



PBI Best Practice Prescribing: Opioids, Pain Management, and Addiction

Interactive Online Course
*Preventative and Non-Remedial**

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

UCI School of Medicine



3 CME Credit Hours
Approved for AMA PRA Category 1 Credits™

***Note:**

This self-paced, online course is not remedial in nature and not intended to fulfill interventional or remedial course requirements for those that have failed to maintain proper prescribing practices.

Please see the 2-day live [PBI Proper Prescribing Course](#) to fulfill remedial and interventional course requirements.

Summary

Derived from the live, remedial 2-day [PBI Proper Prescribing Course](#), this introductory course teaches prescribers how to recognize common prescribing errors and learn best practices that can be implemented right away to start protecting patients. Engaging and timely, this self-paced course covers common misconceptions about opioids and the opioid epidemic, assessment of patients for misuse potential, setting prescribing-related boundaries, team-based pain management approaches, physical dependence vs. addiction, risky prescribing patterns and how to avoid them, and compliance with documentation, laws, and rules.

Course Objectives

Upon completion, participants should be able to:

- Implement safer, more effective treatment of pain with improved outcomes through the application of a comprehensive knowledge of the spectrum of pain medications
- Apply prescribing laws and regulations into clinical practice for the safe and effective use of opioids and controlled substances
- Produce and maintain medical records that document 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 is an interactive, self-guided, online course. In order to qualify for the 3 CME credit hours, attendees must fully participate in the various knowledge checks throughout and receive a passing score of 80% on the final exam.

Content Timeline

Overview:

- Readings and Interactive Knowledge Checks: 2 hours and 30 minutes
 - Mandatory Final Exam: 30 minutes, the minimum passing score required is 80%
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1. Introduction
2. What is Pain?
 - a. Definition of pain
 - b. Chronic pain
 - c. Types of chronic pain
 - d. A new paradigm for pain
3. Overview of Treating Chronic Pain
4. Understanding Opioids
 - a. Opioid side effects
 - b. Euphoria
 - c. Initiating opioid therapy
 - d. Prescribing limits
 - e. What about driving?
 - f. Opioid conversion
 - g. Methadone
 - h. Physical dependence and opioid withdrawal
 - i. Tolerance
 - j. Positioning opioid therapy
5. Understanding Addiction
 - a. Pseudoaddiction, bad behaviors, and differential diagnosis
6. Maintaining and Monitoring Compliance
 - a. Opioid agreement
 - b. Urine drug testing
 - c. Evaluating treatment outcomes
 - d. Documentation
 - e. Exit strategies in opioid treatment
 - f. Disposing of unused opioid medication
 - g. Summary of key points in prescribing opioids
7. The Opioid Crisis
8. Final Exam

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 3 *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.