



**Department  
of Health**

Bureau of Justice Assistance and Brandeis University  
Harold Rogers Prescription Drug Monitoring Program

## **East Regional Meeting**

October 25, 2017

# **Prescriber and Patient Education in Opioid Abuse**

**November 3, 2017**

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NYS Bureau of Narcotic Enforcement  
NYS Department of Health**

# Opioid Legislation 2016

**Part A:** Mandatory Prescriber Education

**Part B:** Treatment Coverage by Insurance Companies

**Part C:** Prescribing for Acute Pain

**Part D:** Controlled Substance Handouts and Pharmacy Services

# Opioid Legislation 2016

- Governor's Task Force—Joshua Vinciguerra, BNE Director, key member of the task force
- Signed into law on June 22, 2016
- **Insurance Coverage Provisions** – Various parts of the package relate to insurance coverage for inpatient care and/or medication. Payors may have processes such as prior authorization, hard edits, etc.
- **Prescriber Education** - requires prescribers to attest that they have completed a course in pain management, palliative care and addiction every three years



# Opioid Legislation 2016

## Initial Opioid Prescribing for Acute Pain is Limited to a 7- Day Supply

- A practitioner may **not** initially prescribe more than a 7-day supply of an opioid medication for acute pain.
- **Acute pain** is defined as pain, whether resulting from disease, accidental or intentional trauma, or other cause, that the practitioner reasonably expects to last only a short period of time.
- This rule **SHALL NOT** include prescribing for chronic pain, pain being treated as a part of cancer care, hospice or other end-of-life care, or pain being treated as part of palliative care practices.
- Upon any subsequent consultations for the same pain, the practitioner may issue, in accordance with existing rules and regulations, any appropriate renewal, refill, or new prescription for an opioid.

# Important Facts About Controlled Substance Prescription Medications Handout

- Effective October 22, 2016, NYS pharmacies must distribute a handout, developed by New York State, which includes the dangers of misuse and risk for addiction, warning signs for addiction, alcohol and drug addiction treatment resources, and safe disposal guidelines with all dispensed controlled substances.
- The handout is available from the Office of Alcoholism and Substance Abuse Services or Bureau of Narcotic Enforcement websites.
- A pharmacy may also provide additional safe disposal information, which may include programs the pharmacy is operating or participating in.

# Important Facts About Controlled Substance Prescription Medications Handout

## Important Facts About Controlled Substance Prescription Medications

### Know the Risks

There are many types of controlled substance prescription medications that are used to treat a variety of conditions including moderate to severe pain, cough, attention disorders, anxiety, seizures, sleeping disorders, obesity, and many others. Controlled substances can be effective aids in the management and treatment of these conditions, when taken as directed by your health care practitioner. Controlled substance medications can also lead to serious risks and potential complications, which may include heart attack or stroke, hormonal imbalances that also may affect certain organs, abnormal thoughts and behavior, memory loss or disturbances, anxiety, worsening of depression, suicidal thoughts, difficulty swallowing, significant drowsiness, stupor, coma, and death. Possible side effects will vary depending on the type of medication you are taking. Even when used as directed, additional risks are possible including physical dependence, tolerance, misuse and abuse, addiction, relapse of addiction symptoms, overdose, and death.

### Know the Facts

- Combining controlled substances with alcohol or certain other medications, such as benzodiazepines (some examples are alprazolam, diazepam, and clonazepam), increases the risk of experiencing serious or life-threatening side effects.
- Other prescriptions or over-the-counter medications may significantly increase the risk of side effects, including overdose. Always read the warning labels on any prescription or over-the-counter medications before taking, and take only as directed.
- Discontinuing certain medications, such as an opioid or benzodiazepine, may lead to withdrawal symptoms, which may include: leg or abdominal cramps, muscular pain and tremors, piloerection (goosebumps), nausea, vomiting, appetite changes, heart palpitations, panic attacks, mood swings, diarrhea, dilated pupils, thinking and memory difficulties, and sleep disturbances. Symptoms will vary depending on the controlled substance medication you are taking.
- Do not increase your dose or take more frequent doses than prescribed by your practitioner.
- If your pain is relieved to your satisfaction, you may decide to stop taking the medication. If you have leftover medication, you should follow appropriate disposal guidelines.
- If you prefer to avoid opioids altogether, your doctor can talk to you about other, alternative means of treating your pain without opioids.
- Seek medical attention immediately if experiencing unusual symptoms, which may include: pain, swelling, redness or tingling in arms or legs, severe headache, confusion, chest pain, severe pelvic pain, dizziness or lightheadedness, suicidal thoughts, extreme sleepiness, slowed or difficult breathing, or unresponsiveness. Be particularly cautious when beginning treatment with a controlled substance prescription medication, when your health care practitioner changes your dose, or if you consume extra dosages.
- As a safety measure, while you are taking opioid medications, you may want your family and friends to be trained to administer naloxone to reverse an overdose. For more information on naloxone and training available in your area, go to [www.oasas.ny.gov/ati/ATCentertraining.cfm](http://www.oasas.ny.gov/ati/ATCentertraining.cfm).
- Medication is intended only for the person for whom it was prescribed. Never share medications.
- Store all medications in one designated location, in a dry and cool place. Be sure the medication location is safe and secure. Routine tracking of medications is a good idea, especially when others live with, or are visiting, you. A Medicine Cabinet Inventory Sheet can be downloaded at: [www.health.ny.gov/publications/1090.pdf](http://www.health.ny.gov/publications/1090.pdf).
- For more information concerning the possible risks and side effects of this prescription, or other medications you are taking, talk to your prescriber or pharmacist.

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Produced by the New York State Department of Health  
and the New York State Office of Alcoholism and Substance Abuse Services

12/16

[www.combatheroin.ny.gov](http://www.combatheroin.ny.gov)

### Warning Signs of Addiction

#### Physical Signs:

- Loss or increase in appetite; unexplained weight loss or gain
- Inability to sleep, unusual laziness, or agitation
- Small or substances on breath or clothes
- Nausea, vomiting, sweating, shakes of hands, feet or head
- Red, watery eyes, pupils larger or smaller, blank stare, thick tongue, slurred or pressured speech

#### Behavioral Signs:

- Change in attitude/personality
- Change in friends; new hangouts
- Avoiding contact with family
- Change in activities, hobbies or sports
- Drop in grades or work performance
- Isolation and secretive behavior
- Moodiness, irritability, nervousness, giddiness, nodding off
- Spending
- Problems, absenteeism, tardiness at work/school, unusual conflicts with family or friends

#### Advanced Warning Sign:

- Missing Medication

#### Help is Available

The New York State Helpline is available 24 hours a day, 365 days a year for alcoholism, drug abuse and problem gambling. All calls are free, anonymous and confidential.



#### Proper Disposal of Medications Can Aid in the Prevention of:

- Drug diversion and abuse
- Accidental poisonings
- Confusion with other medications in the same storage area
- Consumption of old or expired medication
- Medication being released into the environment

#### Safe Disposal Options in New York State:

Your local pharmacy may be able to accept your discontinued, expired or unwanted medications as a DEA Authorized Collector. Check with your pharmacy or use the DEA Authorized Collection Sites link below.

Medication Drop Boxes	<a href="http://www.health.ny.gov/professionals/harcotc/medication_drop_boxes/">www.health.ny.gov/professionals/harcotc/medication_drop_boxes/</a>
Listed by County	
New York State Drug Collection Events	<a href="http://www.dec.ny.gov/chemical/63826.html">www.dec.ny.gov/chemical/63826.html</a>
DEA Drug Take Back Events	<a href="http://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html">www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html</a>
DEA Authorized Collection Sites	<a href="http://www.deadiversion.usdoj.gov/pubdis/search/sp/rpt/mst/locatlon/wld/">www.deadiversion.usdoj.gov/pubdis/search/sp/rpt/mst/locatlon/wld/</a>
Medication Mail Back Programs	Inquire at local pharmacies concerning cost and availability

It's important to know the facts. It's going to take all of us.  
Let's come together, prevent substance abuse and combat addiction.


**Combat Heroin and Prescription Drug Abuse**
**Department of Health**
**Office of Alcoholism and Substance Abuse Services**

Combat Heroin – [www.combatheroin.ny.gov](http://www.combatheroin.ny.gov)  
New York State Office of Alcoholism and Substance Abuse Services – [www.oasas.ny.gov](http://www.oasas.ny.gov)  
New York State Department of Health – [www.health.ny.gov](http://www.health.ny.gov)

<https://www.health.ny.gov/publications/12022.pdf>


**Department of Health**

# Mandatory Prescriber Education

# Mandatory Prescriber Education Public Health Law (PHL) §3309-a

Every person licensed under Title Eight of the Education Law in New York to treat humans and in possession of a registration number from the federal Drug Enforcement Administration (DEA), shall, on or before July 1, 2017 and once within each three year period thereafter, complete 3 hours of course work or training in pain management, palliative care, and addiction approved by the Department of Health (DOH).



# Mandatory Prescriber Education Guidelines

The following persons must complete a minimum of at least 3 hours of course work or training in pain management, palliative care, and addiction:

- Prescribers licensed under Title 8 of the Education Law in NY to treat humans, who also,
- Have a DEA # ***in any state*** to prescribe controlled substances, and
- Medical residents who prescribe controlled substances under a facility DEA #

# Mandatory Prescriber Education Guidelines

Prescribers and medical residents prescribing controlled substances under the DEA registration number of a facility must:

- Complete course work or training by July 1, 2017
- Complete course work or training once every 3 years, thereafter
- Complete course work or training that include the required 8 topics in a minimum of at least 3 hours
- Attest that all required 8 topics were completed in at least 3 hours
- Maintain a copy of the documentation of the completion of the course work or training for a minimum of six years – do **NOT** send documents to the DOH



# Mandatory Prescriber Education Guidelines

Course work or training must:

- Include all of the following eight (8) topics:
  - NYS and federal requirements for prescribing controlled substances
  - Pain management
  - Appropriate prescribing
  - Managing acute pain
  - Palliative medicine
  - Prevention, screening and signs of addiction
  - Responses to abuse and addiction
  - End of life care



# Mandatory Prescriber Education Guidelines

Course work or training *must*:

- Be accredited for the continuing education of any licensees under Title 8 of the Education Law to treat humans
- Include all of the required 8 topics
- Be completed once every 3 years after July 1, 2017
- Those licensed after July 1, 2017 have 1 year to complete

# Mandatory Prescriber Education Guidelines

- Accredited course work or training can be live or online
- The topics may be covered by a single, comprehensive presentation or by multiple individual presentation for a total of at least 3 hours
- Documentation of the completion of the course work or training must include:
  - Name
  - Provider name
  - Location
  - Date
  - Number of hours completed for each

# Mandatory Prescriber Education Guidelines

Link to University of Buffalo Training posted on the Bureau of Narcotic Enforcement Public Website: **Mandatory Prescriber Education**

Prescribers licensed in New York to treat humans and who have a DEA registration number to prescribe controlled substances, as well as medical residents who prescribe controlled substances under a facility DEA registration number, must complete at least three (3) hours of course work or training in pain management, palliative care, and addiction by July 1, 2017.

Practitioners must notify the Department of Health that they have completed the educational requirements by submitting an attestation online.

Click on the following links for more information and guidance.

- [Mandatory Prescriber Education Guidance](#) (PDF)
- [Frequently Asked Questions - Updated June 2017](#) (PDF)
- [Attestation Process](#)

Prescribers can access three hours of free course work covering the eight required topic areas, sponsored by NYSDOH, from the University of Buffalo\* at [Opioid Prescriber Training Program](#).



Prescribers can access three hours of free course work covering the eight required topic areas, sponsored by NYSDOH, from the University of Buffalo. The course is offered in two parts and can be accessed at [Opioid Prescriber Training Program](#).

Other course work may be available through prescribers' professional organizations.

[https://www.health.ny.gov/professionals/narcotic/mandatory\\_prescriber\\_education/](https://www.health.ny.gov/professionals/narcotic/mandatory_prescriber_education/)



# Mandatory Prescriber Education Guidelines

- **Other course providers include but are not limited to:**
  - MSSNY
  - NYACP
  - Dental Societies
  - Nursing Associations
  - Podiatric Associations
  - Informed (via mail)



# Mandatory Prescriber Education Guidelines

- Accrediting organizations include, but are not limited to the following:
  - Accreditation Council for Continuing Medical Education (ACCME)
  - The American Dental Association's Continuing Education Recognition Program (ADA CERP)
  - The Academy of General Dentistry's Program Approval for Continuing Education (AGD PACE)
  - The New York State Dental Association (NYSDA)
  - American Podiatric Medical Association (APMA)
  - Council on Podiatric Medical Education (CPME)
  - The American Association of Colleges of Podiatric Medicine (AACPM)
  - American Association of Nurse Practitioners (AANP)
  - Accreditation Council for Pharmacy Education (ACPE)
  - American Academy of Physician Assistants (AAPA)
  - New York State Podiatric Medical Association (NYSPMA)
  - American College of Nurse-Midwives (ACNM)
  - Medical Society of the State of New York (MSSNY)
  - New York Chapter American College of Physicians (NYACP)





# Attestation to Mandatory Prescriber Education Completion

- Prescribers must attest to completion
  - NYS Health Commerce System (HCS) account
  - Paper form
- Facilities attest for medical residents
  - HCS account
- Documents must be maintained for 6 years

# Mandatory Prescriber Education Attestations

- Attestations As of 10/17/2017 - 91,274
  - On Line via Health Commerce System Application
    - 83,492
  - Paper Form
    - 7,782
  - 66 Facilities have registered their residents

# Mandatory Prescriber Education Implementation

# Implementation Activities

- Bureau staff had 1 year to implement a program that impacted over 130,000 practitioners
- Develop Workplan
  - Regulations required?
  - Processes required?
  - System requirements?
  - Communication and outreach?
- Staffing
- Budget

# Outreach to Affected Prescribers

- Met with the licensing Boards for input and buy-in
- Developed FAQs
- Worked with call center to develop knowledge base
- Sent notification to professional associations
- Presentations to organizations
- Sent email notification to prescribers
- Sent brightly-colored, large postcard—very effective



# Development of Electronic Interfaces

- Waiver process
  - Request for a waiver
  - Approval, denial or needs more information
  - Strict criteria
- Attestation Process
  - Online
  - Paper

# Advice

- Start early
- Keep it simple
- Land on guidelines and documentation early
- Meet with licensing Boards early
- Determine the need for electronic interfaces
- Watch for: Misconception that there is/was an automatic transfer of CME units to the Department of Health—no attestation required

# Questions?



# Bureau of Narcotic Enforcement

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**[www.nyhealth.gov/professionals/narcotic/](http://www.nyhealth.gov/professionals/narcotic/)**

**E-mail: [narcotic@health.state.ny.us](mailto:narcotic@health.state.ny.us)**

## **Regional Offices:**

**NYC: (212) 417-4103**

**Buffalo: (716) 847-4532**

**Syracuse: (315) 477-8459**

**Rochester: (585) 423-8043**



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