



PBI Proper Prescribing Course

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

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™

***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

Controlled medications are prescribed and dispensed at an alarming rate for patients who suffer from many ailments, including acute and chronic pain, anxiety, depression, ADHD, and insomnia. This course, appropriate for both generalist and specialist prescribers alike, provides instruction on how clinicians can remain vigilant to ensure the welfare of their patients and the public. The course curriculum covers common misconceptions about controlled substances, assessment of patients for misuse potential, setting prescribing-related boundaries, patient behaviors that may impact their care, and team-based symptom management approaches. Participants will test their newfound knowledge of appropriate diagnostic protocols, documentation standards, laws, and rules in a final case review module. State and profession specific pre-course readings, research, and written assignments set the stage for the live course, so that participants arrive at the seminar primed to examine their own practices and any 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®. This novel framework for remediation is known as the PBI Method®, a process-oriented approach to achieve impactful and lasting educational intervention.

Reasons for Referral

Common reasons for referral to this course include:

- Chronic pain: inadequate treatment or management
- Controlled dangerous substance (CDS): inappropriate or unsafe prescribing
- Documentation of prescribing that does not comply with laws and regulations
- Poor understanding of drug dependence, addiction, and misuse potential
- Prescribing to friends, family, or coworkers*
 - *This is also considered a professional boundary issue. A professional boundaries course should be considered in addition to a prescribing course.

Course Objectives

Upon completion, participants should be able to:

- Identify common reasons why medical providers may face regulatory and legal consequences for their prescribing habits
- Apply the prescribing guidelines, rules, and regulations into clinical practice for the safe and effective use of prescription medications
- Produce and maintain the proper medical records and documentation to remain in compliance with prescribing laws and regulations
- Identify prescription medications that have a high potential for abuse and their

- proper indications
- Understand the behavior of patients when utilizing prescription medications and be able to identify behaviors that would affect their care
- Demonstrate an understanding of options besides prescription medications to provide better care for patients with chronic pain

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.*

Post-Course Participation Report

For referring entities interested in additional insight into a professional's participation in a course, an Accomplishments, Impressions, and Recommendations (AIR) Letter can be provided upon request. This letter is designed to expand the referrer's understanding of the attendee's accomplishments of course objectives through their course work, offer individualized faculty impressions of the attendee's participation and interactions during the course, as well as include faculty recommendations, if any, for continuing education, assessments, therapy, or any other resources that they may see as providing opportunities for growth and enhanced remediation.

Requests for AIR Letters should be made in writing in the referral documentation. [Click here to learn more.](#)

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 8:40 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

8:40 AM to 9:10 AM

Reviewing your Prescribing Practice Self-Assessment Tool©

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

9:10 AM to 9:45 AM

Proper Prescribing Lessons Learned

- PBI data overview for the different specialties and common reasons for attending the course
- One PBI teaching faculty's overview of the different medical providers and common reasons for attending the course since 2015

9:45 AM to 10:00 AM

Break

10:00 AM to 12:00 PM

Participant Sharing and Introduction

- Participants' stories - Why are you here?

Regulatory and Legal Implications

- AMA – 4 D Misprescribing Framework
- Medical Malpractice
- Medical Board Complaint
- Criminal Liability
- New Supreme Court Ruling

12:00 PM to 1:00 PM

Lunch

1:00 PM to 3:00 PM

Opioid Crisis

- Historical Perspective
- Current State
- Mega-Model Predictions

Guidelines, Rules, and Regulations

- 2016 CDC Guidelines
- FDA Recommendations
- HHS Guide
- Federation of State Medical Boards Guidelines
- Urine Drug Testing
- Drug Disposing
- Mississippi State Board of Medical Licensure Example

3:00 PM to 3:15 PM

Break

3:15 PM to 5:00 PM

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©

Review Risk Factors & Vulnerabilities Homework

Day Two

8:00 AM to 9:45 AM

Medications

- Prescription Medication Abuse
- United States Drug Enforcement Administration Drug Schedules
- Opioids
- Antidepressants
- Stimulants
- Cannabinoids
- Off-Label Drug Use
- Do You Really Need All These Medicines?

9:45 AM to 10:00 AM

Break

10:00 AM to 12:00 PM

Medications (continued)

Understanding Behavior

- Opioid Compliance
- Mental Health Statistics
- Anxiety
- Depression
- Pseudo addiction
- Opioid Use Disorder
- Dopamine and Substance Abuse
- Patient Navigator
- Screening Tools
- Hurricane Katrina's Unexpected Effect of Reducing Chronic Pain
- Co-production of health care with both medical provider and patient working together for efficiency
- Wearable Medical Devices – focusing on wearable pain medical devices to treat pain

12:00 PM to 1:00 PM

Lunch

1:00 PM to 3:00 PM

Pain Management

- Definition of Pain
- Core Attributes for Treating Chronic Pain
- Waddell's Sign
- Five A's
- Electronic Medical Records
- Medical Scribes
- WHO Analgesic Ladder
- Opioid Use for Co-existing Conditions
- Opioid Contraindications
- Opioid Overdose
- Opioid-Induced Hyperalgesia

Case Presentations

- Hypothetical Case Presentations - Applying the Lessons Learned During the Course
- Each participant will be expected to demonstrate they understand and can apply the course material by answering questions in response to a variety of prescribing issues posed in realistic, hypothetical cases

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*™. 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 and 241

This activity is in compliance with California Assembly Bill 1195 and 241, which require CME activities with patient care components to include curriculum in the subjects of cultural and linguistic competency & implicit bias. It is the intent of AB 1195 and AB 241 to encourage physicians and surgeons, CME providers in the State of California, and the Accreditation Council for Continuing Medical Education to meet the cultural and linguistic concerns of a diverse patient population and reduce health disparities through appropriate professional development. Please see the CME website, www.meded.uci.edu/cme, for AB 1195 and AB 241 resources.