

TOOLKIT

FOR OPIOID

PRESCRIBERS

A Guide to Help Utah Opioid Prescribers
Utilize Prescribing Guidelines and Community Resources



UTAH DEPARTMENT
OF COMMERCE

Division of Professional Licensing

TOOLKIT FOR OPIOID PRESCRIBERS

Utah Department of Commerce
Division of Professional Licensing
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TOOLKIT FOR OPIOID PRESCRIBERS

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Overview

Academic Detailing (Public Health consulting) is interactive educational outreach to medical providers to provide evidence-based information about medications and other therapeutic decisions, with the goal of improving patient care and optimizing clinical decision-making.

(Source: NARCAD.org)

In 2014, 32% of Utah adults aged 18 years and older had been prescribed an opioid pain medication in the previous 12 months. Eight Utah adults die each week from an opioid overdose, of which, four deaths are due specifically to prescription opioids. And 80% of heroin users started with prescription opioids. We all need to continue to work together to find solutions to safely address pain management and prevent prescription opioid overdoses.

(Source: [Utah Department of Health, Violence and Injury Prevention Program](#))

Purpose

The goal is to provide recommendations to prescribers regarding best practices in the prescribing of opioids. The recommendations are in accordance with:

- ♦ the 2022 *Centers for Disease Control and Prevention (CDC) Guideline for Prescribing Opioids for Chronic Pain*;
- ♦ the *Utah Clinical Guidelines on Prescribing Opioids for Treatment of Pain*, published by the Utah Department of Health and Human Services with support from the Utah Medical Association

Law



[UCA§58-37f]

Utah Controlled Substance Database Act

Originally enacted in 1995, this law has been updated to reflect the Controlled Substance Database (CSD) utilization expectations and prescriber education.

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Law

[UCA § 58-37f-304 section 2]

Checking the Database:

- A prescriber shall check the database for information about a patient before the first time the prescriber gives a prescription to a patient for a Schedule II or III opioid.
- If a prescriber is repeatedly prescribing a Schedule II opioid or Schedule III opioid to a patient, the prescriber shall periodically review information about the patient.
 - Originated as House Bill 127 from the 2018 general session

[UCA § 58-37-6-11 (a-d)]

High Risk Prescriptions with Multiple Practitioners:

- A practitioner who issues a high risk prescription to a patient shall, before issuing the high risk prescription to the patient, verify in the database that the patient does not have a high risk prescription from a different practitioner that is currently active.
 - "High risk prescription" means a prescription for an opiate or a benzodiazepine that is written to continue for longer than 30 consecutive days.
- If the database shows that the patient has received a high risk prescription that is currently active from a different practitioner, the practitioner may not issue a high risk prescription to the patient unless the practitioner:
 - contacts and consults with each practitioner who issued a high risk prescription that is currently active to the patient;
 - documents in the patient's medical record that the practitioner made contact with each practitioner
 - documents in the patient's medical record the reason why the practitioner believes that the patient needs multiple high risk prescriptions from different practitioners

[UCA§58-37f-301(5)]

Third Party Notifications:

- A individual may request that the division provide the information to a third party who is designated by the individual each time a controlled substance prescription for the individual is dispensed.
- An individual who has made a request for a third party, may also direct that the division to discontinue providing information to the third party upon written notice.

[UCA§58-37-6.5]

Continuing Education for Controlled Substance Prescribers

A controlled substance prescriber shall complete at least 3.5 hours of continuing education in one or more controlled substance prescribing classes, except dentists who shall complete at least two hours.

[UCA§58-37-6.5]

Limitations on Day's Supply

- A prescription for a Schedule II substance may not be refilled.
- A Schedule II controlled substance may not be filled in a quantity to exceed a one-month's supply, as directed on the daily dosage rate of the prescriptions.
- A prescription for a Schedule II or Schedule III controlled substance that is an opiate and that is issued for an acute condition shall be completely or partially filled in a quantity not to exceed a seven-day supply as directed on the daily dosage rate of the prescription.

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Education Materials

Utah Clinical Guidelines on Prescribing Opioids for Treatment of Pain

Utah Department of Health
Utah Medical Association
2018

Utah Clinical Guidelines on Prescribing Opioids for Treatment of Pain

Based on the Centers for Disease Control and Prevention's (CDC) Guideline for Prescribing Opioids for Chronic Pain, these guidelines provide recommendations to Utah prescribers of opioids for both *chronic and acute* conditions. The CDC Guideline focuses on chronic conditions alone.

Source:

<https://vipp.health.utah.gov/wp-content/uploads/Opioid-Clinical-Guidelines.pdf>

CDC Guidelines for Prescribing Opioids for Chronic Pain

Provides recommendations for the prescribing of opioid pain medication for chronic pain in patients 18 years of age and older in primary care settings.

Source:

<https://www.cdc.gov/opioids/healthcare-professionals/prescribing/guideline/recommendations-principles.html>

<https://www.cdc.gov/mmwr/volumes/71/rr/pdfs/rr7103a1-H.pdf>



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Education Materials

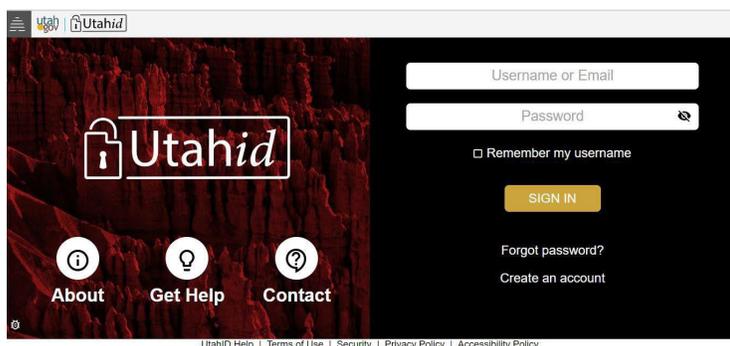


Model Policy on the Use of Opioid Analgesics in the Treatment of Chronic Pain

This model policy, in compliance with the state and federal law, provides policies to prescribers on prescribing opioids. It may be used to take action against prescribers.

Source:

https://www.fsmb.org/siteassets/advocacy/policies/opioid_guidelines_as_adopted_april-2017_final.pdf



Utah's Controlled Substance Database

Authorized individuals and/or their authorized *Designee(s)*, can access patient information before prescribing, or considering prescribing, a controlled substance prescription.

Questions? Call: 801.530.6220

Proxy form [application](#) & [dissasocation](#)

Source:

<https://csd.utah.gov>



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Education Materials



UTAH DEPARTMENT
OF COMMERCE

Division of Professional Licensing



Apply for a License



Renew a License



Verify a License



File a Complaint



CSD/PDMP



Internationally-Trained
Applicant Information

Utah Department of Commerce Division of Professional Licensing Website

The Division of Professional Licensing (DOPL), is one of the seven divisions within the Utah Department of Commerce. DOPL is legislatively charged to administer and enforce specific laws related to the licensing and regulation of certain occupations and professions.

Source:

<https://dopl.utah.gov>

Talk to Your Pharmacist Toolkit

Can be used by both dispensers and prescribers to start a conversation with patients who have been or will be prescribed an opioid.

Source:

[https://cdn.ymaws.com/
www.upha.com/resource/resmgr/
Talk_To_Your_Pharmacist_Tool.pdf](https://cdn.ymaws.com/www.upha.com/resource/resmgr/Talk_To_Your_Pharmacist_Tool.pdf)

**TALK
TO YOUR
PHARMACIST
TOOLKIT**

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Education Materials



Living Well with Chronic Pain

Various no-cost, evidence-based, self-management programs aim to increase self-management skills and improve quality of life for all Utahns with many chronic conditions, including chronic pain.

Check to see if a program is in your area.

Source:

<https://healthyaging.utah.gov/find-workshop>

Stop the Opidemic Resources

Published by the Utah Department of Health, Violence and Injury Prevention Program, this page provides information and resources to opioid prescribers in Utah.

Source:

<https://www.opidemic.org/providers>



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Education Materials



Opioid Overdose Resources

Published by the Utah Department of Health, Violence and Injury Prevention Program, this page provides overdose death prevention information and resources to opioid prescribers in Utah.

Source

<https://opidemic.utah.gov/overdoses/>
<https://opidemic.utah.gov/naloxone/>



Opioid Informational/Educational Material Order Form

Published by the Utah Department of Health, Violence and Injury Prevention Program. Use this order form to obtain any of the printed material(s). (Scroll to bottom of web page for brochure selection and order information).

Source:

<https://www.opidemic.org/providers/>

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Screening for Addiction



Screening, Brief Intervention and Referral to Treatment (SBIRT) Training

Screening, Brief Intervention, and Referral to Treatment (SBIRT) is a comprehensive public health approach for delivering early intervention and treatment services to people with, or at risk of developing, substance use disorders.

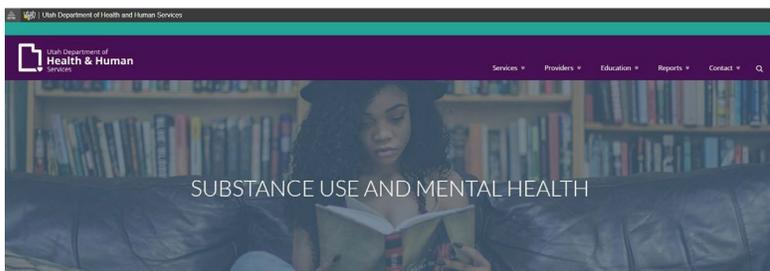
Course Info Source:

<https://substanceei.com/product/sbirt>

SBIRT Main Source:

<https://substanceei.com/states/utah/>

Treatment and Referral Resources for Addiction



Utah Department of Health & Human Services - Office of Substance Use and Mental Health Treatment Resources

Created by the Utah Department of Human Services, providers can search for public and private addiction treatment programs in Utah for their patients.

Source:

<https://sumh.utah.gov/>

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Treatment and Referral Resources for Addiction

Utah Opioid Treatment Providers*				
Location by County	Center Name and Location(s)	Phone	Hours of Operation	Contact Information
Carbon	Operation Recovery 77 South 600 East Suite C Price, Utah 84501	435-637-2358 Fax: 435-613-1420	M-F 6:00 AM-9:00 AM Sat-Sun 7:00 AM-8:30 AM	Program Director: Carolshene Powell cpowell@fourcorners.ws
Cache	Intermountain Dayspring 550 East 1400 North, Suite T Logan, UT 84341	435-716-1320	M-F 6:00 – 10:30 AM Sat 8 – 10:00 AM	Josiah.smith@imail.org
Davis	Bountiful Treatment Center 763 West 700 South Suite B Woods Cross, UT 84087	801- 292-2318 Fax:801-292-2578	M-F 5:00 11:00AM S 7:00 - 9:00 AM	Ashlee.hopkins@cmglp.com
	Discovery House 523 W Heritage Park Blvd Layton, UT 84041	801.525.9998 Fax: 801-261-3701	M-F 5:30 -11:00 AM S 7:00 -9:00 AM Closed Sundays & Holidays	Josh.bowers@ctcprograms.com Daniel.Hymas@ctcprograms.com Karissa.Shephard@ctcprograms.com
Salt Lake	De Novo Services 339 E 3900 S #155 SLC, UT 84107	801-263-1056 Fax: 801-261-3701	Mon - Fri 5:00am – 11:00 AM Saturday 6:00 AM-8:00 AM Sundays & Holidays by appt.	jerrycostley@denovoservices.org
	Discovery House 5983 S Redwood Road Taylorsville, UT 84123	801-293-9999 Fax: 293-3310	Mon - Fri 5:30am – 11:00 AM Saturday 7:300 AM-10:00 AM	Freddy.Alcala@ctcprograms.com Daniel.Hymas@ctcprograms.com Karissa.Shephard@ctcprograms.com
	Discovery House 449 E 2100 S Salt Lake City, UT 84115	801.829.9564 Fax: 801-359-3878	Mon - Fri 5:30am – 11:00 AM Saturday 7:300 AM-10:00 AM Closed Sundays/Open Holidays	Isaac.Curtis@ctcprograms.com Daniel.Hymas@ctcprograms.com Karissa.Shephard@ctcprograms.com
	BAART Programs Salt Lake City 164 East 5900 South #101 Salt Lake City, UT 84107	801-261-5790 Fax: 801-261-5794	Mon - Fri: 5:00am - 1:00pm Sat: 6:00am - 8:00am Sundays: Closed	Program Director: Debra Drabner, SSW, SUDC ddrabner@baartprograms.com
	Project Reality, Inc. - Salt Lake 150 E 700 S Salt Lake City, Utah 84111	801-364-8080 Fax: 801-364-8098	Mon - Fri 6:00am - 3:00pm	Mon - Fri 6:00am - 9:30am Sat - Sun 7:00am - 8:30am Holidays 7:00am - 8:30am
	Project Reality, Inc. - Murray 5280 South Commerce Drive Suite D110 Murray, Utah 84107	385.881.0170	M-F 6-9:30 AM – OR Until Noon by Appointment Sat/Sun/HOL – 7:00-8:30 AM	Mike Haddon: mike.haddon@projectreality.net katherine.carlson@projectreality.net
	Tranquility Place 160 E 800 S # B Salt Lake City, UT 84111	801 924-9240 Fax:801-924-9241	M-F 5:30-11:00AM Sat-Sun-Holidays 7:00-9:00AM	Tony Talia'uli Jr.: TonyJr@Tranquility-place.com
	Salt Lake County Jail MAT Program/Project Realty	385-468-8701	Jail 365, 247	Jamie Welch: Jwelch@slco.org
Utah	Discovery House 714 South State St. Orem, UT 84058	801-426-6565 Fax: 801-426-6464	M-F 7:00 - 9:00 AM Sat 7:00-9:00 AM Closed Sundays & Holidays	Program Director: Josh Bowers Josh.bowers@ctcprograms.com Daniel.Hymas@ctcprograms.com Karissa.Shephard@ctcprograms.com
	Wasatch Behavioral Health Center for Opiate Recover 151 South University Ave Ste 1400 Provo, UT 84606	855.780.1387	Monday - Friday: 5:30am - 2:00pm Saturday: 7:00am - 9:00am Sunday: Closed	Program Manager: Sue Leavitt sleavitt@wasatch.org COR Supervisor: Daniel Stewart dstewart@wasatch.org
	True North Recovery & Wellness Center 234 N Orem Blvd Orem, UT 84057	801.851.7118	Mon - Fri 6:00am - 2:00pm	Mon - Fri 5:50 AM . 8:30 AM Sat - Sun 7 AM . 8:30 AM Holidays 7 AM . 8:30 AM
Washington	St. George Metro Treatment Center 620 S 400 E #404 St. George, UT 84770	435-656-8918 Fax: 435-656-8917	M-F 5:00 AM-10:30 AM (office open until 1:30 PM) Sat. 7:00 –10:00 AM	Program Director: Devin Solie devin.solie@cmglp.com
	True North Recovery & Wellness Center - STG 640 E. 700 S. Bld. 3 St. George, UT 84770	801-691-0672 Fax: 801-691-0673	M-F 5:30 -12:00 PM Sat 7:00-9:00 AM Sunday Closed	Program Director: Nate Jones nate@truenorthutah.com
Weber	BAART Programs Ogden 2557 Lincoln Avenue Ogden, UT 84401	801-622-5272 Fax: 801-622-5256	M-F 5:00-11:00 AM Sat 6:30-8:30 AM	Program Director: Martha Johnson MarthaJohnson@baartprograms.com

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Nationwide Opioid Treatment Providers

SAMHSA National Treatment Helpline Information

SAMHSA's National Helpline is a free, confidential, 24/7, 365-days-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. This helpline encompasses many states.

Source:

<https://www.samhsa.gov/find-help/national-helpline>

Find Treatment in Utah

The Substance Abuse and Mental Health Services Administration (SAMHSA) collects information on thousands of state-licensed providers who specialize in treating substance use disorders, addiction, and mental illness.

Source: <https://findtreatment.gov>



For help finding treatment: [800-662-HELP \(4357\)](https://www.samhsa.gov/1-800-662-HELP)

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Additional Resources



Unused Medication Disposal

Resources and locations for the safe collecting and disposing of unused and/or expired prescription medication(s)

Source: <https://knowyourscript.org>



United Way Utah 2-1-1

2-1-1 is an easy-to-remember, three-digit number that can connect people to health and human services or resources they need, such as housing and utility assistance, food resources, legal aid, and more.

Source: <https://211utah.org>

Addiction & Recovery Support Advocacy (USARA)

USARA's mission is to celebrate, advocate, support, and empower people in all stages of addiction recovery through connecting to resources, building community, and raising awareness that long term recovery is possible.

Source: <http://www.myusara.com>



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Continuing Education Sources

Approved Continuing Education for Prescribers

COURSE TITLE & HYPERLINK	PROVIDER	ACCREDITATION	TYPE	CONTACT
CS Education for Prescriber	UMA	ACCME Category 1	Online	marcelle@utahmed.org
Opioids	Substance Education Institute	ACCME Category 1	Online	marci.fjelstad@hsc.utah.edu
Utah Physician Update	Informed	ACCME Category 1	Online	joe@cme.edu
Opioid Abuse Course for Dentists	Utah Dental Assoc.	2 hours CE for Dentists	Online	1-844-448-3900
Screening, Brief Intervention and Referral to Treatment (SBIRT)	University of Utah	ACCME Category 1 **required beginning Jan 1, 2024**	Live	marci.fjelstad@hsc.utah.edu
CALM-Utah (Counseling on Access to Lethal Means- Utah)	TRAIN Utah	AMA PRA Category 1 **fulfills suicide CE requirement**	Online	jordan.merrill@imail.org
MATE Act – DEA Training	U.S. Dept of Justice, DEA	Due with DEA renewal on or after June 27, 2023	Varies	Diversion Control Division, Policy Section 571-362-3260



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