

Opioid Best Practices - Online CME

Activity Description

This online CME course aims to highlight the shift in guidelines and public concern regarding the use of opioids in medical practice. This course provides the most up-to-date information regarding the appropriate indication for opioids in clinical practice. Topics cover the basics of opioids, evidence-based guidelines for opioids, medication monitoring, tapering and legal considerations. In addition, the course covers a broad range of issues, including opioid addiction and difficult patient conversations and guidelines to standardize the practice of opioid prescribing. Alternatives to opioid management are also discussed in detail, including implantable devices and procedures to manage pain. Medical providers including nurses, nurse practitioners, physician assistants, physicians, addiction experts, pharmacists and others may benefit from this multidisciplinary review and update of opioid management.

Target Audience

This course is appropriate for medical providers, including nurses, nurse practitioners, physician assistants, physicians, addiction experts, pharmacists and others may benefit from this multidisciplinary review and update of opioid management.

Learning Objectives

Upon completion of this online course, learners should be able to:

- Describe opioid practice updates.
- Describe how to implement a plan to appropriately monitor patients chronically using opioids.
- Recall the risks of opioid therapy and recommend treatment options for opioid use disorder.
- Identify when it is appropriate to initiate or continue opioid therapy for a patient.
- Select the best opioid medication, dosage, and duration for a patient identified as a good candidate for opioid therapy.
- Recall non-pharmacological and implantable device alternatives for the treatment of pain and ongoing pain management.

Accreditation Statement



In support of improving patient care, Mayo Clinic College of Medicine and Science is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Credit Statement(s)

AMA

The Mayo Clinic College of Medicine and Science designates this enduring material for a maximum of 5.25 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure Summary

As a provider accredited by Joint Accreditation Interprofessional Continuing Education, Mayo Clinic College of Medicine and Science must ensure balance, independence, objectivity and scientific rigor in its educational activities. Course Director(s), Planning Committee Members, Faculty, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty also will disclose any off label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of these relevant financial relationships will be published in activity materials so those participants in the activity may formulate their own judgments regarding the presentation.

For disclosure information regarding Mayo Clinic School of Continuous Professional Development accreditation review committee member(s) please visit: <https://ce.mayo.edu/content/disclosures>

Financial relationship(s):

None

No Financial relationship(s):

Name

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Eleshia J. Morrison, Ph.D., L.P., ABPP

Jacob J. Strand, M.D.

James C. Watson, M.D.

Theresa Malin

Karol Gluth

Laura Wilson

Reference to off-label usage(s) of pharmaceuticals or instruments in their presentation:

Name	Manufacturer/Provider	Product/Device
James C. Watson, M.D.	Various: Will discuss multiple pharmacologic options for off-label treatment of neuropathic pain with full disclosure.	
Molly A. Feely, M.D.	Haldol, methylnaltrexone, ondansetron, naloxone, modafinil, methylphenidate	

Mayo Disclaimer

Participation in this Mayo Clinic educational activity does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course. You should be aware that substantive developments in the medical field covered by this recording may have occurred since the date of original release.

Prerequisites for Participation

There are no prerequisites needed prior to participating in this education activity.

How to Obtain Credit

In order to request CME Credit, the learner will need to register for the course, successfully pass a 11-question assessment (80% pass rate with 2 attempts) and complete the course evaluation form.

Method of Participation

Learners will listen to the 3-hour podcast series, which is freely available via podcast applications. Upon completing the podcast series, learners will be directed to the course website where they will take a post-course assessment and claim credit.

Release and Expiration Dates

Release Date: September 14, 2021

Expiration Date: September 13, 2024

Acknowledgement of Commercial Support

No commercial support was received in the production of this activity.

Faculty and Course Director Listing and Credentials

Course Director

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Jacob J. Strand, M.D.

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Program Schedule

Legal Implications of Opioid Prescribing	Sally (Sally Anne) A. Brown, J.D.	0:36:30
Opioid Pharmacology: Clinical Application	Jacob J. Strand, M.D.	0:21:21
Interventional Alternatives to Opioids in Pain Management	Tim J. Lamer, MD	0:16:56
Pharmacologic Neuropathic Pain Management	James C. Watson, M.D.	0:43:38
Management of Opioid Induced Side Effects	Molly A. Feely, M.D.	0:34:43
A Pragmatic Approach to Opioid Monitoring: B-CAREFUL	W. Michael Hooten, M.D.	0:24:42
Urine Drug Screening: The Essentials of Interpretation	Loralie J. Langman, PhD DABCC (CC, MD, TC), F-ABFT	0:24:03
Difficult Conversations Regarding Opioids	Eleshia J. Morrison, Ph.D., L.P..	0:43:06
Chronic Opioid Tapering	Julie L. Cunningham, Pharm.D., R.Ph.	0:31:18
Treating Opioid Addiction	Holly L. Geyer, M.D.	0:47:00
Intro: Opioid Course	Halena M. Gazelka, M.D.	0:02:21

Bibliographic Resources

Bibliographic resources are provided within the activity.

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