



Pain Standards Task Force
PacificSource Community Solutions – Suite 210
2965 NE Conners Ave, Bend OR 97701

Agenda: October 4, 2017 from 7:00am-8:00am

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

1. **7:00-7:05** Introductions—All
2. **7:05-7:20** 2018 Event Planning—Dr. Swanson
 - BHC Learning Collaborative Continuation?
 - Buprenorphine Waiver Training
 - Max’s Mission
3. **7:20-7:35** Performance Improvement Project—Stevi Bratschie
 - Opioid Prescribing Limits
4. **7:35-7:45** QHOC Update—Dr. Little
6. **7:45-8:00** Monthly Updates—Dr. Swanson
 - St. Charles Opioid Coverage Follow Up—Dr. Ross
 - Take Meds Seriously Oregon—Julie Spackman
 - Benzodiazepine Symposium—Dr. Swanson
 - Pain 101 Update—MaCayla Arsenault
 - Opioid Grant Workshop—MaCayla Arsenault

Consent Agenda:

- Approval of the draft minutes dated September 6, 2017 subject to corrections/legal review

Behavioral Health Consultants Chronic Pain Learning Collaborative

THIS IS YOUR OPPORTUNITY TO:

- Reduce the risk of opioid-related deaths
- Implement standardized best practices into primary care settings
- Develop collegial and supportive relationships amongst BHCs in the region

BRING YOUR LUNCH AND JOIN US

*from 11am-1pm in the DeArmond Room at the
Deschutes County Building - 1300 NW Wall St. Bend, OR*

June 23	Chronic Pain & Psychological Co-Morbidities That Impact Prognosis and Course of Medical Treatment	2 CE credits
Sept 22	Risk Mitigation in Chronic Pain Management and the BHC's Role	2 CE credits
Dec 15	Role of Family in Chronic Pain Management	2 CE credits

A total of 6 CE credits are approved through the National Association of Social Workers

PLEASE RSVP AT:

<https://bhclearningcollaborative.eventbrite.com>

Sponsored by the Pain Standards Task Force of the Central Oregon Health Council

The vision of the Pain Standards Task Force is to create a healthcare system that embodies compassionate patient-centered, holistic and evidence-based chronic or persistent non-cancer pain care.



OHA Quality and Health Outcomes Committee (QHOC) September 11, 2017
 Salem, 500 Summer Street, NE, Conference room: HSB 127 A-d

[Meeting Packet](#)

[Additional Handouts](#)

Clinical Director Workgroup

Topic	Summary of Discussion Impacted Departments	Action Needed
Welcome/ Announcements -Chair Discussion	<ul style="list-style-type: none"> • Presenter: Mark Bradshaw • ACTM: call for diabetes prevention proposals 	
HSD Update	<ul style="list-style-type: none"> • Presenter: Kim Wentz • Leadership positions in flux: 3 Director positions that need to be filled • Patrick Allen is interim OHA Director • CMO to be selected before month's end • CFO-CEO: split into two distinct positions <ul style="list-style-type: none"> ○ Laura Robinson: Business CFO ○ Christina Coutts: COO • August 11th: pharmacy changes to opioid coverage for FFS- memo sent to CCOs along with tapering resources • Ancillary services list was published on Friday, September 4th 	

<p><u>PH Modernization</u></p>	<ul style="list-style-type: none"> • Presenters: Sara Beaudralt, Safina Koerishi • CCO and PH Opportunities for partnership: <ul style="list-style-type: none"> ○ Shared meeting with 3 PH Directors and CCO Leadership ○ Guiding principles developed to provide more structure for collaboration between CCOs and PH • PHAB has developed PH accountability metrics to track progress towards the modernization of OR's PH system • Legislature included \$5 million in the OHA budget for PH modernization to: <ul style="list-style-type: none"> ○ Fund regional approaches for communicable disease control ○ Reduce health disparities • Developed a Collaboration Framework to show shared priorities and roles between CCOs and PH 	
<p><u>Health Services Funds</u></p>	<ul style="list-style-type: none"> • Presenter: Veronica Gurerra • Moved presentation to October QHOC meeting 	
<p><u>HERC Update</u></p>	<ul style="list-style-type: none"> • Presenter: Cat Livingston, Ariel Smits • New Chronic Pain Task Force: looking at non-covered forms of chronic pain <ul style="list-style-type: none"> ○ Meeting in 2 weeks ○ Goal: address people with chronic pain without covered services ○ Looking at services that do not have coverage, to see if there is any type of coverage available, or if additional 	<p>Question: What are CCOs doing about pain clinics and pain doctors? What is covered by the CCO?</p>

	<p>conditions should be included on guideline note 60 (Opioids)</p> <ul style="list-style-type: none"> • Dental meeting: <ul style="list-style-type: none"> ○ Discussing 2018 CPT Codes ○ First Tooth Program: risk assessment, fluoride varnish, CPT code for PCP to apply varnish ○ Doing work around dental providers prescribing opioids • Genetics meeting in October: Readdressing high risk breast cancer type genes <ul style="list-style-type: none"> ○ Coverage guidance on prenatal genetic testing has been retired • Minutes: ancillary list is now available • September agenda: medications that are not cost-effective are up for review <ul style="list-style-type: none"> ○ Only taking nominations for medications from P&T ○ Creating a statement of intent • EBGS Updates • Multi-sector interventions <ul style="list-style-type: none"> ○ Reviewed prevention of unintended pregnancy; unclear how this guidance would be used, committee is requesting feedback on what would be useful to payors • Minimally invasiveness and non-corticosteroid interventions for LBP (radiofrequency denervation of facet joint): remain non-covered • Ovarian cancer prevention: opportunistic salpingectomy <ul style="list-style-type: none"> ○ Recommended for coverage using reference-based pricing 	
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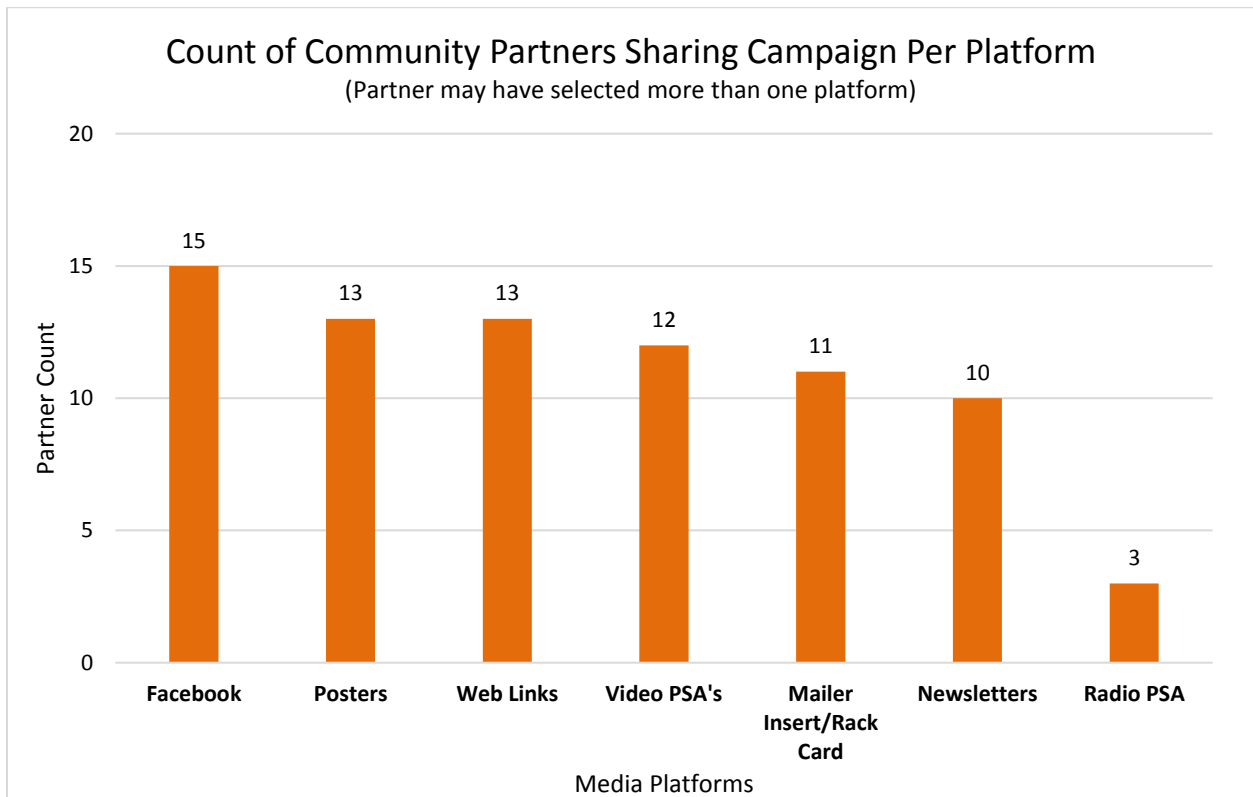
	<ul style="list-style-type: none"> • Multisector intervention on suicide prevention – will be reviewing next, scoping statement open for comment, OHA is planning a survey • HTAS Updates • Colorectal Cancer Screening: covers traditional methods of screening and not the new methods • Continuous glucose monitoring: guideline will allow more members to qualify. Guideline effective Jan. 2018 • HERC next meeting: September 28th • Will address adding drugs to Prioritized List • Carried over from last meeting: Intestinal cystitis, peripheral nerve injury, testicular prosthetic • Working on Statement of Intent: Covering ancillary and diagnostic services • New Group: Chronic pain task force will meet in 2 weeks <ul style="list-style-type: none"> ○ Will address non-covered chronic pain: what will be covered? ○ Need for physical and behavioral health in the clinic • Exclusion list of DME items removed from Durable Medical Rulebook in July: Federal Regulation does not allow exclusion list of DME items • Discussion of new line 660 to be in January 1, 2018 prioritized list: It will address treatments with little or no clinical benefit and will include DME items. 	
Quality and Performance Improvement Session		
Topic	Summary of Discussion	Action Needed

<p>Welcome/ Announcements</p>	<ul style="list-style-type: none"> • Presenters: Jennifer Johnstun, Lisa Bui • Lisa and Carla will be co-chair of committee starting in January • ECU Measure: 15-17 y/o will be added to current count: primary care; tubal ligation will be included in assessing incentivized metric in 2018. • Privacy for the teens was discussed. It was addressed when discussing the addition of the teens to the metric, but determined it was important to add. 	
<p><u>TQS Update</u></p>	<ul style="list-style-type: none"> • Presenter: Lisa Bui • EQR/QA/PI Review and TQS: <ul style="list-style-type: none"> ○ EQR of QA/PI is specific to the Managed Care CFR ○ Based on Federal regulation and further defined by OHA's 1115 Waiver and CCO contract language ○ EQRO is required to review whether CCOs meet Federal regulation and contract requirements for QA/PI • TQS and EQR review have similar elements, but are separate requirements • TQS will meet annual QAPI contractual requirements • Reviewed Q&A from August QHOC 	
<p>Items from the Floor</p>	<ul style="list-style-type: none"> • 	

TakeMedsSeriouslyOregon.org

22 Confirmed Community Partners

1. Advantage Dental
2. Bend Police Department
3. BestCare Prevention Services
4. Cascade Security
5. Central Oregon Community College
6. Central Oregon Health Council
7. Central Oregon Independent Practice Association
8. Community Pharmacy at St. Charles
9. Crook County Health Dept.
10. Drug Mart Pharmacy
11. Endeavor Chiropractic, LLC
12. Family Resource Center of Central Oregon
13. Hawthorne Health Arts Center
14. Mosaic Medical
15. Oregon State University Extension Service
16. PacificSource Health Plans
17. Planned Parenthood Columbia Willamette
18. PNW Adult and Teen Challenge
19. Shared Future Coalition
20. St. Charles Health System
21. United Way of Deschutes County
22. Volunteers in Medicine Clinic of the Cascades



AGENDA

Chronic Non-Cancer Pain 101 Provider Workshop

October 20th, 2017

- 7:30am** Registration
- 8:00am** Opening Comments
Kim Swanson, PhD - Behavioral Health Director, Mosaic Medical Center
- 8:15am** Physiological Effects of Addiction on the Brain
Eric Geisler, MD - Medical Director, Serenity Lane
- 9:15am** Opioid Diversion: Where Do They End Up?
Rick Quintero - Diversion Program Manager, Drug Enforcement Administration
- 10:15am** Break
- 10:30am** Risk Mitigation and Opioid Tapering
Paul Coelho, MD - Oregon Pain Management Commission
- 11:30am** Marijuana for Chronic Non-Cancer Pain: Weeding Through the Evidence
Launette Rieb, MD, MSc, FCFP, DABAM - Clinical Associate Professor, University of British Columbia
- 12:30pm** Break / Lunch Served
- 1:00pm** Lunch / Non-Pharmacological Interventions Panel Discussion
Physical Therapy: Allison Suran, PT, GCFP - Healing Bridge
Acupuncture: Steven Foster-Wexler, LAc - Alpine Acupuncture
Chiropractic: Marie Rudback, DC - Endeavor Chiropractic
Massage: Emma Maarenen, LMT - Central Oregon Community College
Psychotherapy: Scott Safford, PhD - St. Charles Family Care
Yoga: Suzie Newome, LMT - Namaspa
Regenerative Injection Therapy: Payson Flattery, ND, DC, DAAPM - Center for Integrative Medicine
Questions & Answers
- 2:15pm** Break
- 2:30pm** Non-Opiate Medication Options; Compounding, Topicals
Natalie Gustafson, PharmD - Pacific Compounds Pharmacy
- 3:30pm** Break
- 3:45pm** Nutrition and Pain Management
RanDee Anshutz, RD, LD & LMT, NCTMB - Synergy Health and Wellness
- 4:45pm** Closing Remarks
Kim Swanson, PhD - Behavioral Health Director, Mosaic Medical Center

SPEAKER BIOS

Eric Geisler

MD - Medical Director,
Serenity Lane

Dr. Geisler currently serves as the Director of Medical Services at Serenity Lane Treatment Center. He primarily speaks on addiction and treatment for drugs, alcohol and opioids, and has presented numerous times at the University of Oregon and Lane Community College. He graduated Cum Laude from Youngstown State University and completed medical school at Northeastern Ohio University's College of Medicine.

Rick Quintero

Diversion Program Manager,
Drug Enforcement
Administration

Rick Quintero is a Diversion Program Manager with the Drug Enforcement Administration assigned to the Seattle, Washington Field Division. Mr. Quintero earned a Bachelor of Science in Kinesiology with a Health Science minor from the University of Texas in El Paso. Mr. Quintero has also received several awards from the DEA and was a popular speaker at law enforcement training seminars throughout the Denver area during his time at the Denver office.

Paul Coelho, MD -

Oregon Pain Management
Commission

Dr. Coelho is board certified in Physical Medicine & Rehabilitation and subspecialty certified in Pain Medicine. He completed medical school at the University of Chicago. His fellowship training in spine and pain management was at Kaiser Permanente Oakland and he was awarded the Fisher-Peabody award for excellence in 2002.

Launette Rieb

MD, MSc, FCFP, DABAM
- Clinical Associate
Professor, University of
British Columbia

Dr. Rieb is a Clinical Associate Professor in the Department of Family Practice at the University of British Columbia, Canada. She is a diplomat of the American Board of Addiction Medicine. She was the co-creator and initial Physician Director of the BC Centre for Substance Use Addiction Medicine Fellowship. Dr. Rieb's research interests are in opioid withdrawal pain and inner city addiction issues. Dr. Rieb is the recipient of a UBC Post Graduate Teaching Award.

Natalie Gustafson

PharmD - Pacific
Compounds Pharmacy

Dr. Gustafson specializes in a holistic approach to medicine, with a focus on compounded medications. She's been published in Naturopathic Doctor News and Review where she discussed optimal thyroid management, and is an invited speaker for organizations such as the National University of Natural Medicine (NUNM), the Oregon Association of Naturopathic Physicians (OANP) and the British Columbia Naturopathic Association (BCNA). She is the Director of Pharmacy at Lloyd Center Pharmacy.

RanDee Anshutz

RD, LD & LMT, NCTMB
- Synergy Health and
Wellness

RanDee Anshutz studied Massage Therapy at East West College of the Healing Arts in Portland, Oregon. While studying there she also worked under Physical Therapists learning about treatment for injury rehabilitation. In addition to private practice she has worked in athletic clubs, resort day spas, and universities. She specializes in treatment massage, with a deep tissue focus, in order to get people out of pain and back in action. This year marks her 18th year as a massage therapist.

PANELIST BIOS

Allison Suran
PT, GCFP - Healing
Bridge

Since earning her degree in physical therapy in 1987, Allison's own passion and expertise has revolved around caring for the chronic pain population. She completed her four-year training program to become a Feldenkrais® Practitioner in 1996 and began full-time practice two years later. Since then she has continued to pursue her interests of holistic/integrative medicine, mindfulness, positive psychology, and understanding sleep, a prevalent issue in chronic pain.

Steven Foster-Wexler
LAc - Alpine Acupuncture

Steven A. Foster-Wexler, LAc received a Master of Acupuncture and Oriental Medicine degree from the Oregon College of Oriental Medicine. Steven's acupuncture license is issued by the Oregon Medical Board and is certified by the National Commission for the Certification of Acupuncture and Oriental Medicine. Steven is also certified by the National Acupuncture Detoxification Association to treat chemically dependent drug and alcohol clients.

Marie Rudback
DC - Endeavor
Chiropractic

Marie Rudback is a board certified Chiropractic Physician with licensure in the State of Oregon. Dr. Rudback completed her doctoral education at the University of Western State, with undergraduate degrees from the University of Oregon and Central Oregon Community College. Dr. Rudback addresses acute and chronic pain through correction of skeletal joint dysfunction and rehabilitation of musculoskeletal injuries.

Emma Maarenen
LMT - Central Oregon
Community College

Emma Maarenen is a fifteen year veteran practitioner in the field of Orthopedic, Neuromuscular and Sports Massage Therapy. She founded Focus Bodywork LLC in Salt Lake City, UT where a team of Physical Therapists, Manual Therapists and Movement Therapists collaborate to return athletes to top level performance after sports, orthopedic or neurological injuries.

Scott Safford
PhD - St. Charles Family
Care

Scott Safford, PhD is a Licensed Clinical Psychologist at St. Charles Health System working as an embedded Behavioral Health Consultant in primary care in Bend, Oregon. He has worked for St. Charles in integrated primary care for over 5 years and worked in a multi-disciplinary medical clinic for 3 years prior to this, providing individual and group therapy interventions for a broad range of health conditions, including chronic pain. He co-created the Integrated Chronic Pain Treatment program for St. Charles primary care settings and assisted with writing the controlled substance policies for St. Charles Medical Group.

Suzie Newcome
LMT - Namaspa

Suzie Newcome, the founder of Namaspa, 500hr Certified Baptiste Teacher and member of the Baptiste Teacher Leader Faculty, a group of senior teachers who lead Baptiste programs around the country. Suzie is a certified Power Vinyasa Yoga Teacher and Licensed Massage Therapist.

Payson Flattery
LMT ND, DC, DAAPM
- Center for Integrative
Medicine

Dr. Payson Flattery is the medical director and founder of the Center for Integrated Medicine. He is a Board Certified Naturopathic Physician and Chiropractor licensed in the state of Oregon, a Diplomat of the American Academy of Pain Management and member of the AAOM, OANP, and the ACA. Dr. Flattery specializes in integrative orthopedic medicine with an emphasis on chronic pain and illness.



Pain Standards Task Force
PacificSource Boardroom
Bend, Oregon
September 6, 2017

Present:

Kim Swanson, St. Charles Family Care, Chair
Gary Allen, Advantage Dental
Matthew Cook, St. Charles Health System
Muriel DeLaVergne-Brown, Crook County Health Department
Alison Little, PacificSource
Sharity Ludwig, Advantage Dental (call-in)
Marie Rudback, Endeavor Chiropractic
Scott Safford, St. Charles Family Care
Divya Sharma, Mosaic Medical
Julie Spackman, Deschutes County Health Services
Tom Watson, Rebound Physical Therapy

Absent:

Misoo Abele, Veterans Administration
Robert Andrews, Desert Orthopedics
Wil Berry, Deschutes County Behavioral Health
Shanna Geigle, Veterans Administration
Jennifer Laughlin, St. Charles Medical Group
Jessica LeBlanc, Bend Treatment Center
Laura Pennavaria, La Pine Community Health Center
Christine Pierson, Mosaic Medical
Michael Powell, St. Charles Health System
Kerie Raymond, Hawthorne Healing Arts Center
Robert Ross, St. Charles Medical Group
Pamela Tornay, Central Oregon Emergency Physicians
Rick Treleaven, BestCare Treatment Services

Others Present:

MaCayla Arsenault, Central Oregon Health Council
Stevi Bratschie, PacificSource
Laurie Hubbard, Deschutes County Health Services

Jessica McDonald, Deschutes County Health Services
Donna Mills, Central Oregon Health Council
Kelsey Seymour, Central Oregon Health Council
Crystal Sully, Deschutes County Health Services

Introductions

- Members introduced themselves and their respective organizations and guests were welcomed to the meeting.

Living Well With Chronic Pain Update & Evaluation Results

- Crystal Sully shared that the Living Well program now has different pre and post surveys for participants. Dr. Kim Swanson asked how leader recruitment was going. Crystal shared that due to the high demand for this type of program, several clinics have committed staff members to leadership training and classes for 2018. Dr. Swanson asked what support this program needs from the PSTF. Crystal replied that connections in offices are helpful, and she may ask this group for help making contact with clinics.

Acute Pain ER Patient Example

- Dr. Divya Sharma shared that a patient of her colleague was seen in the ER for a sprained ankle and was prescribed opioids. This patient did not mention in the ER that he suffers from chronic pain, and after getting the prescription for the acute issue, he began demanding opioids for his chronic condition. Dr. Sharma clarified that this patient had not been using opiates in the past, so there was no red flag in the PDMP. She posed the question, “were opiates even indicated in that setting?” Dr. Swanson asked if this group has done enough to educate providers on opioid prescribing for acute pain. Several members of the PSTF shared examples of minor acute injuries for which large amounts of opioids were prescribed.
- Tom Watson suggested that a letter of suggestion be sent to the Pain Management Commission, recommending that opioid prescribing education be completed by medical students in order to be licensed.
- Dr. Swanson shared that the average length of time it takes for the medical community to adopt guidelines is 13-17 years.
- Dr. Gary Allen noted that chronic pain guidelines have been developed for the dental community, but he has not seen any recently on acute pain.
- Dr. Sharma suggested that ER providers and dentists be addressed specifically on this issue. Dr. Swanson agreed that she and MaCayla would research potential speakers on this topic.
 - **ACTION:** Dr. Swanson and MaCayla will research potential speakers on the subject of acute pain prescribing.
- Dr. Scott Safford shared that some of the doctors in the ED are contracted there, they are not employees, and with the system of “press gaining” they generally get better reviews if they prescribe pills. Crystal noted that a move away from opioids would affect reimbursement as well.

- Marie Rudback suggested contacting the Oregon medical and dental boards to change local licensing requirements.
- Dr. Allen shared that he has heard of a pharmacist who focuses on evidence-based prescribing.
 - **ACTION**: Dr. Allen will find out the name of the pharmacist who speaks on evidence-based prescribing.
- Laurie Hubbard offered to collect an anonymous testimonial from a heroin user who credits opioids with the start of his pathway to illegal drugs.
 - **ACTION**: Laurie will obtain the anonymous testimonial.

Provider Messaging Draft Review

- Dr. Swanson asked for input on the letter she drafted for messaging to providers about the positive change in prescribing rates. Input included:
 - Changing “2104” to “2014”
 - Second to last sentence, adding, “and dental” to “daily medical practice”
 - Adding dental guidelines
 - Adding a second paragraph on areas for more work to do on acute issues
- Dr. Swanson promised a final version would be available for review at the October meeting.

Take Meds Seriously Oregon Launch

- Julie Spackman shared that the Take Meds Seriously Oregon is planned to launch between now and June with predetermined themes each quarter. She showed a PSA video filmed for this campaign featuring local community leaders, and noted that there is also a radio version of the same PSA and a shorter version of the video. She noted that they may be partnering with other counties in the state to roll out this campaign.
- Julie shared that campaign materials will likely be shared with community partners in a cloud-based folder, and asked members to please contact her or Jessica McDonald for access.

Behavioral Health Learning Collaborative

- Dr. Swanson shared that the September 22nd collaborative topic will be Risk Mitigation and the Role of the BHC, and currently 8 attendees are enrolled.
- Dr. Swanson asked what the PSTF hopes to achieve with this learning collaborative, and how they will know when it has been achieved. She asked if they would like to continue this effort in 2018.
- Laurie asked if any attendees are therapists from Deschutes County Health Services. Dr. Swanson replied that there are no participating therapists from DCHS at this time.
 - **ACTION**: Dr. Swanson will invite DCHS therapists to the Learning Collaborative.
- Dr. Little shared that she is grateful this work is being done, and noted that the State is looking at replicating this effort in other CCOs.

Prescription Drug Overdose Grant Update

- MaCayla Arsenault shared that a grant is being received from DCHS; part time coordinators are being hired to increase Naloxone trainings, PDMP enrollment, and work on Pain 101 for 2018.
- Dr. Swanson shared that the second grant has been discussed informally with OHA and may involve some sort of assessment. She will inform the group of updates on this going forward.

Benzodiazepine Symposium

- Dr. Swanson announced that the symposium is scheduled for next week, and that this issue has low awareness; she asked PSTF members to spread the word about this event. She noted there are scholarships available.

Max's Mission Update

- MaCayla shared that an event is being planned this spring for increasing Naloxone training and distribution from Max's Mission, an organization named after a young man who overdosed on opioids prescribed to him for a sports injury.
- MaCayla shared that providers, law enforcement, and pharmacists are invited to this event, and free Naloxone will be distributed at the event.

Pain 101 Update

- MaCayla shared that Pain 101 has 47 enrollees so far. Dr. Sharma asked MaCayla to share the invitation to this event with COIPA because their incentive matrix includes pain management CME.
 - **ACTION**: MaCayla will share Pain 101 registration information with COIPA.
- Dr. Sharma asked if COHC is covering the cost for attendees again this year. MaCayla confirmed that Pain 101 is free to all attendees.

Approval of the Minutes

- Dr. Allen motioned to approve the minutes; Marie seconded. All were in favor; the minutes were unanimously approved.