

TelePain and the UW Pain & Opioid Hotline:

Telehealth Delivered Multidisciplinary Pain Care

Resources Available to Washington State

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The ***PROBLEM***

- ✓ *Pain is complex, as is Opioid Use Disorder*
- ✓ *Often overlap*
- ✓ *Both are biopsychosocial phenomenon...*
- ✓ *And both are challenging to manage*

Managing Concerning Behaviors in Patients Prescribed Opioids for Chronic Pain: A Delphi Study

J Gen Intern Med. 2018 Feb;33:166-176

Jessica S. Merlin, MD, PhD, MBA^{1,2}, Sarah R. Young, PhD^{1,3}, Joanna L. Starrels, MD, MS⁴, Soraya Azari, MD⁵, E. Jennifer Edelman, MD, MHS⁶, Jamie Pomeranz, PhD⁷, Payel Roy, MD⁸, Shalini Saini⁹, William C. Becker, MD^{6,10}, and Jane M. Liebschutz, MD, MPH⁸

Consensus: Five Most Concerning Behaviors

1. Missing appointments
2. Taking opioids for symptoms other than pain
3. Using more opioid medication than prescribed
4. Asking for an increase in opioid dose
5. Aggressive behavior towards provider or staff
6. Alcohol and other substance use

SOLUTION

UW TelePain

A service for community-practice providers to increase knowledge and skills in chronic pain management

UW TelePain sessions are collegial, audio/video-based conferences that include:

1. **Didactic presentations** from the UW Pain Medicine curriculum for primary care providers.
2. Case presentations from community clinicians.
3. Interactive consultations for providers with a multi-disciplinary panel of specialists.
4. Education in use of guideline-recommended measurement-based clinical tools to improve diagnosis and treatment effectiveness.
5. Follow-up case presentations to track outcomes and optimize treatments for ongoing care of your patients.

UW TelePain sessions for community health care providers are held each Wednesday, noon to 1:30 p.m.

You are invited to present your difficult chronic pain cases or ask questions, even if you don't present a case.

The expertise of the UW TelePain Panel spans pain medicine, internal medicine, anesthesiology, rehabilitation medicine, psychiatry, addiction medicine, and nursing care coordination.

Learn more about these sessions on the UW TelePain website

<http://depts.washington.edu/anesth/care/pain/telepain/>

Questions?

telepain@uw.edu

To register:

Download and complete the registration form and fax it to 206-221-8259. Form location <http://depts.washington.edu/anesth/care/pain/telepain/TelePain-Participant-Reg-Form.pdf>

UW Medicine
PAIN MEDICINE

Washington State
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Are CME credits available? Yes.

The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Washington School of Medicine designates this live activity for a maximum of 73.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. (Each session 1.5 credits)



Clinicians: caring for patients with complex pain medication regimens? We're behind you.

UW Medicine
Pain and Opioid Consult Hotline for Clinicians
1-844-520-PAIN (7246)

UW Medicine pain pharmacists and physicians are available Monday through Friday, 8:30 a.m. to 4:30 p.m. (excluding holidays) to provide clinical advice at no charge to you.

Consultations for clinicians treating patients with complex pain medication regimens, particularly high dose opioids:

- Interpret Washington State Prescription Monitoring Program record to guide you on dosing
- Individualized opioid taper plans
- Systematic management of withdrawal syndrome
- Evaluate/recommend non-opioid/adjuvant analgesic treatment
- Triage and risk screening
- Individualized case consultation for client care and medication management
- Explain/review Center for Disease Control and Prevention (CDC) opioid guidelines: <https://www.cdc.gov/mmwr/volumes/65/rrr6501e1.htm>
- Will help identify and refer to other resources:
 - ▷ Evaluation of Substance Use Disorder, Washington Recovery Help Line 1-866-789-1511
 - ▷ Local pain clinics for patient referrals: www.doh.wa.gov/Emergencies/PainClinicClosures/PainClinicAvailability
 - ▷ UW TelePain Services: Available Wednesdays noon to 1:30 p.m. <http://depts.washington.edu/anesth/care/pain/telepain>

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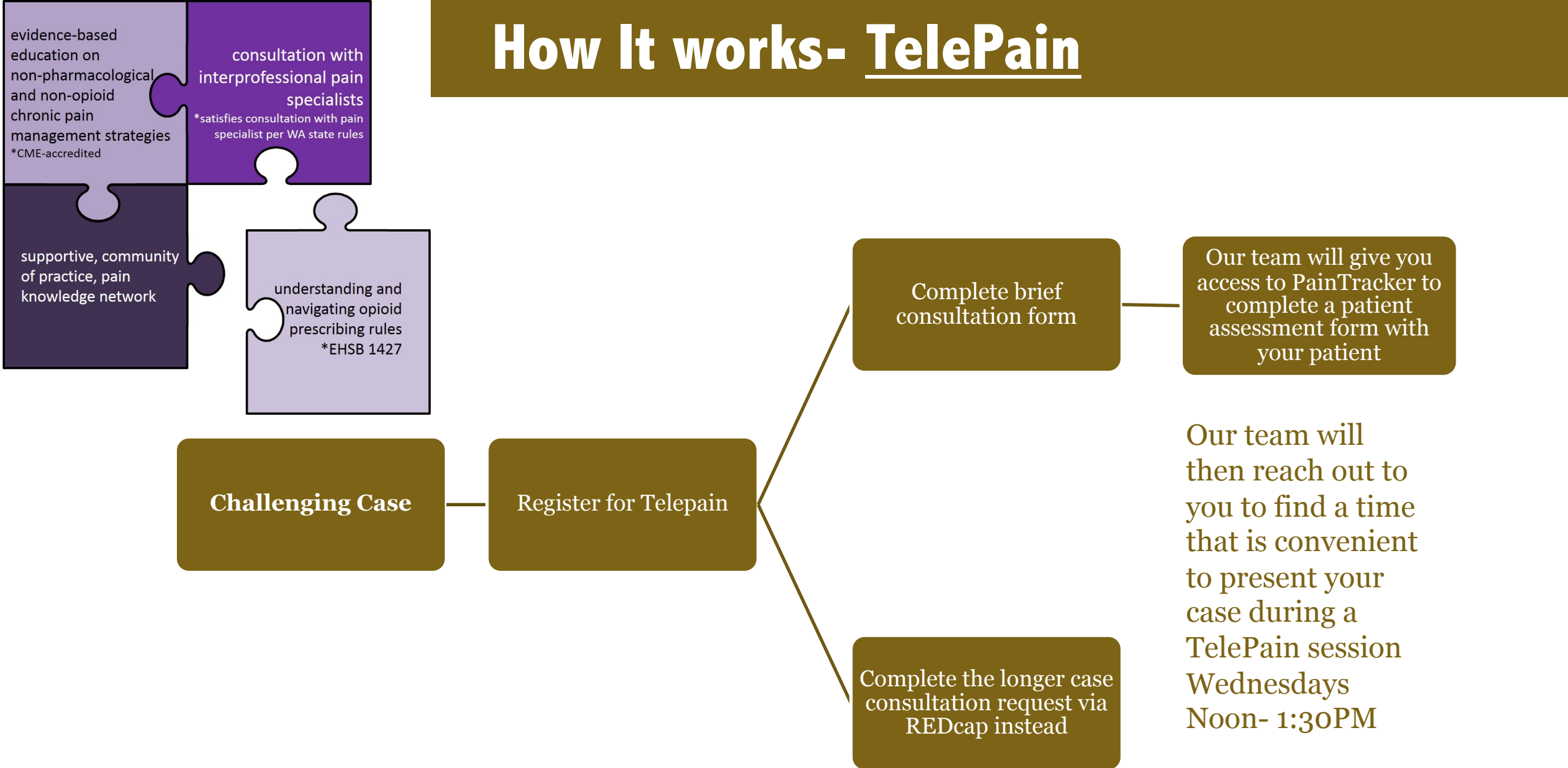
PAIN MEDICINE

TELEPAIN

How We Can Help

- 1. WA State rules → meets consultation requirements**
- 2. Triage from Hotline to TelePain**
- 3. Discuss complex patient cases**
- 4. Medication management → opioids and adjuncts**
- 5. Education regarding pain management, risk assessment, and opioid use disorder**
- 6. CME credit**

How It works- TelePain



<https://depts.washington.edu/anesth/care/pain/telepain/mini-site/present-a-case.shtml>

UW TELEPAIN UPDATED FORMAT

12:00-12:05 Daily Announcements

12:05-12:30 Didactic Lecture Series

12:30-1:00 Standard Community Case Presentation

1:00-1:30 Optional “Curbside Consult” or Pertinent Pain Topics Discussion

How It works- TelePain

- **Don't want to present a case... No problem!**
- **Attend weekly sessions to increase knowledge and skill pertaining to chronic pain management**
- **Get CME for weekly didactic sessions**
- **Ask questions!**

Pain and Opioid Consult Hotline Process



Common Hotline Topics include but not limited to:

1. Opioid rotation, tapers, and titrations
2. Risk assessment / evaluations
3. Buprenorphine for pain management
4. Perioperative Buprenorphine and Naltrexone
5. Multimodal pain management to include adjuncts (gabapentinoids, antidepressants, muscle relaxants, etc)
6. Education regarding Washington State rules and CDC guidelines
7. Opioid withdrawal management

Questions?

telepain@uw.edu