



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

Agenda: March 7, 2018 from 7:00am-8:00am

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

1. **7:00-7:05** Introductions—All
2. **7:05-7:25** Opioid Strategies for Other Lines of Business—Dr. Little
3. **7:25-7:35** Co-prescribing Opioids and Benzodiazepines Interventions—Dr. Little
  - Provider Letter Review
4. **7:35-7:45** Naloxone RFP—Dr. Swanson
6. **7:45-8:00** Monthly Updates—Dr. Swanson
  - Behavioral Health Learning Collaborative—Dr. Swanson
  - Pain 101 Update—Dr. Swanson
  - Oregon Pain Guidance Conference—MaCayla Arsenault
  - Max's Mission Event—Erin Solomon
  - X-Waiver Training—MaCayla Arsenault

**Consent Agenda:**

- Approval of the draft minutes dated February 7, 2018 subject to corrections/legal review



**Pain Standards Task Force**  
**PacificSource Boardroom**  
**Bend, Oregon**  
**February 7, 2018**

**Present:**

Kim Swanson, Mosaic Medical, Chair  
Gary Allen, Advantage Dental  
Michael Allen, La Pine Community Health Center  
Muriel DeLaVergne-Brown, Crook County Health Department (call-in)  
Alison Little, PacificSource  
Michael Powell, St. Charles Health System  
Kerie Raymond, Hawthorne Healing Arts Center  
Robert Ross, St. Charles Medical Group  
Scott Safford, St. Charles Family Care  
Julie Spackman, Deschutes County Health Services  
Rick Treleaven, BestCare Treatment Services  
Tom Watson, Rebound Physical Therapy

**Absent:**

Misoo Abele, Veterans Administration  
Matthew Cook, St. Charles Health System  
Wil Berry, Deschutes County Behavioral Health  
Shanna Geigle, Veterans Administration  
Sharity Ludwig, Advantage Dental  
Marie Rudback, Endeavor Chiropractic  
Divya Sharma, Mosaic Medical

**Others Present:**

MaCayla Arsenault, Central Oregon Health Council  
Stevi Bratschie, PacificSource  
Kristen Dillon, PacificSource (call-in)  
Mike Franz, PacificSource  
Donna Mills, Central Oregon Health Council  
Kelsey Seymour, Central Oregon Health Council  
Erin Solomon, PDO Coordinator

## Introductions

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

## Pain Resiliency and Peer to Peer Programs for Chronic Pain

- Dr. Alison Little asked why the Pain Resiliency Program was not accepted by the Board. Rick Treleven recalled the lack of a sustainability plan as an issue. Donna Mills noted a lack of collaboration in this proposal when it will require strong partnerships and a physical location inside a medical office. She also mentioned that the Board Members were unaware of the program until it was being proposed to them, despite the fact that members of their teams had written letters of support for the proposal.
- Dr. Swanson noted the next steps to this program are to reconvene community stakeholders.
  - **ACTION**: Dr. Swanson will pass this feedback on to Mark Altenhoffen.

## Co-prescribing Opioids and Benzodiazepines Interventions

- Stevi Bratschie shared data on PacificSource members also using Benzodiazepines. Dr. Swanson suggested that the data shown here and the data from the state may not match due to inclusion/exclusion of drugs such as Tramadol.
  - **ACTION**: Stevi and Dr. Swanson will compare the contents of the data offline.
- Dr. Little noted that the data shows a surprisingly high level of co-prescriptions and shared that she invited Dr. Mike Franz this morning to comment on the subject. Dr. Franz shared that most psychotropic drugs are prescribed in Primary Care and mentioned that in the case of a co-prescription it is likely that two or more providers are involved with the patient, prescribing one of the medications, unaware of what the patient is currently taking. He asked if the data includes all Benzodiazepines or just those paid for by the CCO.
  - **ACTION**: Stevi will find out which drugs are included in the data.
- Dr. Franz recommended improving the coordination of care and educating providers. Dr. Little asked if targeted letters to providers prescribing benzodiazepines and opioids would be helpful. Dr. Swanson noted her support for sending letters. Dr. Franz recommended including the guidelines for information sharing in regards to coordinating care. Kristen Dillon suggested that letters make allowances for those who are prescribing thoughtfully.
- Dr. Michael Allen asked if patients have received any communication that they are taking a dangerous combination. Dr. Little confirmed they have not. Julie Spackman expressed concern that patients may be frightened by a letter. Dr. Franz shared that a patient who receives a letter may be inclined to stop taking their Benzodiazepine, which can cause symptoms of withdrawal if done suddenly.
  - **ACTION**: Dr. Swanson suggested a letter to providers be presented as a draft at the next meeting for review.

## PDO Extension Work Plan

- Dr. Swanson shared that \$40,000 is available from the State that must be spent by August 18<sup>th</sup>, and proposed a plan for spending it. She noted that while \$6,000 has been allocated for Grand Rounds expenses, this line item may go unused because the Grand Rounds proposal was denied. Julie Spackman suggested using the \$6,000 to supplement the cost of patient-facing materials, currently funded at \$2,000.
- Dr. Swanson asked the task force to vote on expanding the Behavioral Health Learning Collaborative beyond the topic of chronic pain and to open it to the wider community.
  - MOTION: Dr. Ross motioned to expand the BHLC to the wider community and to explore topics beyond chronic pain; Tom Watson seconded. All were in favor, the motion carried.

### **Performance Improvement Project**

- Stevi shared that the final report has been submitted to the State for the PIP. She noted that despite the flux in membership, she can confirm that there has been an overall reduction in prescriptions, not just a reduction in membership.

### **Take Meds Seriously**

- Julie elected to send a report on the Take Meds Seriously campaign in lieu of a verbal update.

### **Pain 101 Update**

- Dr. Safford shared the potential topics for Pain 101. Dr. Kerie Raymond suggested adding a topic on co-prescriptions.

### **Exercise Therapy Course**

- MaCayla shared that this event will be on Saturday, April 21<sup>st</sup> at Boss Sports Performance.
  - ACTION: MaCayla will resend information regarding this event.

### **Max's Mission Event**

- MaCayla noted that a pop-up event is planned for the morning on May 3<sup>rd</sup> in Madras for the community to learn how to administer Naloxone.

### **X-Waiver Training**

- MaCayla shared this event will be April 27<sup>th</sup> at the Hilton Garden, and that some pre-work will be required for those providers who register.

### **Oregon Pain Guide Conference**

- MaCayla noted that registration for the OPG Conference is not open yet. She shared it will be held in Eugene this year, and 10 scholarships are available for up to \$700 each. She noted that an Eventbrite will be opened for the scholarship applicants and a waiting list will be included.

**Approval of the Minutes**

- Dr. Ross motioned to approve the minutes; Tom Watson seconded. All were in favor; the minutes were unanimously approved.