



# **PBI Prescribing Course: Opioids, Pain Management, and Addiction**

Facilitated Live, Intensive, Small Group Format  
*Remedial and Interventional\**

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In Joint Providership with the University of California, Irvine School of Medicine

**UCI** School of Medicine



21 CME Credit Hours\*\*  
*Approved for AMA PRA Category 1 Credits™*

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## **\*Note:**

This comprehensive course addresses prescribing deficiencies to fulfill educational recommendations or requirements. Course faculty review each participant's pre-course assignment submissions, including referral documentation, to personalize instruction and address specific concerns or practice gaps.

Clinicians who wish to take the course solely for CME credit are welcome to enroll.

## **\*\*Extended Edition - Post-Course Follow-Up:**

The Extended Edition provides a longitudinal educational experience, offering continued accountability and 12 additional CME credit hours. See page seven for details.

## Summary

Both broad and deep, this course covers common misconceptions about opioids, assessment of patients for misuse potential, setting prescribing-related boundaries, team-based pain management approaches, and compliance with documentation, laws, and rules. State and profession specific pre-course readings, research, and written assignments set the stage for the live course. Participants arrive at the seminar primed to examine their infractions.

The course is facilitated in a highly interactive, small-group format and taught by one primary faculty member who reviews each participant's pre-course assignment submissions. This pre-review allows faculty to be aware of each participant's unique background and cause(s) for referral and use this information to structure and personalize their facilitation of each course. Participants are guided to see where they initially went astray, gain critical insight into why it happened, and are held accountable to prevent future missteps by creating and presenting a Personalized Protection Plan<sup>®</sup>. This novel framework for remediation is known as the PBI Method<sup>®</sup>, a process-oriented approach to achieve impactful and lasting educational intervention.

## Course Objectives

Upon completion, participants should be able to:

- Implement safer, more effective treatment with improved outcome through the application of a comprehensive knowledge of the spectrum of pain medications
- Apply the prescribing laws and regulations into clinical practice for the safe and effective use of opioids and controlled substances
- Produce and maintain medical records that are in compliance with prescribing laws and document appropriate management and treatment of chronic pain
- Differentiate opioid dependency and addiction to minimize abuse potential and maximize pain management

## Faculty

Faculty for this course are selected by PBI and approved by the University of California, Irvine School of Medicine Office of Continuing Medical Education.

## Pass/Fail Criteria

This interactive course has specific objectives to accomplish within the designated time frame. Participation in discussions is required throughout. To pass and qualify for the CME credit hours, attendees must be present and participate for the full duration of the course.

Upon conclusion of the course, pass/fail determinations are made on an individual basis, at the discretion of PBI and in accordance with course accreditation standards. Determinations are based on the following:

- Demonstrated understanding of educational content
- Demonstrated ability to achieve the learning objectives
- Compliance with course requirements including submission of pre-course assignments, adherence to participation and engagement standards, and passing the final oral examination at the conclusion of the course (i.e., presentation of a comprehensive Personalized Protection Plan©).

*An additional graded, written final examination can be made available upon request when required by a regulatory agency, board, or college. Requests must be made in writing to PBI Education **prior** to course commencement.*

## Content Timeline

### Overview:

The course begins each day at 8:00 AM and concludes each day at 5:00 PM. Lunch and break times may vary as needed. Please make arrangements accordingly.

- Pre-course Assignments: Six (6) hours of pre-course reading and written assignments submitted prior to the course

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### Day One

8:00 AM to 8:30 AM

Introduction, Goals, and Objectives

- Check-in and course overview
- Review of ACCME protocols and UCI CME accreditation
- Faculty financial disclosure and introduction
- Defining the objective and goals for the course

8:30 AM to 10:30 AM

Participant Sharing and Introduction

- Participants' stories - Why are you here?

Reviewing you Prescribing Practice Self-Assessment Tool©

- Gaining Insight into your prescribing patterns that put you, your patients, and your practice in harm's way

Module 1 - Understanding Principles of Chronic Pain Management and Ethical Issues in Prescribing; the Healthcare Provider-Patient Relationship

- Exploring the definition, goals, and types of chronic pain
- The gold standard of assessing severity of chronic pain
- Treatment modalities and types of medication for chronic pain
- The role of a team approach - including the family and pharmacist

- Ethical issues in treating chronic pain

10:30 AM to 10:45 AM

Break

10:45 AM to 12:00 PM

Module 2 - Special Issues in Chronic Pain

- Fibromyalgia
- Headaches
- Chronic back pain

Module 3, Part One - Non-Opioid Medications

- Non-opioid analgesics
- Benzodiazepines
- Amphetamines
- Neuropathic pain
  - Diagnosis
  - Guidelines for treatment
  - The role of tricyclics
  - SNRIs
  - Anticonvulsants
  - Lidocaine patches
  - Cannabinoids
  - Tramadol
  - Opioids including methadone

12:00 PM to 1:00 PM

Lunch

1:00 PM to 3:00 PM

Module 3, Part Two - Opioids: Pharmacokinetics, Metabolism, Conversion, Drug-Drug Interactions, Indications, and Side Effects

- Principals and professional barriers to opioid prescribing
- Adverse effects of opioid therapy and their treatments
- Tolerance
- Physical dependence on opioids
- Long-acting opioids
- Breakthrough pain
- Initiation of opioid treatment and titration
- Opioid equipotency and rotation
- Methadone

Prescribing Law and Discipline

- Regulatory expectations and maintaining compliance
- Understanding the consequences of prescription violations
- Licensure and board certification impact

3:00 PM to 3:15 PM

Break

3:15 PM to 5:00 PM

Module 4 - Addiction, Physical Dependence, Risk Assessment, and Safeguards

- Defining physical dependence
- Addiction: definition and diagnosis
- Pseudo-addiction (i.e., under-treated pain behaviors)
- Aberrant drug-related behavior and differential diagnosis
- Opioid misuse and risk assessment tools
- Abuse deterrent opioids
- Understanding chronic pain vs. addiction

Module 5 - Maintaining and Monitoring Compliance

- Elements of the opioid agreement
- Urine drug testing
- Patient education
- Positioning opioid therapy
- Evaluating treatment outcomes
- Exit strategies in opioid treatment
- Disposal of unused medications
- Treatment strategies for various patient types
- Proper documentation

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## Day Two

8:00 AM to 10:30 AM

Professional Boundaries and Prescribing

- Improving clinical / ethical decision making
- The dangers of dual relationships and prescribing to friends or family
- Establishing healthy boundaries for a balanced life
- The PBI Formula©: A conceptual framework for exploring personal risk factors and vulnerabilities in terms of prescribing practices
- Creating a practice-based Personalized Protection Plan©

Module 6 - Lawful Prescribing and Prevention of Diversion

- State and federal guidelines and regulations
- Writing a prescription for a controlled substance
- Principle of balance: analgesia vs. abuse
- Illicit drug initiates
- Sources of non-medical use of analgesics
- Understanding “Detox” vs. “Taper”
- E-prescribing of a scheduled drug
- Supervisory regulations

- Refills and issuance of multiple prescriptions
- Identifying drug-seeking behavior
- Informed consent, consultations, and periodic review
- Prescription monitoring programs

10:30 AM to 10:45 AM

Break

10:45 AM to 12:00 PM

Module 7 - Case Reviews and Patient Scenario Simulations

12:00 PM to 1:00 PM

Lunch

1:00 PM to 3:00 PM

Managing Challenging Patient Behaviors

- Patient types and interpretations of pain
- Comorbidity
- Personality disorders and pain mood disorders
- Anxiety disorders
- Somatization disorders
- Treating the whole person - a team approach
- Demanding patients
- Special cases

Module 8 - Difficult Conversations

- Navigating challenging cases and situations
- The importance of clearly stating your goals
- How to manage noncompliance

3:00 PM to 3:15 PM

Break

3:15 PM to 5:00 PM

Personalized Protection Plans© and Final Examination

- Integrating course material and discussion into the creation of a Personalized Protection Plan©
- Final Examination - Case-based discussion and oral presentation of your Personalized Protection Plan© for feedback from classmates and faculty

## Extended Edition — Post-Course Follow-Up

### **Extended Edition Overview:**

The Extended Edition includes a longitudinal follow-up component for increased accountability and extended learning. Upon completion of the live portion of the course, participants enrolled in the Extended Edition attend a total of 12 Maintenance and Accountability Seminars. These seminars focus on implementation into practice of the Personalized Protection Plan©, developed in the live course. Through continuous, real-time faculty feedback and peer review, participants' potential for relapse is minimized. [PBI Maintenance and Accountability Seminars](#) consist of weekly, one-hour, faculty-led group teleconference seminars.

The Extended Edition confers a total of 33 CME Credit Hours (21 for the live course + 12 for post-course follow-up component).

### **Extended Course Timeline:**

1. Upon completion of the live course, Extended Edition participants will submit their Personalized Protection Plan© for faculty review.
2. Extended Edition participants will then select their preferred cohort and begin participation in Maintenance and Accountability Seminars one hour weekly for a total of 12 seminars. Cohorts are scheduled on weekday evenings and are subject to availability. This portion of the course takes approximately 12-14 weeks to complete.
3. Extended Edition participants receive a completion certificate upon finishing the live course and a second completion certificate upon finishing the extended component.

## Accreditation Statement

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of California, Irvine School of Medicine and Professional Boundaries, Inc. The University of California, Irvine School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

## Designation Statement

The University of California, Irvine School of Medicine designates these live activities for a maximum of 33 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Disclosure Policy

It is the policy of the University of California, Irvine School of Medicine and the University of California CME Consortium to ensure balance, independence, objectivity and scientific rigor in all CME activities. Full disclosure of conflicts and conflict resolutions will be made prior to the activity in writing via handout materials, insert, or syllabus.

## California Assembly Bill 1195

This activity is in compliance with California Assembly Bill 1195, which requires continuing medical education activities with patient care components to include curriculum in the subjects of cultural and linguistic competency. For specific information regarding Bill 1195 and definitions of cultural and linguistic competency, please visit the CME website at [www.meded.uci.edu/cme](http://www.meded.uci.edu/cme).