Applying the CDC Guideline for Prescribing Opioids

Continuing Education Resources from CDC

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FDA Public Workshop on Training for Opioid Analgesic Prescribers
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Clinical Tools

- Checklist
- Pocket Guides
  - Tapering
  - Overview
- Fact sheets
  - New Guideline
  - Assessing Benefits and Harms
  - Prescription Drug Monitoring Programs
  - Calculating Total Daily Dose
Mobile App: Prescribe with Confidence

• Features include:
  – MME Calculator
  – Prescribing Guidance
  – Motivational Interviewing
Training Resources: COCA Webinars

COCA webinar series

1. Overview
2. Nonopioid Treatments for Chronic Pain
3. Assessing Benefits and Harms of Opioids
4. Dosing and Titration
5. Assessment and Evidence Based Treatments for Opioid Use Disorder
6. Risk Mitigation Strategies
7. Effectively Communicating With Patients
Web Based Training: Applying CDC's Guideline for Prescribing Opioids

- Stand alone modules
- Interactive scenarios
- Resource links
- Checks knowledge
- Allows practice

Overview of the CDC Guideline

Minimizing Risk

- Reassess benefits and risks when increasing dosage to ≥ 50 MME/day
- Avoid increasing dosage to ≥ 90 MME/day
- Consider the risks versus benefits
## Web Based Training: Applying CDC’s Guideline for Prescribing Opioids

<table>
<thead>
<tr>
<th>Title</th>
<th>Description</th>
<th>Length</th>
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<tbody>
<tr>
<td>Recommendations from the CDC</td>
<td>Overview of the CDC Guideline</td>
<td>1 hour</td>
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<tr>
<td>Communicating With Patients</td>
<td>Communication strategies in treating chronic pain, including motivational interviewing</td>
<td>1 hour</td>
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<tr>
<td>Treating Chronic Pain Without Opioids</td>
<td>Non-opioid treatment options for chronic pain</td>
<td>45 minutes</td>
</tr>
<tr>
<td>Deciding Whether to Prescribe Opioids</td>
<td>How to weigh benefits and risks</td>
<td>45 minutes</td>
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<tr>
<td>Dosing and Titration</td>
<td>How Much, How Long, and How and When to Stop</td>
<td>30 minutes</td>
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<tr>
<td>Reducing the Risks</td>
<td>Strategies to mitigate risks</td>
<td>45 minutes</td>
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<tr>
<td>Assessing and Addressing Opioid Use Disorder</td>
<td>Describes methods for assessing and addressing an opioid use disorder</td>
<td>1 hour</td>
</tr>
<tr>
<td>Implementing the CDC Guideline</td>
<td>Implementation strategies and key steps to overcome common implementation barriers</td>
<td>45 minutes</td>
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Emphasis on Communication

Motivational Interviewing

- One module focuses on communication and motivational interviewing
- Additional modules offer opportunities to practice communication

Good use of the MI approach. Expressing confidence in patients, when done with sensitivity, can increase their belief in their ability to overcome opioid withdrawal successfully.
How to Access

www.cdc.gov/drugoverdose/prescribing/trainings.html
For more information, contact CDC
1-800-CDC-INFO (232-4636)

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.