

Sample Topics for Waiver Prescriber Mentor Meetings

Instructions

Several health plans have created formal mentoring programs in which they pair newly trained providers with experienced providers who are able to answer questions and offer advice and coaching. Some health plans have also established mentor groups that meet regularly and discuss a range of topics related to opioid safety and pain management.

The list below includes suggested topics and related subtopics for such mentor meetings. This list is not exhaustive and should be tailored to the specific challenges the mentee is facing.

Topic	Subtopics
Chronic Pain	<ul style="list-style-type: none">• Opioid use disorders and pain• Pain self-management strategies• Pediatric pain• Geriatric pain
Complementary and Alternative Treatments for Pain	<ul style="list-style-type: none">• Buprenorphine for pain treatment• Medical cannabis• Herbal medications• Nonmedication therapies• Integrative pain care• Dietary supplements• Acupuncture• Other
Addiction	<ul style="list-style-type: none">• Introduction to addiction• Opioid-tapering methodologies<ul style="list-style-type: none">○ How to start○ Opioid selection and dosage○ Patient follow-up and adherence monitoring○ Assessing risk and avoiding harm○ Resources• Specific pain conditions<ul style="list-style-type: none">○ Headache○ Muscle pain○ Painful rheumatological conditions○ Fibromyalgia○ Neuropathic pain○ Myofascial pain syndrome○ Others
Special Populations	<ul style="list-style-type: none">• Pain and Native American culture• Vulnerable and underserved populations• Pregnant women and babies with neonatal abstinence syndrome• Minors
Hands-On Skills	<ul style="list-style-type: none">• Myofascial exam

This resource is part of the CHCF Opioid Safety Toolkit. Learn more at chcf.org/opioidsafetytoolkit.

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Topic	Subtopics
	<ul style="list-style-type: none"><li data-bbox="586 260 906 289">• Trigger point injections<li data-bbox="586 296 850 325">• Tapering methods<li data-bbox="586 331 899 361">• Physical therapy exam<li data-bbox="586 367 854 396">• Neurological exam<li data-bbox="586 403 704 432">• Other

Topics adapted from UC Davis Health Center for Advancing Pain Relief, Project ECHO Chronic Pain and Opioid Management, and Providers Clinical Support System Mentoring Resources.