



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

Agenda: December 6, 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. **7:05-7:15** Co-prescribing Opioids & Benzodiazepines Continued Discussion—Dr. Swanson, Dr. Little, Dr. Franz
3. **7:15-7:40** Aims and Strategic Planning for 2018—All
4. **7:40-7:50** Performance Improvement Project Update—Stevi Bratschie
6. **7:50-8:00** Monthly Updates—Dr. Swanson
 - Take Meds Seriously, Oregon—Julie Spackman
 - PDO Grant Update—MaCayla Arsenault

Consent Agenda:

- Approval of the draft minutes dated November 15, 2017 subject to corrections/legal review

2018 Aims Pain Standards Task Force

November 15, 2017
Kim Swanson, Ph.D.

2016 Aims Overview

- Continue Provider Education
- Increase PDMP Enrollment and Use in Clinic Flow
- Continue to Obtain Provider Endorsements and Support of Safer Prescribing Guidelines
- Naloxone Education
- Creating a System of Care in Absence of Payer Reform

2017 Aims

- **Community Education on Opioids**
 - Risks
 - Safe Storage and Disposal
 - Partial Fills
 - Prescription Alternatives

- **Action:** Take Meds Seriously, Oregon Campaign
 - Covers Risk, Safe Storage, Disposals

- **Action:** Dr. Swanson presented at the Redmond Rotary Club (2/23/17) and Bend City Club (9/28/17).

2017 Aims

- **Continue Provider Education**
 - Hold Pain 101 Workshop (Complete)
 - Start quarterly learning collaborative for mental health providers (Complete)
 - Educate non-prescribers on alternative modalities/ non-prescription approaches to pain management (Incorporated in Pain 101)
 - Hold Grand Rounds on nutrition and chronic pain (Incorporated in Pain 101)
 - Hold Grand Rounds on tapering (Incorporated in Pain 101)
 - Hold Grand Rounds on evidence based alternative modalities (Incorporated in Pain 101)
 - Offer CME for “Safer, Informed, and Compassionate Opioid Prescribing” presentations (Complete and did one presentation)

Aims 2017

- **Continue to Obtain Provider Support of Safer Prescribing Guidelines**
 - Replace intention letter with alternative messaging to encourage PDMP enrollment (Not complete)
 - Continue PDMP registration at events (Complete)
 - Publish patient success stories/PSAs (Not complete)

Aims 2017

- **Increase MAT Availability**
 - Increase the number of Suboxone prescribers in Central Oregon
 - Hold buprenorphine waiver training in Central Oregon
- **Action:** X-waiver training will be held in March 2018

2017 Aims

- **Increase Provider Resources**
 - Create a resource list of pain programs in the region for the PSTF website including Living Well With Chronic Pain and Walk with Ease (Complete)
 - Continue to support Living Well with Chronic Pain (Complete)

2017 Events

- **Quarterly Learning Collaborative (April 7, June 23, September 22, & December 15 2017)**
 - Attendees gave the event an average overall rating of 5/5
 - Average number of attendees were 8.5
- **Pain 101: Provider Workshop (10/20/17)**
 - PDMP Assistance Offered
 - Number of attendees was 72
 - Attendees rated the presentations overall 4.5/5
- **Take Meds Seriously (Start Sept. 2017)**
- **Representative Walden Opioid Round Table (10/09/17)**
- **Opioid Dependence and MAT for Mid-level Providers (01/22/17)**
 - Number of attendees was 14
 - Attendees rated the presentation overall 4.4/5

2017 Events Continued

- **Safer Prescriber Presentation at BMC (3/16/17)**
 - PDMP Assistance Offered
- **Redmond Rotary Club Presentation (2/23/17)**
- **Oregon Medical Society Presentation (4/10/17)**
 - PDMP Assistance Offered
- **Bend City Club Presentation (9/28/17)**

What's In Store for 2018

- X-Waiver Training (March)
- Max's Mission (May)
- Pain 101 (Fall)
- Behavioral Health Learning Collaborative
- Grand Rounds on Acute Pain and Opioids
- Grand Rounds on "The Relief That Binds You: pain induced by opioid use withdrawal"
- Grand Rounds on Co-prescribing Benzos and Opioids
- Continuation of Take Meds Seriously, Oregon
- Prescription Drug Overdose Grant

Budget

- 2017 Budget: \$50,000
 - Current Spend through October: \$26,960
 - Projected Spend through December: \$35,416
- 2018 Budget: \$50,000

Subject: FW: Exercise therapy as an alternative to opioids
Date: Friday, December 1, 2017 at 9:24:15 AM Pacific Standard Time
From: MaCayla Arsenault <macayla.claver@cohealthcouncil.org>
To: MaCayla Arsenault <macayla.claver@cohealthcouncil.org>

From: Stevi Bratschie
Sent: Thursday, November 30, 2017 9:47 AM
To: Alison Little <Alison.Little@pacificsource.com>
Subject: Exercise therapy as an alternative to opioids

Hey Alison,

Were you aware of this course on exercise therapy, being offered to providers in Beaverton? Is this something we could advocate for in CO? I found this on the Provider web page:

<https://www.pacificsource.com/providers/>

New Provider Course: Exercise Therapy as an Alternative to Opioids for Chronic Mechanical Low Back Pain

Starting in January 2018, Colin Hoobler, PT, DPT, MS, and a team of contributing physicians¹ are leading a course to teach primary care physicians and other health care providers (FNP, PA-C, ND, DC) how to practically apply science to exercise—such as biomechanics, anatomy, and neuroscience—to treat patients with chronic, mechanical low back pain (MLBP) as an alternative to opioids, as well as those who are opioid-addicted. There will be five opportunities in 2018 to participate in this course.

The course will focus on how to synthesize clinical rehabilitation principles with medical research to yield practical clinical skills. Through evidence-based motivational and clinical time-sensitive techniques, participants will learn to help patients assume greater responsibility for their health and hold physical therapists accountable for evidence-based care when treating patients with chronic pain, especially those who may be addicted.

Sign Up for the First Class

Date: Saturday, January 27, 2018, from 10:00 a.m. to noon

Location: [c.h. Physical Therapy Clinic in Beaverton, OR](#)

Class size is limited to 25 participants. It is \$95 to take the course with all proceeds going through a local 501(c)(3), Preventive Health Awareness, and profits donated to local charities. Profits from January's class will be donated to [Saint Mary's Home for Boys](#). The cost of the course includes a textbook on exercise prescription.

Thanks,
Stevi

Stevi Bratschie, MPH

Clinical Quality Improvement Coordinator, Medicaid

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Pain Standards Task Force
PacificSource Boardroom
Bend, Oregon
November 15, 2017

Present:

Kim Swanson, Mosaic Medical, Chair
Alison Little, PacificSource
Sharity Ludwig, Advantage Dental (call-in)
Kerie Raymond, Hawthorne Healing Arts Center
Robert Ross, St. Charles Medical Group
Scott Safford, St. Charles Family Care
Divya Sharma, Mosaic Medical (call-in)
Julie Spackman, Deschutes County Health Services
Tom Watson, Rebound Physical Therapy

Absent:

Misoo Abele, Veterans Administration
Gary Allen, Advantage Dental
Robert Andrews, Desert Orthopedics
Wil Berry, Deschutes County Behavioral Health
Matthew Cook, St. Charles Health System
Muriel DeLaVergne-Brown, Crook County Health Department
Shanna Geigle, Veterans Administration
Christine Pierson, Mosaic Medical
Michael Powell, St. Charles Health System
Marie Rudback, Endeavor Chiropractic
Rick Treleaven, BestCare Treatment Services

Others Present:

MaCayla Arsenault, Central Oregon Health Council
Stevi Bratschie, PacificSource
Jovanna Casas, PacificSource
Mike Franze, PacificSource
Jessica McDonald, Deschutes County Health Services
Donna Mills, Central Oregon Health Council
Kelsey Seymour, Central Oregon Health Council

Heather Stewart, Deschutes County Health Services

Introductions

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

Co-prescribing Opioids & Benzodiazepines Discussion

- Dr. Kim Swanson shared that benzodiazepine prescribing is up 30% nationwide. Dr. Mike Franz noted that a lack of coordination of care between clinics appears to be one cause of a rise in these risky coprescriptions, and that he and Dr. Alison Little have sent letters to providers to raise awareness.
- Dr. Swanson noted that Pain 101 typically reaches the same audience each year and that there are providers in the region still unaware of these issues. Dr. Rob Ross and Dr. Divya Sharma suggested making individual approaches to providers.
- Dr. Swanson reminded the Task Force that the most successful intervention they have accomplished to date was through the tapering letters. Dr. Jovanna Casas shared that it is difficult to know which Medicaid patients are taking benzodiazepines because those claims are processed by the State, not the CCO, and can only be seen in the PDMP.
 - **ACTION:** The Task Force agreed to continue this conversation at the next meeting.

2017 PDMP Dashboard

- Dr. Swanson reviewed the dashboard, pointing out that MED is down though “deaths by all drug types” have risen. She noted that the Quarter 4 dashboard would be available in February.

Pain 101 Evaluation Results

- Dr. Swanson noted that the presentation by Mr. Rick Quintero of the DEA was not well received due to his use of scare tactics. She shared that Dr. Launette Rieb’s talk on Marijuana scored the overall highest.
- Dr. Kerie Raymond asked how many individuals were registered versus how many attended. MaCayla Arsenault shared that 99 were registered and 72 attended. Dr. Raymond suggested that participants might be more likely to attend an event they have paid for. Donna Mills explained that the COHC does not have a method for collecting payment from attendees, and that indirectly the community has already paid for this event. Donna suggested that if payment were deemed necessary to improve attendance, perhaps the payment could be a required donation to another organization.

Remaining Funds for 2017

- Dr. Swanson shared that \$14,000 remains in the PSTF budget and if it is not spent by the end of the year, it will be reabsorbed into the COHC budget. She suggested that a grant application be offered to law enforcement to stock patrol cars with Naloxone. The group agreed this would be a suitable use of funds.

- Julie Spackman shared that a media buy has been made by the Task Force on behalf of the Shared Future Coalition for Take Meds Seriously Oregon, and she asked community partners to continue to share the campaign's social media posts.

Strategic Planning for 2018

- Dr. Swanson shared that the PSTF has a budget of \$50,000 for 2018 and that extra funding will be available because the State has given the group recognition of work completed – she noted more details of this will be available at the next meeting.
- Dr. Swanson noted that the X-waiver training will be in March and advertising for it will begin in January. MaCayla shared that Max's Mission will be in May and Pain 101 will be in the fall.

Approval of the Minutes

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