



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

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 act responsibly to ensure the welfare of their patients and the public. Pre-course readings 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 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. Federal, state, regulatory, and professional guidelines and standards, as well as current, reputable articles from the professional literature, are reviewed throughout the course and provided as post-course resources. Participants will apply their newfound knowledge of appropriate assessment protocols, documentation standards, laws, and rules when they develop their Personalized Protection Plans®.

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 the 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:

- Inappropriate or unsafe prescribing of controlled substances, including failure to check the state prescription drug monitoring program
- Documentation of prescribing that is inadequate or does not comply with laws and regulations
- Poor understanding of drug dependence, addiction, and misuse potential
- Prescribing to friends, family, coworkers, or self*
 - *This is also considered a professional boundary issue. A professional boundaries course should be considered in addition to a prescribing course.
- Chronic pain: inadequate treatment or management; failure to follow drug testing recommendations; inappropriately high doses

Course Objectives

Upon completion, participants should be able to:

- Identify common reasons why prescribers 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 proper indications for prescription medications that have a high potential for abuse
- 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

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

Day One

8:00 AM to 8:40 AM

Introduction and Objectives

- Course overview
- Review of ACCME requirements and UCI CME accreditation
- Faculty financial disclosure and introduction
- Discussion of the objectives 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 9:30 AM

Proper Prescribing Lessons Learned

- PBI data overview for different specialties and common reasons for attending the course
- One PBI faculty's overview of different clinical providers and common reasons for attending the course since 2015
- Orientation to the Personalized Protection Plan©

9:30 AM to 9:45 AM

Break

9:45 AM to 12:00 PM

Participant Sharing and Introduction

- Participants' stories - Why are you here?
- Boundaries and Ethics
 - Improving clinical / ethical decision making
 - The dangers of dual relationships and prescribing to friends, family, coworkers, or self
 - Establishing professional and personal boundaries for a balanced life
- PBI Laws and the Formula©
- Critical process concepts

12:00 PM to 1:00 PM

Lunch

1:00 PM to 2:45 PM

Regulatory and Legal Implications

- AMA – 4 D Misprescribing Framework
- Medical Malpractice
- Regulatory Board Complaints
- Criminal Liability

2:45 PM to 3:00 PM

Break

3:00 PM to 5:00 PM

Regulatory and Legal Authority, Guidelines, Rules, and Regulations, and Critical Review of the Literature

- Licensing entities and professional practice acts
- 2022 CDC Guidelines
- FDA Recommendations
- HHS Guide
- Federation of State Medical Boards Guidelines
- SBIRT approach
- AMA Framework
- DEA drug schedules
- Appropriate documentation recommendations

Day Two

8:00 AM to 10:00 AM

Specific Medications, Including Pharmacology, Pharmacokinetics, and Drug Metabolism

- Misuse, abuse, and addiction
 - Dependence and tolerance
- Controlled substances
 - Narcotics, opiates, and opioids, including MME
 - Benzodiazepines
- “Z-Drugs” for insomnia
- Muscle relaxants
- Membrane stabilizers
- Antidepressants
- Stimulants
- Cannabinoids
- Polypharmacy and drug interactions

10:00 AM to 10:15 AM

Break

10:15 AM to 12:00 PM

Treating Chronic Pain

- Assessment and management
- Questionnaires and screening instruments
- Core Attributes for Treating Chronic Pain
- Five A's
- WHO analgesic ladder

12:00 PM to 1:00 PM

Lunch

1:00 PM to 2:30 PM

Treating Chronic Pain, continued

- Opioid agreements
- Drug testing
- Patient Navigator
- Patient non-compliance
- Co-production of health care with both prescriber and patient working together

2:30 PM to 2:45 PM

Break

2:45 PM to 5:00 PM

Personalized Protection Plan© Oral Examination

- Integrating course material and discussions into the creation of a 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. [PBI Maintenance and Accountability Seminars](#) consist of weekly, one-hour, faculty-led group teleconference 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.

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 this Other activity (live, enduring, Internet PoC search) 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.