

**MONITORING FOR
DIVERSION, ABUSE & ADDICTION**
in the
**Clinical Occupational Medicine
Setting**

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THE WAR ON PAIN

vs

THE WAR ON DRUGS

OPIOIDS

- **ABUSE**
- **DIVERSION**
- **CHILDREN**

In Arizona, 1 out of 4 12th graders abuse prescription pain relievers – twice the national rate

GUIDELINES

- Effective Patient Evaluation
- Treatment Plan
- Informed Consent & Agreement
- Periodic Review
- Referral & Patient Management
- Documentation
- Compliance With Relevant Law

RESPONSIBLE OPIOID PRESCRIBING

- Text and 7.25 CME Credits
- Author – Scott M. Fishman, M.D.
- Sponsors:
Federation of STATE MEDICAL BOARDS
Alliance of STATE PAIN INITIATIVES
University of WISCONSIN SCHOOL of MEDICINE and PUBLIC HEALTH

PURCHASE BOOK: www.fsmb.org/Pain/default.html

PERIODIC REVIEW

Monitoring for COMPLIANCE

- *Adherence to Agreement*
- *Urine Drug Testing*
- *State Prescription Monitoring Program*
- *Predictors of Drug Abuse*
- *Aberrant Behavior*

URINE DRUG TESTING

- Support Assessment & Diagnosis
- Monitor Adherence
- Identify Use of Undisclosed Substances
- Patient Advocacy
- Uncover Diversion

URINE DRUG TESTING

- Unannounced
- Questions prior to requesting drug test
 - Time of last dose, Rx drugs, OTC drugs, borrowed medications, herbs, illicit drugs, alcohol*
- In-house specimen
- Disadvantages of point-of-care/dipstick testing

URINE DRUG TESTING

- 45% abnormal tests
- 20.2% illicit substances
- 14.5% additional drugs
- 10.2% missing prescribed opioids

URINE DRUG TESTING

Validity of Specimen

- Temperature within 4 minutes*
- Creatinine, pH, specific gravity*
- Adulterants*
- Patient behavior*
- False positives & False negatives*
- Metabolites*

NO URINE

NO PRESCRIPTION

NO EXCEPTIONS

**CONTROLLED
SUBSTANCE
PRESCRIPTION MONITORING
PROGRAM**

REMS
RISK EVALUATION
&
MITIGATION STRATEGY

FDA
Long Acting Opioids

PREDICTORS OF DRUG ABUSE

- Personal & family history of prescription, alcohol & illegal drug abuse
- Age (16 to 45)
- History of preadolescent sexual abuse
- Cigarette smoking
- Criminal behavior
- Presence of psychiatric disorder
- *Race, income, education, literacy NOT usually factors*

ABERRANT BEHAVIOR

- **APPEARANCE**
Unkempt, disheveled
Sleepy looking
Nervous or jittery
Itching face or extremities with or without skin pathology
Unexplained weight loss
Tracks

ABERRANT BEHAVIOR

- **BIOLOGICAL ISSUES**
Appears intoxicated, smell of alcohol
Abnormal urine drug test

ABERRANT BEHAVIOR

- **PSYCHOLOGICAL ISSUES**
Negative mood changes
Isolation
Unusual behavior identified by family members
Demanding behavior
Abusive behavior in office or pharmacy or over telephone
Manipulative behavior
“End of world” behavior regarding medications

ABERRANT BEHAVIOR

- **ACTIVITY ISSUES**
Requests medications by name. I want _____. It's the only thing that works. Methadone, Soma
Abusing alcohol or drugs
Involved in lawsuits – “I’ll sue you” attitude
Contact with street culture
Arrested

ABERRANT BEHAVIOR

- Lost or stolen prescriptions/ medications*
- Request early or frequent refills*
- Visits multiple doctors seeking medications*
- Multiple Emergency Room visits*
- Weekend telephone calls to your answering service*
- Late Friday afternoon office visits*
- Fills opioid medication but not adjunctive medication prescriptions*

ABERRANT BEHAVIOR

- Non-compliant in obtaining past medical records*
- Resists drug tests, pill counts, lab tests*
- Misses or postpones appointments*
- Aggressive complaining*
- Selling medication*
- Stealing or borrowing another's prescription drugs*

ABERRANT BEHAVIOR

- MEDICATION ISSUES**
 - Changes route of administration – crush/ snort/ inject*
 - Unusual interest in potential abuse issues*
 - Increases dose without authorization*
 - Purposeful over-sedation*
 - Medication hoarding*
 - Using medication in response to situational stressors*

ABERRANT BEHAVIOR

- Forged or altered prescriptions*
- Requests short acting rather than long acting opioid*
- Asks for “something for my nerves”*

INFORMANTS

- Family members*
- Pharmacist*
- Check other insurances – VA, auto injury, private insurance vs worker's compensation*