

Opioid Management; 6 Building Blocks

Shared Learning Call

May 20, 2020

Facilitators

Sarah LaRue, MS CRC

Taylor Miranda, MPH

Agenda

- Introductions
- Purpose of Calls
- Opioid Treatment in the Time of COVID
- Discussion
- Future Calls

Who is in the room?

- Tell us about you and your organization
- Why are you interested in participating in the 6BB project?

Purpose of Calls:

- An opportunity for the program sites to help one another through implementing improvements to opioid management with chronic non cancer pain.
- A time to share successes and to brainstorm through the real challenges that arise in this difficult work.
- Not a report out of what sites have done, but a sharing of ideas about how to do the work.
- Your entire Opioid Improvement Team should attend the call, if possible.

Opioid Treatment in the Time of COVID

AMY WACHHOLTZ, PHD

ASSOC PROFESSOR & DIR OF HEALTH PSYCHOLOGY

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Introductions



Telepsych- Good, Bad, and Unknown



Models of Integrated Telehealth

1- Two way consent forms to allow providers to exchange at-will or as-needed information

2a- Shared EMR that allows two-way read-only access to patient records

2b- Shared EMR that allows full read/write access to patient records

3- Intentional meetings regarding patient care, shared observations & risk assessments, treatment goals, and shared treatment plan development. This may also include warm hand offs or shared visits via telehealth.

Social isolation and health

Anxiety increasing

Depression increasing

Loneliness increasing

Decreased meaningful distractive activities from pain

Exercise decreasing – resulting in muscle deconditioning

Prescription medication abuse increasing

Opioid overdoses and suicides increasing

All of these can result in increased patient pain experience



What patients can do at home

Tele support group



Meaningful Activities



Sleep Hygiene



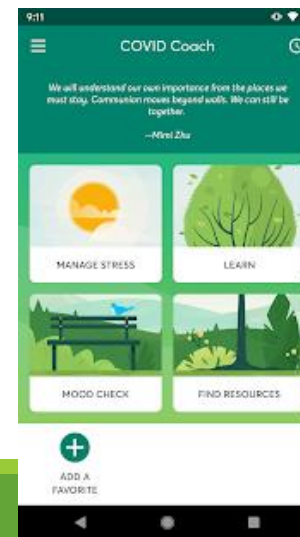
Tele-PT/exercise



Engaging in Spiritual Practices



COVID Coach



Scheduling

COVID-19 DAILY SCHEDULE

Time	Activity	Notes
Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog, Page 11 in morning
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magazines, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A- wipe all kitchen table and chairs B- wipe all floor surfaces, light switches, and door knob C- Wipe tooth surfaces (toilet, sink and tub)
1:00-2:00	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Walk, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid shows w/3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

Discussion

Amy.Wachholtz@UCDenver.edu

COVID -19 & Chronic Pain Management

A [handout](#) intended to help primary clinics think through how to continue to care for their patients with chronic pain on long-term opioid therapy

Virtual Visits

- Chronic pain can often be addressed without an in-person visit
 - Prescribing opioids
 - Patient assessments

Social Distancing for Non-Opioid Treatments

Stress Reduction and General Wellness

https://depts.washington.edu/fammed/improvingopioidcare/wp-content/uploads/sites/12/2020/04/COVID-19-and-Chronic-Pain-Management_2020-04-22-1.pdf

Poll



Overall, how helpful was today's session for you?

- a. Very helpful
- b. Somewhat helpful
- c. Neither helpful nor unhelpful
- d. Somewhat unhelpful
- e. Very unhelpful

Chat In

What is one thing you will try this week, as a result of this session?

Poll



Overall, how satisfied are you with today's session?

- a. Very satisfied
- b. Somewhat satisfied
- c. Neither satisfied nor dissatisfied
- d. Somewhat dissatisfied
- e. Very dissatisfied

Chat In

What do you need us to cover in upcoming sessions to help you?

Question

- What high-priority topics would you like to discuss or learn about in future sessions of this series?

Schedule

Shared Learning Calls will take place every other month 8:00AM – 9:00AM on the 3rd Thursday.

- **2020 Dates**

- **May** **Thurs 5/21**
- **July** **Thurs 7/16**
- **Sept** **Thurs 9/17**
- **Nov** **Thurs 11/19**