Introduction to the Massachusetts Consultation Service for the Treatment of Addiction and Pain

March 12 and March 13, 2019

Massachusetts Consultation Service

MCSTAP

for Treatment of Addiction and Pain
Providers’ Needs Related to Treating Patients with SUD and Chronic Pain

Provider needs assessment in fall 2018 found:

- PCPs have many questions about caring for patients with chronic pain and substance use disorder (SUD) and are eager for support.
- Questions range from specific (e.g., prescribing opioids and other medications) to general about overall pain management.
- PCPs have questions about prescribing medication-assisted treatment (MAT), even with available resources.
- Of respondents, 77 percent are not waivered to prescribe buprenorphine.
- They want information about community-based programs for these patients.
The need for support for PCPs in this area is not new — several organizations have advocated for establishment of a consultation service focused on chronic pain and SUD.

A consultation service was identified in Amendment H4866, which focused on prevention and access to appropriate addiction treatment.

The amendment stipulated development of a state-wide consultation service for PCPs treating adults with chronic pain or SUD.
MCSTAP’s Mission

To support primary care teams in increasing their capacity for, and comfort in, using evidence-based practices in screening for, diagnosing, treating, and managing the care of all patients with chronic pain and/or SUD.
What is MCSTAP?

- Offers real-time phone consultation to PCPs on safe prescribing and managing care for adults with chronic pain and/or SUD
- Provides information on community resources to address the needs of these patients
- Available Monday – Friday, 9 a.m. – 5 p.m.
- Provides free consultations on all patients statewide, regardless of insurance
- Available at 1-833-PAIN-SUD (1-833-724-6783)
- Funded by the Massachusetts Executive Office of Health and Human Services
MCSTAP Physician Consultants

• Staffed by a team of 10 physician consultants from health systems around the state with:
  ▪ Expertise in pain and SUD treatment
  ▪ Experience teaching and mentoring providers
  ▪ Deep commitment to supporting others on working toward better outcomes for patients with chronic pain and SUD

• Provide initial consultations and additional consultation/coaching as needed
How MCSTAP Can Help

- Assist clinicians in using evidence-based practices when prescribing opioids and use of medication for treating SUD
- Consult on questions across a broad range of topics, from managing medications to holistic chronic pain management
- Provide personalized real-time, and ongoing professional coaching on providers’ most complex patients
- Identify community-based resources that can address patients' needs
- Help build practices’ capacity to care for complex patients with chronic pain or SUD
Providers can call with any questions about chronic pain and SUD management. Some examples of topics include:

- Prescribing buprenorphine or naltrexone
- Preparing for medication changes or titrating medications
- Overall management plan for complex and challenging cases
- Review of potential changes to a treatment plan prior to a patient visit
- Issues about pregnant women and other special populations
Examples of Recent Consults
Reason for consult:

- 50-year-old female with history of cocaine use, possible opioid use disorder, risky drinking and depression
- Coming for an office visit, indicating that she wanted help
- Physician was looking for guidance on medications, input on priorities, and referral information
Discussion with MCSTAP physician consultant:

- Need to get understanding of substances being used
- Options for treating her OUD — buprenorphine vs. naltrexone
- Appropriate dosing for buprenorphine
- Importance of helping her connect with BH provider for counseling

After the consultation, MCSTAP provided information about BH resources in her community.
Prescribing MAT for Pregnant Patient

Reason for consult:

- 28-year-old pregnant woman (first trimester) with a history of OUD
- Felt at imminent risk for relapse on heroin
- Indicated that she would like to restart naltrexone, which was effective for her in the past
- NP had questions about prescribing naltrexone during pregnancy
Prescribing MAT for Pregnant Patient

Discussion with MCSTAP physician consultant:

- Review of treatment options for this patient
- Assessment of risk of relapse vs. risks associated with naltrexone during pregnancy
- Confirmation of appropriate dosing
- Offer to facilitate transfer to high-risk OB care if needed
Reason for consult:

- 60-year-old man with history of OUD; stable on buprenorphine
- Upcoming partial knee replacement
- The provider had questions about post-operative medication management.
Discussion with MCSTAP physician consultant:

- Answered questions about continuing buprenorphine pre- and post-surgery and recommended continuing buprenorphine as usual

- Discussed pain management options for expected mild to moderate pain and identified appropriate medication/dosing, along with close outpatient follow-up
Reason for consult:

- 56-year-old woman with chronic pain, on oxycodone and Xanax
- Patient new to this provider
- Exhibited drug-seeking tendencies and had not followed through with recommended pain management treatment
- Provider had questions about appropriate dosing of oxycodone, use of Xanax, and appropriateness of other medications
Discussion with MCSTAP physician consultant:

- Importance of accurately diagnosing patient and review of diagnostic criteria for OUD
- Strategies for short-term plan for engagement while making diagnosis
- Need for increased monitoring and possible plans to convert/taper medications

After the initial consult, the provider had three follow-up calls for additional guidance related to this patient’s treatment plan.
What types of questions do you have about treating patients with chronic pain and/or SUD?
For a MCSTAP consultation
1-833-PAIN-SUD (1-833-724-6783)
Monday through Friday, 9 a.m. to 5 p.m.

Questions?
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