

Caring for ME

Supporting Maine Clinicians to Improve Chronic Pain Management and Safe Opioid Prescribing

Introduction: The current opioid and heroin epidemic in Maine presents an enormous public health challenge and requires creative, collaborative, and innovative approaches. With 272 Mainers dying and 1013 babies affected by this epidemic in 2015 and thousands of Mainers actively suffering from addiction, this issues calls for immediate and collective action. Maine is a strong and resilient state and can successfully address this epidemic by bringing together our clinicians and communities, building on our unique strengths, and committing our shared leadership and compassion to protect the health and well-being of people in our state.

LD 1646: In response to this epidemic and the associated problems of high levels of opioid prescribing, the Maine Legislature passed LD 1646, a bill that mandates limits on the duration and dosage of opioid prescribing. The bill also mandates regular use of the Maine Prescription Monitoring Program (PMP), an important and valuable tool that can help inform health care providers about the controlled medications that their patients are receiving.

Caring for ME - Be Part of the Solution!

Recognizing the need for creative and bold solutions, Maine Quality Counts (QC) is launching “**Caring for ME**”, a collaborative effort that aims to bring together a wide set of partners to promote shared messages, educational resources, and practical tools for health care providers.

The goals of Caring for ME are –

- to support prevention efforts; maintain a compassionate and trauma-informed approach to chronic pain management;
- improve the safety of opioid prescribing;
- appropriately diagnose addiction when it exists;
- and improve access to effective treatments for patients with substance use disorder.

Tools & Resources for Health Care Providers*

State Legislation & Rules –

- [LD 1646: Act To Prevent Opiate Abuse by Strengthening the Controlled Substances Prescription Monitoring Program – Public Law Chapter 488](#) – (signed 4/19/16, will become law 90 days following close of 127th Maine Legislature (2016))
- **Rule Chapter 21 - Use of Controlled Substances for Treatment of Pain:** Joint rule of Board of Osteopathic Licensure, Board of Licensure in Medicine, Board of Dental Examiners, Board of Nursing, & Board of Podiatric Medicine to ensure adequate relief of pain to citizens of ME: www.maine.gov/osteo/administrative/chaptertwentyone.pdf

- **Maine Opiate Collaborative:** Convened by US Attorney General bringing together education, prevention, treatment, recovery, and law enforcement: www.justice.gov/usao-me/maine-opiate-collaborative
- **Maine Medical Association:** Summary of pain management and diversion resources: <https://www.mainemed.com/education-info-cme/pain-mgmt-diversion>

Caring for ME - Special QC webinar series focused on opioid issues:

- **Tues, May 3 (12N):** Introduction to the epidemic, Maine legislation, and prescribing limits
- **Tues, June 14 (12N):** Introduction to chronic pain prescribing, morphine mg equivalents (MME) limits, identifying patients on high dose opioids, and compassionately tapering opioids
- **Tues, July 12 (12N):** Using a multi-disciplinary, team-based approach to chronic pain management and to support compassionate tapering of high-dose opioids
- **August (date TBD):** Review of Maine's Prescription Monitoring Program & team-based care

Info on past & future QC educational webinars:

www.mainequalitycounts.org/page/2-679/qc-learning-community

Snuggle ME - Guidelines for Embracing Drug Affected Babies & Their Families in First Year of Life: <https://www1.maine.gov/dhhs/mecdc/documents/SnuggleME-Project.pdf>

Snuggle ME webinar series (2013-2014) focused on optimizing the identification, care & coordination of women and children affected by substance use in pregnancy:

<https://www.mainequalitycounts.org/page/2-934/snuggle-me-webinar-series>

Chronic Pain Management & Safe Opioid Prescribing - U.S. CDC Guideline for Prescribing Opioids for Chronic Pain: <http://www.cdc.gov/mmwr/volumes/65/rr/rr6501e1.htm>

QC Chronic Pain Playbook – QC has identified a wide number of helpful resources and tools for health care professionals and practices to improve the management of chronic pain:

<https://www.mainequalitycounts.org/page/2-1401/controlled-medication-playbook>

Maine Chronic Pain Collaborative & educational webinars –

<https://www.mainequalitycounts.org/page/2-1007/chronic-pain-collaborative>

<https://www.mainequalitycounts.org/articles/149/cpc2-webinars>

Maine Independent Clinical Information Service (MICIS) – independent academic detailing:

<https://www.mainemed.com/education-info-cme/academic-detailing>

Choosing Wisely Patient Info Sheet – www.choosingwisely.org/patient-resources/medicines-to-relieve-chronic-pain/

Calculating Opioid Dosages & Compassionate Tapering –

- Opioid/MME calculator – <http://www.nyc.gov/html/doh/html/mental/MME.html>
- Opioid Tapering Fact Sheet – www.healthquality.va.gov/guidelines/Pain/cot/OpioidTaperingFactSheet23May2013v1.pdf
- Video recording of Dr. Kristin Silvia, MMP Scarborough, discussing approaches to compassionately taper patients on high-dose opioids: <https://www.youtube.com/watch?v=ngwSv4dN2xo&feature=youtube>

Substance Abuse Treatment, Medication Assisted Therapy & Buprenorphine Prescribing –

- Maine 211 – statewide services: <https://211maine.communityos.org/cms/211MaineSearch>
- MAT training programs: SAMHSA list of 8-hr buprenorphine waiver training courses required to qualify for “X waiver” to prescribe and dispense buprenorphine:

www.samhsa.gov/medication-assisted-treatment/training-resources/buprenorphine-physician-training

Online DATA 2000 waiver form – must be completed by physicians seeking to prescribe buprenorphine: <http://buprenorphine.samhsa.gov/pls/bwns/waiver>

SAMHSA Pocket Guide on Medication Assisted Therapy –

<http://store.samhsa.gov/product/SMA16-4892PG>

Buprenorphine for Opioid Use Disorder: Review & Update: SAMHSA Advisory –

<http://store.samhsa.gov/shin/content//SMA16-4938/SMA16-4938.pdf>

QC - Project ECHO Buprenorphine –

<https://www.mainequalitycounts.org/page/2-1333/project-echo-buprenorphine>

Primary Care Buprenorphine Programs: 10 Elements of Success (CA Health Care Foundation) –

www.chcf.org/~media/media%20library%20Files/pdf/pdf%20P/pdf%20PCBuprenorphinePrograms.pdf

*(*Please note this is not intended to be an all-inclusive list of resources; please send suggestions for additional resources to abelisle@mainequalitycounts.org)*

All of the above resources and new materials, as they become available, can be found at:

www.mainequalitycounts.org/caringforme