

Introduction to the Massachusetts Consultation Service for the Treatment of Addiction and Pain

March 12 and March 13, 2019

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for Treatment of Addiction and Pain

Providers' Needs Related to Treating Patients with SUD and Chronic Pain

Provider needs assessment in fall 2018 found:

- PCPs have many questions about caring for patients with chronic pain and substance use disorder (SUD) and are eager for support.
- Questions range from specific (e.g., prescribing opioids and other medications) to general about overall pain management.
- PCPs have questions about prescribing medication-assisted treatment (MAT), even with available resources.
- Of respondents, 77 percent are not waived to prescribe buprenorphine.
- They want information about community-based programs for these patients.

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Background Leading to the Creation of MCSTAP

- The need for support for PCPs in this area is not new — several organizations have advocated for establishment of a consultation service focused on chronic pain and SUD.
- A consultation service was identified in Amendment H4866, which focused on prevention and access to appropriate addiction treatment.
- The amendment stipulated development of a state-wide consultation service for PCPs treating adults with chronic pain or SUD.

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MCSTAP's Mission

To support primary care teams in increasing their capacity for, and comfort in, using evidence-based practices in screening for, diagnosing, treating, and managing the care of all patients with chronic pain and/or SUD.

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What is MCSTAP?

- Offers real-time phone consultation to PCPs on safe prescribing and managing care for adults with chronic pain and/or SUD
- Provides information on community resources to address the needs of these patients
- Available Monday – Friday, 9 a.m. – 5 p.m.
- Provides free consultations on all patients statewide, regardless of insurance
- Available at **1-833-PAIN-SUD** (1-833-724-6783)
- Funded by the Massachusetts Executive Office of Health and Human Services

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MCSTAP Physician Consultants

- Staffed by a team of 10 physician consultants from health systems around the state with:
 - Expertise in pain and SUD treatment
 - Experience teaching and mentoring providers
 - Deep commitment to supporting others on working toward better outcomes for patients with chronic pain and SUD
- Provide initial consultations and additional consultation/coaching as needed

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MCSTAP Physician Consultants



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Amy Fitzpatrick, MD
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Rachel King, MD
South End Community
Health Center

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How MCSTAP Can Help

- Assist clinicians in using evidence-based practices when prescribing opioids and use of medication for treating SUD
- Consult on questions across a broad range of topics, from managing medications to holistic chronic pain management
- Provide personalized real-time, and ongoing professional coaching on providers' most complex patients
- Identify community-based resources that can address patients' needs
- Help build practices' capacity to care for complex patients with chronic pain or SUD

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When Can a Provider Call MCSTAP?

Providers can call with any questions about chronic pain and SUD management. Some examples of topics include:

- Prescribing buprenorphine or naltrexone
- Preparing for medication changes or titrating medications
- Overall management plan for complex and challenging cases
- Review of potential changes to a treatment plan prior to a patient visit
- Issues about pregnant women and other special populations

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Examples of Recent Consults

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Medication and Care Planning for Patient with SUD

Reason for consult:

- 50-year-old female with history of cocaine use, possible opioid use disorder, risky drinking and depression
- Coming for an office visit, indicating that she wanted help
- Physician was looking for guidance on medications, input on priorities, and referral information

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Medication and Care Planning for Patient with SUD

Discussion with MCSTAP physician consultant:

- Need to get understanding of substances being used
- Options for treating her OUD — buprenorphine vs. naltrexone
- Appropriate dosing for buprenorphine
- Importance of helping her connect with BH provider for counseling

After the consultation, MCSTAP provided information about BH resources in her community.

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Prescribing MAT for Pregnant Patient

Reason for consult:

- 28-year-old pregnant woman (first trimester) with a history of OUD
- Felt at imminent risk for relapse on heroin
- Indicated that she would like to restart naltrexone, which was effective for her in the past
- NP had questions about prescribing naltrexone during pregnancy

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Prescribing MAT for Pregnant Patient

Discussion with MCSTAP physician consultant:

- Review of treatment options for this patient
- Assessment of risk of relapse vs. risks associated with naltrexone during pregnancy
- Confirmation of appropriate dosing
- Offer to facilitate transfer to high-risk OB care if needed

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Pre-Surgery Medication Planning for Patient on Buprenorphine

Reason for consult:

- 60-year-old man with history of OUD; stable on buprenorphine
- Upcoming partial knee replacement
- The provider had questions about post-operative medication management.

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Pre-Surgery Medication Planning for Patient on Buprenorphine

Discussion with MCSTAP physician consultant:

- Answered questions about continuing buprenorphine pre- and post-surgery and recommended continuing buprenorphine as usual
- Discussed pain management options for expected mild to moderate pain and identified appropriate medication/dosing, along with close outpatient follow-up

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Treatment Planning for Patient with Chronic Pain and Chronic Opioid Use

Reason for consult:

- 56-year-old woman with chronic pain, on oxycodone and Xanax
- Patient new to this provider
- Exhibited drug-seeking tendencies and had not followed through with recommended pain management treatment
- Provider had questions about appropriate dosing of oxycodone, use of Xanax, and appropriateness of other medications

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Treatment Planning for Patient with Chronic Pain and Chronic Opioid Use

Discussion with MCSTAP physician consultant:

- Importance of accurately diagnosing patient and review of diagnostic criteria for OUD
- Strategies for short-term plan for engagement while making diagnosis
- Need for increased monitoring and possible plans to convert/taper medications

After the initial consult, the provider had three follow-up calls for additional guidance related to this patient's treatment plan.

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Your Questions

What types of questions do you have about treating patients with chronic pain and/or SUD?

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For a MCSTAP consultation
1-833-PAIN-SUD (1-833-724-6783)

Monday through Friday, 9 a.m. to 5 p.m.

Questions?

mcstap@beaconhealthoptions.com

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