



Pain Standards Task Force
PacificSource Community Solutions – Boardroom
2965 NE Conners Ave, Bend OR 97701

Agenda: June 3, 2015 from 7:00am-8:00am

Call-In Number: 866-740-1260
7-Digit Access Code: 3063523

1. **7:00-7:05** **Introductions – All**

2. **7:05-7:10** **Opening Remarks – Dr. Swanson**

3. **7:10-7:20** **Data Collection –Dr. Little/Dr. Swanson/Rebeckah**
 - **PDMP**

4. **7:20-7:35** **Central Oregon Pain Guide Website (www.copainguide.org) - Rebeckah**

5. **7:35-7:45** **Bend Treatment Center – Matt Owen**

6. **7:45-8:00** **Task Force Updates - Dr. Swanson/Rebeckah**
 - **Grand Rounds**
 - **Southern Oregon Pain Conference: “A Thoughtful Approach to Pain Management”**
 - **Webinar: “Chronic Pain Management & Opioid Therapy”**

Action Item: Please test run the webinar and provide any feedback to Rebeckah before it goes live on our website. Rebeckah will send out the link to register.

Consent Agenda:

- **Approval of the draft minutes dated May 13, 2015 subject to corrections/legal review**

CME COMMITTEE AGENDA

May 28, 2015

TOPIC	PRESENTER	TIME
I. MINUTES: 3/26/15	Committee	0700—0705
II. CME PROGRAM PURPOSE & MISSION: Final Review/Approval	Committee	0705—0720
III. GRAND ROUNDS TOPICS	Sheila Jordan	0720—0735

1) **Pain Standards Task Force Grand Rounds series**

The Pain Standards Task Force is a group of providers representing various organizations within Central Oregon. They have joined the Task Force to address the topic of opioid prescribing and complex chronic non-cancer pain in our region. The focus for year one is to provide education and awareness of the adopted best-practice prescribing guidelines for opioids, as well as the risks of prescribing over the 120mg morphine equivalency daily limit. We are hoping to work toward an endorsement event in December that providers will attend and agree to support the best-practice guidelines and prescribe within the 120mg limit.

Assessed Need: Prescription opioids are the leading drug type in overdose hospitalizations (Oregon Public Health Hospital Discharge Database). More Oregonians die from prescription drug overdose than from heroin and cocaine combined (Oregon Center for Health Statistics Vital Records).

Learning Objectives: The focus for year one is to provide education and awareness of the adopted best-practice prescribing guidelines for opioids, as well as the risks of prescribing over the 120mg morphine equivalency daily limit.

Community Benefit: To reduce overdose hospitalizations and overdose deaths for Central Oregon.

Core Competencies: Medical knowledge, Patient Care and Procedural Skills, Interpersonal and Communication Skills

“Opioid Prescribing Guidelines” - Proposed Speaker: Dr. Jim Shames (to coincide with the upcoming Central Oregon Summit to Reduce Rx Abuse)

“Chronic Pain and Depression” - Proposed Speaker: Dr. Ralph J. Koek,— to occur in September during Pain Awareness month.

“Managing Long-Term, Non Cancer Pain Without Opioids” - Proposed Speaker: Dr. Catriona Buist – to occur during October or November

“The Link Between Acute & Chronic Pain” – Proposed Speaker: Dr. James Rathmell
Timing: to occur in December and coincide with the opioid prescribing guidelines and 120mg morphine equivalency limit endorsement presentation and dinner.

2) ***“Reversing the Jenny McCarthy Effect: Promoting and Maintaining Community Immunity”***

Proposed speaker: Jill Johnson, Immunization Program Coordinator, Deschutes County Public Health

Assessed Need: Non-medical vaccination exemptions far surpass medical exemptions. In Deschutes County this year, for example, out of 1,907 kindergartners, 159 had nonmedical exemptions while 2 had medical exemptions. Crook and Jefferson counties had no kindergartners this year with medical exemptions. Deschutes County has the highest nonmedical exemption rate among kindergartners in the state, and schools on Bend’s West side had *nonmedical exemption rates of 30 percent or more.*

Community Benefit: Childhood Preventive Health and Education Source: St. Charles Health Community Needs Assessment; Improve Immunization Rates in Central Oregon Source: Central Oregon Health Authority

Learning Objectives: 1) Discuss the pros and cons of childhood vaccinations. 2) Overcome parents’ fear that childhood vaccinations cause autism. 3) Learn how to talk to parents about vaccines and provide them with current information on the benefits.

Core Competencies: Interpersonal and Communication Skills, Professionalism



**MINUTES OF A MEETING OF
THE PAIN STANDARDS TASK FORCE
CENTRAL OREGON HEALTH COUNCIL
May 13, 2015 from 7-8:00am – PacificSource Boardroom**

Task Force Members Present (In-Person)

Steve Mann, Chair (COIPA and High Lakes Healthcare)
Hal Sexton (Deschutes County Behavioral Health)
Kim Swanson (St. Charles Medical Group)
Muriel DeLaVergne-Brown (Crook County Health Department)
Gary Allen (Advantage Dental)
Alison Little (PacificSource)
Robert Andrews (Desert Orthopedics)
David Holloway (Bend Memorial Clinic)
Sharity Ludwig (Advantage Dental)
Rob Ross (St. Charles Medical Group)
Tina Patel (PacificSource)
Christine Pierson (Mosaic Medical)
Pam Tornay (Central Oregon Emergency Physicians)
Divya Sharma (Mosaic Medical and COIPA)
Rebeckah Berry (COHC)
Lindsey Hopper (COHC)
Zachary Powers (PacificSource Intern)

Task Force Members Present (Call-In)

Kyle Mills (Mosaic Medical)
Angela Kimball (Innovator Agent - OHA)

Guest (Call-In)

Dwight Holton (CEO, Lines for Life)

Did Not Attend:

Rick Treleaven (BestCare Treatment Services)
Penny Patterson (PacificSource)
James Nelson (The Center)
Jessica LeBlanc (Mosaic Medical and Bend Treatment Center)
Laura Pennavaria (La Pine Community Health Center)

1. Task Force Updates

- Ralph J. Koek, MD, Clinical Professor of Psychiatry, David Geffen School of Medicine, UCLA will be speaking on “Chronic Pain and Depression” during Grand Rounds in September. This speaker was approved due to the connection with the community goal to raise awareness of overuse and appropriate use of narcotics. Rebeckah is completing Grand Round forms to be reviewed by the Education Steering Committee. If the speakers are approved, Rebeckah will work with St. Charles to schedule the dates. We would like to have Dr. Shames present at some point in July, aligning with the Central Oregon Summit to Reduce Rx Abuse. Dr. Buist could be scheduled at some point in October or November, and Dr. Rathmell would present during the endorsement dinner the evening before a Grand Rounds presentation in December.
- Dr. Sharma suggested that it might be wise to include Bend Treatment Center (BTC) in the PSTF. Rebeckah met with Matt Owen from BTC and he plans to join us for the June meeting. Dr. LeBlanc is a PSTF member and works at the BTC two mornings a week. Due to her BTC work schedule, she is unable to attend the PSTF monthly meetings. Rebeckah has reached out to Dr. LeBlanc to set up a time to meet with her once a month on PSTF projects and events.
- Rebeckah let the group know that she is in the initial stages of developing a website to support the efforts of the PSTF within Central Oregon. The site will offer resources for providers, tools, educational opportunities, and basic community resources. The hope is that the site will continue to grow with the development of the PSTF work. The site URL is: www.copainguide.org
- Rebeckah asked what resources are available that are open to all individuals in our community for addressing chronic pain in alternative ways.
 - Dr. Pierson mentioned that Mosaic is in the early development stages of building a pain clinic for their patients. This program would only serve Mosaic clients.
 - Dr. Swanson discussed St. Charles Family Care’s pain clinic for primary care patients and their bio psychosocial approach, which requires patients on opioids to attend. Dr. Swanson stated they are still working on the evolution of the program for higher risk populations. The program has the following components:
 - Morphine equivalent caps
 - Cognitive Behavioral Therapy is offered through pain school
 - Classes include 4 sessions – attendance varies
 - Patients on opioids are required to attend the program

ACTION ITEM: There was a discussion regarding HERC guidelines. A request was made to provide feedback for low back pain due to be released January 1, 2016. Please submit any feedback to Angela Kimball at angela.a.kimball@state.or.us or Lindsey Hopper at Lindsey.hopper@cohealthcouncil.org

FOLLOW-UP TO ACTION ITEM: The HERC guidelines have been adopted and will go into effect January 1, 2016. More information will be provided at the June PEP and PSTF meetings.

2. Data Collection

- The group discussed potential sources for data collection. Rebeckah let the group know that the PMDP is willing to offer de-identified data on a recurring basis to the group to support its efforts. PSTF members all agreed this was a good idea and felt population-based data from the PDMP would be valuable to share with the community and also with clinics and prescribers in our area.
 - Dr. Little agreed to set up a meeting to discuss the PDMP data opportunity in greater detail and agree upon a set standard of measurement so our data may be consistent with data from PDMP, PSCS and St. Charles.

[Dr. Little, Dr. Ross, Dr. Swanson, Sarah Kingston, Tina Patel and Rebeckah will be meeting on May 27 to define metrics to request from PDMP]

3. Chair/Champion Update

- The group discussed the potential chair candidates and agreed to endorse Dr. Swanson for the Chair and champion role in upcoming task force work and projects.
- Rebeckah and Lindsey agreed to work with Dr. Swanson to put forth a request to St. Charles Health System to support Dr. Swanson to serve as Chair.

[Dr. Swanson had received support from her boss and has accepted the Chair position for the PSTF.]

4. Community Grant Application

- The Oregon Community Foundation (OCF) Community Grant Program addresses community needs and fosters civic leadership and engagement throughout the state of Oregon. The application deadline is July 15. Rebeckah asked the group for support to apply for funding to develop a media campaign to create awareness around opioid use, abuse, and alternatives for complex chronic non-cancer pain management.

- PSTF members endorsed the Community Grant Application for media campaign funding.

[Rebeckah will begin working on this application in June.]

5. Central Oregon Summit to Reduce Rx Abuse

- Dwight Holton introduced himself and discussed his work and development of the summit. Mr. Holton convened the first statewide Prescription Drug Abuse Summit in the nation, bringing together leaders to shed light on the epidemic of Rx abuse and build solutions.
- The action plan from the Eastern Oregon Summit was presented to the Task Force with the main mission of preventing overdose, misuse and abuse of amphetamines and opioids, both prescription and illicit.
 - Overall goals include:
 - Reduce the number of prescription pills in circulation by improving prescribing practices.
 - Reduce the volume of unwanted and unused pills to reduce risk of abuse.
 - Improve access to treatment and improve treatment strategies.
 - Increase community collaboration with special emphasis on young people to achieve all of these goals.
 - Educate and mobilize communities to take action to reduce overdose, abuse, and misuse of both prescription and illicit amphetamines and opioids.
- PSTF members agreed to support the Summit in Central Oregon. Mr. Holton hopes the Summit will occur July 2015.

6. Reminder

ACTION ITEM: Please connect with Rebeckah or complete the Doodle poll to help determine a regular PSTF meeting time that is separate from the monthly PEP meeting time.

FOLLOW-UP TO ACTION ITEM: Regularly scheduled PSTF meetings will now occur the first Wednesday of every month from 7-8am. Provider Engagement Panel meetings will go back to occurring the second Wednesday of every month from 7-8am.

- The next PSTF meeting is June 3, 2015 from 7-8am at PacificSource Community Solutions in the Boardroom.
- The next PEP meeting is June 10, 2015 from 7-8am at PacificSource Community Solutions in the Boardroom.