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## Bree Collaborative | Opioid Guideline Implementation Workgroup

March 27<sup>th</sup>, 2019 | 3:00 – 4:30

Foundation for Health Care Quality

705 2nd Avenue, Suite 410 | Seattle, WA 98104

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### MEMBERS PRESENT

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Gary Franklin, MD, MPH, (co-chair) Labor and Industries

Charissa Fotinos, MD (Co-Chair) Deputy Chief Medical Officer Washington State Health Care Authority

Andrew Saxon, MD (Co-Chair) Director, Center of Excellence in Substance Abuse Treatment and Education (CESATE) VA Puget Sound Health Care System

Rose Bigham, Washington Patients in Intractable Pain

Malcolm Butler,\* MD, Columbia Valley Community Health

Pam Davies,\* MS, ARNP Teaching Associate,

Neurology, University of Washington

Kelly Golob,\* DC, Tumwater Chiropractic Center

Jaymie Mai,\* PharmD, Labor and Industries

Jennifer Sandler, Patient Advocate

Mark Stephens,\* Change Management Consulting

Mark Sullivan,\* MD, PhD, University of Washington

Gregory Terman, MD, PhD, University of Washington

John Vassall MD, FACP, Qualis Health

Michael Von Korff, ScD, Kaiser Permanente

Mia Wise, DO, Medical Director, Collaborative Healthcare Solutions

### STAFF AND MEMBERS OF THE PUBLIC

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Trish Anderson,\* Washington State Hospital Association

Trina Crawford,\* Department of Health  
Jason Fodeman, MD, MBA, LNI

Negar Golchin, PharmD, MPH, Qualis Health Medicare

Deb Gordon,\* DNP RN FAAN, University of Washington

Katerina LaMarche,\* Washington State Medical Association

Alicia Parris, Bree Collaborative

Steven Saxe,\* Washington Department of Health

Jeb Shepard,\* Washington State Medical Association

Ginny Weir, MPH, Bree Collaborative

\* By phone/web conference

### CHAIR REPORT & APPROVAL OF MINUTES

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Gary Franklin, MD, MPH, Labor and Industries, welcomed members to the workgroup and those present introduced themselves.

*Motion:* Approval of February 27<sup>th</sup> Minutes.

*Outcome:* Passed with unanimous support.

### PLANNING FOR STATE-OF-THE-ART CONFERENCE

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Dr. Franklin discussed the background of the effort and the workgroup chairs defined the focus and goals of the State-of-the-Art conference:

- Evidence based recommendations to approach systematically in a patient-centered way
- Balancing harms with benefits, and those in between
- Being mindful of benefits and unintended consequences
  - Preventing abandonment by providers
- Recommendations will likely be a combination of evidence and expert consensus

- Charissa Fotinos, MD, Deputy Chief Medical Officer Washington State Health Care Authority, stressed that guidance will be iterative. May be updated in the following year as evidence becomes available
- Jennifer Sandler, Patient Advocate, discussed the impact of delay of diagnosis
  - Ms. Sandler did not receive a correct diagnosis for 4-7 years
  - Diagnose and treat persons before their condition reaches a point where opioids are necessary to control pain
- The group must be transparent about where evidence and is used and where expert opinion is being used due to emergent nature of the evidence
- Rose Bigham, Patient Advocate suggested adding breadth of experience beyond addiction specialists
  - Suggested Sean Mackey be included
- Gregory Terman, MD, PhD, University of Washington, state that if the conference results in tools that assist care providers in determining whether opioids are a solution or a problem for individual patients it would be a huge advance

Group viewed draft agenda for the State-of-the-Art Conference and discussed:

- Concerns were raised about the conference speakers being heavily weighted towards addiction specialists”
- Concerns were raised about how complete the evidence will be for us to use in getting to a guideline
- Current speaker committals, subjects, and panels
- Greater inclusion of patient advocates and patient experiences
  - Interweaving patient experience throughout the agenda
    - Patient from Erin Krebs’s PCORI funded trial
- Group agreed to move the talk by Roger Chou reviewing tapering methods prior to Erin Krebs’s talk on current research being conducted
- Mark Sullivan, MD, PhD, University of Washington, agreed to join panel on patient engagement and discuss recruitment challenges in tapering studies
- *“Optimizing Chronic Opioid Therapy”* changed to *“Identifying patients who benefit from chronic opioid therapy”*
  - Suggestions for speaker
    - Scott Fishman
    - Sean Mackey or Beth Darnall may have recent data on involuntary tapers

**Action Item: Dr. Terman will reach out to Dr. Mackey for details on possible data**

- Ms. Sandler suggested including an oncologist or rheumatologist
  - No controversy about prescribing opioids in oncology
    - Post-cancer patients who have residual pain may be impacted or persons with multiple sclerosis or other conditions
  - Majority of long term opioid patients are managed in primary care so talks must be relevant to primary care

- Group discussed the conference title
  - Dr. Fotinos emphasized the importance of language
    - Group doesn't want to define people by medications they take
    - Group to alter language in title
- Mark Sullivan, MD, PhD, University of Washington, pointed out the problem with considering tapers in a binary way of either voluntary or involuntary
  - Most tapers are negotiated
  - A clinically important area is engagement strategies
- Dr. Fotinos asked documenting the harm of involuntary tapers rates of harm
  - Dr. Saxon suggested examples in the VA that have happened as the VA conforms to national policy
    - Data on time of greatest harm
- Group agreed to a stand-alone panel on patient engagement
  - Dr. Sullivan agreed to participate in panel
    - Including importance of non-abandonment
  - Joe Merrill as possible panelist
  - Andrea Rubinstein, MD, Kaiser Santa Rosa Medical Center, as possible panelist
  - Stephen Thielke, as possible panelist
- Michael Von Korff, ScD, Kaiser Permanente, suggested a talk on MAT (Medication-assisted treatment) and treatments available
  - Buprenorphine for pain is underutilized possibly due to price
  - Ensuring a neutral party is responsible for the MAT talk
    - Dr. Von Korff suggested not calling it MAT but rather agonist and antagonist therapy
- Panel on what is being done on the level of health systems
  - Suggested including Michael Parchman
  - Inclusion of a representative of Olympic Community of Health
- Negar Golchin, PharmD, MPH, Qualis Health Medicare, asked if conference plans to include guidance for tapering seniors
  - Suggested Steven Thielke

**Action Item: Workgroup will send suggestions for speaker with experience with opioids and geriatric population**

- Dr. Fotinos will present slides framing different patient populations at outset of conference  
Kelly Golob, DC, Tumwater Chiropractic Center, suggested including Weitzman Institute to speak on innovative chronic pain treatments

**GOOD OF THE ORDER/OPPORTUNITY FOR PUBLIC COMMENT**

Dr. Franklin thanked all for attending and asked for final comments and public comments. The meeting adjourned.