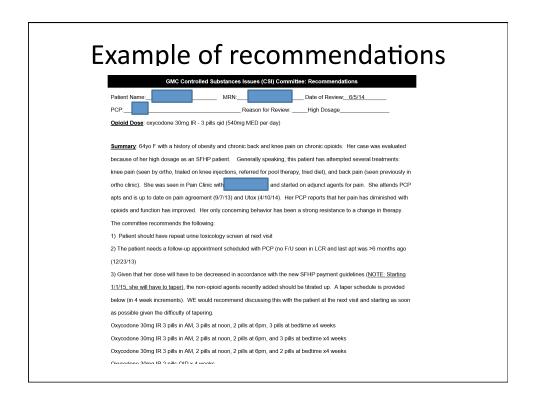
(Required) Current medication list, including controlled substances, up to date in ECW?

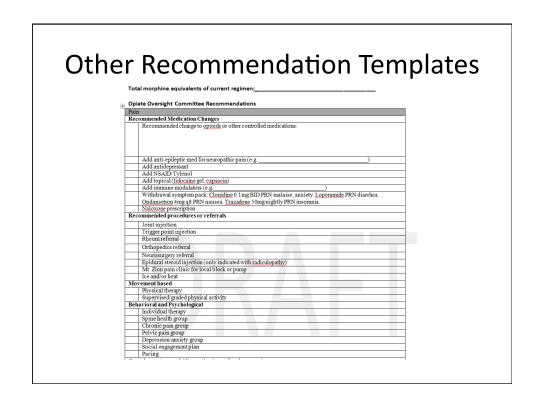
Yes

No

Has pain improved with opioid therapy? □Yes □No □Unknown

If unknown, please explain:





Case Continued

- 62yo M with hx of COPD, CAD, DM (poorly controlled), HTN, HCV, HL, R knee trauma s/p surgery with ongoing chronic pain on opioids, and seizure disorder coming for follow-up with PCP.
- Primary complaint is poorly controlled pain (10/10); he's newly in wheelchair, depressed "all I do is lay in bed and sleep"
 - Requesting early refill and dose increase of opioids
 - Reports taking friend's methadone to control his pain because current meds not sufficient
- MED = 300mg/day

Case

- Over the past 6 months patient has struggled with outpatient follow-up & chronic disease management:
 - No-shows to appointments (DM clinic, orthopedics to discuss knee replacement, neuro to discuss seizure regimen)
 - Does not bring meds for med reconciliation
 - Seen in ED for seizure etoh level neg
 - Reports to PCP that he passed out a week ago and fell down stairs w/LOC – HCT neg. Sleepy at apt.
- Urine drug screens are frequently abnormal:
 - neg oxycodone,
 - pos methadone,
 - neg BZD
- Pain is terrible only ancillary agent is gabapentin for pain

Case

- Patient was referred to clinic controlled substance review committee. Committee recommended:
 - Utox at next visits and if abnormal, taper meds
 - Review controlled substance agreement
 - Discuss methadone
 - Rx naloxone
- Patient had repeat utox that was abnormal (pos methadone, neg oxy). PCP did not elect to taper meds given complaints of uncontrolled pain.
- Patient found dead 3 months later.
 - Cause of death: opioid overdose

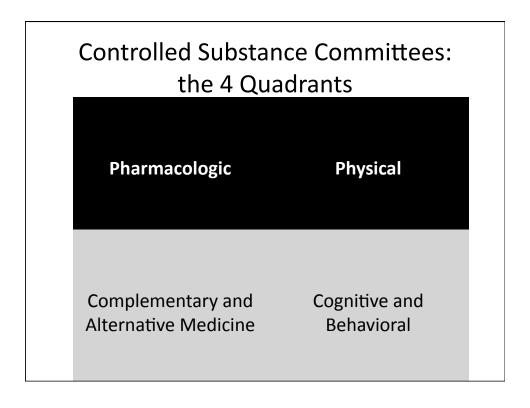
Controlled Substance Committees: Pain v. Addiction

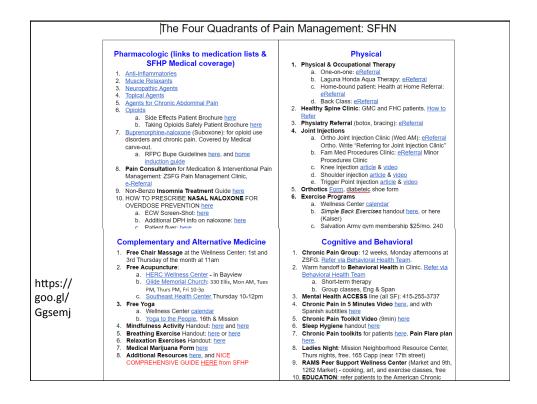
- Distinguishing between pain and an opioid use disorder?
 - Opioid use disorder
 - 4 Rs
 - Risk of bodily harm
 Recent episode of passing out;
 - Relationship trouble
 - Role failure
 Laying in bed all day, doing nothing
 - Repeated attempts to cut back
 - 4 Cs
 - Loss of Control
 Sleepy at visits
 - Continued use despite harm
- Time/\$ for methadone
- Compulsion (time & activities) need more pills, early refill requests
- Craving

Mild: 2-3 criteria Moderate: 4-5

Severe: 6+

Withdrawal and tolerance





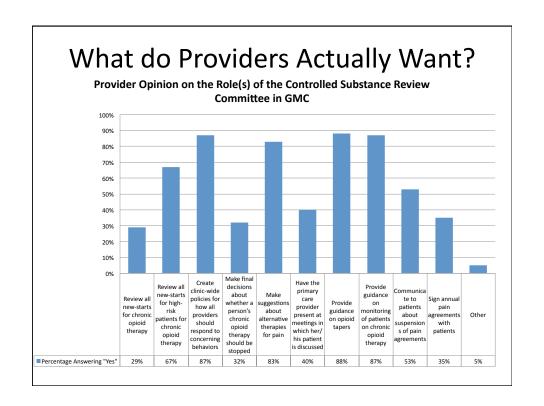
Another Referral

- LE is a 65yo M with a hx of DJD, remote "substance abuse," HTN, HCV, and depression presenting for follow-up. He has been on long-standing chronic opioid therapy for DJD pain with the following:
 - Oxycontin 180mg po tid
 - Methadone 20mg po tid
 - MEQ = 1400 mg

- Has repeatedly abnormal urine drug screens, including:
 - Absence of oxycodone
 - Presence of opiates (morphine)
 - Presence of benzodiazepines (not prescribed)
- Oxycodone not high enough to control his pain. He is also prescribed ibuprofen. He declines knee injection and has not attended physical therapy (despite reschedules and reminders from PCP).
- Given repeated concerning behaviors despite warnings, provider initiated taper.
- Next urine drug screen positive for heroin and patient referred to CSI.

CSI Recommendations

- Given history and recurrent concerning behaviors with poor pain control, recommendations made to change patient to buprenorphine-naloxone
- Epilogue
 - Patient has been stable on bupe-nal >6 months
 - "I'm so glad I'm off Oxycontin"

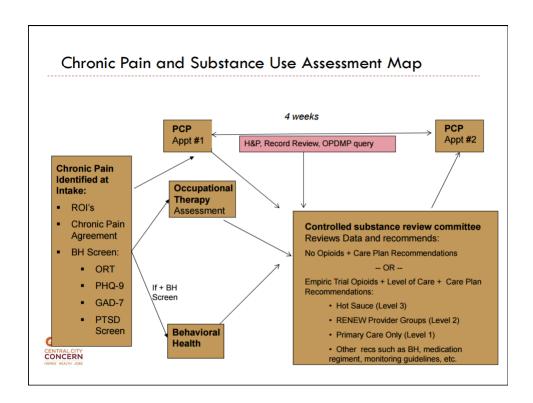


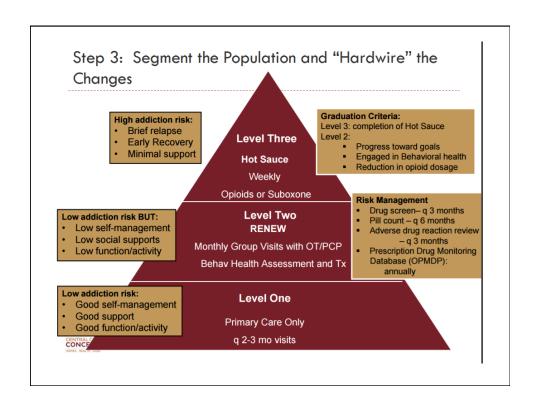
Other Clinics (aka, my colleagues and friends)

- Family Health Center: Pain Squad
 - Once monthly peer review
 - Used to be twice monthly to discuss clinic policies/ panel management
 - · Bulk of work in policies & population management
 - Start: RN, clerk, MA, MD, PA, NP, psychologist → Now: data manager, QI lead, MD, PA, NP, psychologist (lunch provided)
 - Email recommendations, optional to put in medical record

Other Clinics

- Tom Waddell Urban Health Center "Yellow Flag Committee"
 - Twice monthly peer review, facilitated discussion
 - Referrals by providers, often from team meetings
 - Meetings in AM (during clinic closure)
 - Recommendations emailed to provider
- · Central City Concern, Portland
 - Reviews all new starts, all episodes of misuse or misconduct, and provides guidance on complex cases





Who Will This Benefit?

- Patients
 - More eyes, more ideas, greater perspective
 - Maintain relationship with PCP
- Providers
 - "I don't have to be the 'bad guy."
- Staff
 - Changed the culture of opioid prescribing in our clinic
 - We know who to ask for help

Cautious Optimism: Downsides

- Time
 - Wrangling schedules is difficult and participant time
- Buy-In
 - Providers need enough time to respond and/or take action on the recommendations
 - Providers may (often) disagree with recs (what if in medical record?)
- Needs a Champion
- Down-Stream Effects
 - PCP change requests (leadership support)
 - Opioid refugees

Take-Home Points

- Controlled substance review committees are perceived by providers to be helpful in provider support & enhancing patient safety.
- Review committees have many possible designs:
 - In-person meetings with facilitated discussion
 - Individual, anonymous chart review
 - Provider panel review
- Opioid peer review is associated with a decrease in amount of opioids received by patients.
- Success of a review committee will depend on interest by providers, support by leadership, and a willingness to engage on this topic by colleagues.

Resources

- Intake Form
- Reviewer Form
- Chart Review Tool (BU)

Questions?







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Stay online after the webinar ends and you will be connected to the post webinar quiz and evaluation.

You will also receive a link via email.

