

**Prescription Pain Medication Steering Committee Meeting
December 18, 2007**

Present:

Alan Colledge
Craig PoVey
Robert Rolfs
Doug Springmeyer
Mitchell Jones
Iona Thraen
Erin Johnson
Kim Bateman
Martin Caravati

Next meeting: Jan 15 from 9:00-11:00 in room 401 (please RSVP if you can not come)

Contents:

1. Guidelines Discussion
2. Work Group Update
3. Website Update
4. Happy Valley Funding Discussion
5. Next Meeting Agenda

1. Guidelines Discussion:

Identified guidelines

1. Avoiding Opioid Abuse While Managing Pain by Lynn Webster & Beth Dove
2. Responsible Opioid Prescribing: A Physician's Guide by Scott Fishman
3. American Pain Society's Guidelines
4. ACOM (occupational and environmental medicine)
5. Washington State's Guidelines
6. Occupational Disability Guidelines

History: Before we were considering adapting the APS guidelines, now we need a system to determine which guidelines we will review.

Some guidelines have been adopted by government agencies:

1. ACOM adopted by CA's labor commission
2. ODG
3. Washington State

Ideas of how to justify our process

1. Delphi process:
 - a. Only guidelines recommended by the steering committee (or some identified group(s)) are reviewed
2. Identify all groups with vested interest/unique points of view and get leading guidelines for each group

Proposed Guideline Selection Principles

- I. Guideline Nomination process

- Steering committee members and the guidelines review panel can recommend guidelines be reviewed within the following medical perspectives:
 - Primary Care
 - Pain Management Specialty
 - Occupational Medicine
 - Rheumatology
 - Substance Abuse/Mental Health
 - Guideline candidates will be reviewed using the following principles
- II. The **purpose, sponsorship, medical perspective, and target audience** of the guideline is defined
 - III. The **Evidence Search** process is explicit, follows best practices and is transparent.
 - IV. The **Evidence Selection** process is explicit, follows best practices and is transparent.
 - V. The **Evidence Review** criteria evaluated applicability to Utah population, describes sampling and effect sizes, funding is made explicit, adverse effects or side effects are identified and actionable practice knowledge is derived.
 - VI. The **Review Panel** membership is explicit, their affiliations are transparent, are diverse, relevant, and multidisciplinary, include a majority of practitioners, and include representatives from ethics, biostatistics/research methodology, and content experts, and conflict of interests are declared.
 - VII. **Funding** of the guideline is explicit, conflicts of interest are declared, does not compromise rigor, evidence review or recommendations of the guidelines, and outcomes are not pre-prescribed.
 - VIII. **Miscellaneous** – The search, selection, and review staff are qualified for the jobs, appropriate verification and validation steps have been taken, exclusionary criteria is explicit, evidence tables are available, readable, and understandable, peer reviewed (preferable), and content of the guideline includes when/how to start, when/how/where to get expert consultation, how/who to maintain over the long term, and exit strategies.

Follow-up:

1. Iona will bring list of panel members for review by committee
2. Table of guidelines and their fit to the criteria (done by staff based on selection principles)

Purpose of Guidelines: For use of opioids for management of pain that balance the benefits of use against the risks to the individual and to society and are useful to practitioners.

To include in guidelines:

- What to try before opioids (but we don't need to do sub-guidelines for each method) including meds and assessment for addiction/problems/complications
- How to exit/long-term management and maintenance/how to get them off
- Teach HOW to say no
- Provide resources/tools: who to refer to, how to use CSDB

Next steps:

1. Steering Committee will identify recognized guidelines
2. Staff will identify that they represent all the perspectives
3. If multiple found, goes to review panel

2. Work Group Update:

Policy Work Group:

Controlled Substance Database—Real-time reporting from pharmacies, Protected Bill by Representative Brad Daw

- Everyone in Work Group was very supportive of bill
- Several suggestions were made including allowing nurses ability to use database
- A plan was made to inform organizations and players about this bill, so that they can encourage their legislators to support it.

Education Work Group:

- “Clean Out the Cabinet” campaign in Utah County
 - Entire Work Group thought this was a very effective approach
- Review of Maine’s campaign materials (print and video)
 - Big emphasis on Substance Abuse
 - Geared at teens

Data, Research, Evaluation Work Group:

Meet on Jan 10 to discuss what research is being done and what needs to be done

Feedback from Steering Committee:

- Dr. Colledge would like to discuss the bill at the UMA meeting
- It is difficult to get registered on CSDB
- Idea: Contest among Utah High Schools for YouTube clip on Rx pain meds
- Use evaluation work group to come up with evaluation process (add to already existing team)

3. Website update: We now have a website for the program. Visit

www.health.utah.gov/prescription to check it out.

4. Happy Valley Funding Discussion:

Project Description:

Happy Valley is a documentary about prescription drug abuse in Utah. The intention behind the Happy Valley project is to educate communities on substance abuse and addiction. The producers of the documentary have proposed to do this by scheduling two events for each community throughout the state:

- 1) Assemblies at high schools during school hours.
- 2) Presentations for parents and students in the evenings.

They will use clips of the movie in their presentations.

The creators of Happy Valley, Ron Williams and Craig Smith, want to go to every major/semi-major city in the state to educate and raise awareness in each community.

Commission on Criminal and Juvenile Justice wants to support this project and approached us to help with the funding.

Why consider this?

- The producers are willing to tailor the message to coincide with our message, including specific info on prescription pain medication.
- Ron Williams is a dynamic speaker and is passionate about this project.
- Happy Valley is a good attention grabber and can help us get our message across.

Potential Complication (conflict of interest)

- Happy Valley will be out in theatres on March 26th and so any money we spend on this source will indirectly be advertising this

Feedback from Steering Committee

- Do they have a not-for-profit entity we could contribute to them through?
- Town Hall meetings/local theatres would be good venues for their message
- Time in High Schools is precious and Substance Abuse prefers to use on scientific-based prevention strategies
- Substance Abuse thought some aspects of the film glamorized drug use
- Use Education Work Group to identify 15-20 minutes of Happy Valley clips to use
- Meet with Sub Abuse and CCJJ to determine whether to fund

5. Next meeting agenda:

Ken Hegmann will present on ACOM guidelines

Action Items:

1. Erin: Schedule meeting with CCJJ, Substance Abuse, and UDOH to determine potential ideas of using Happy Valley and producers for education
2. Erin: inform Dr. College of progress on Rep. Daw's bill so that he can present it for discussion at the UMA meeting in January.