

Learning Lab: The Art of Compassionate Tapering

2019 OPAT Preconference Workshop

Wednesday, May 29, 2019

8:00 a.m. – 12:00 p.m.

Core Workshop Presenters:

Jim Shames, MD

Health Officer, Jackson County/
Synergy Health Consulting

Andrew Suchocki, MD, MPH

Medical Director, Clackamas Health Centers/
Synergy Health Consulting

Laura Heesacker, MSW, LCSW

Synergy Health Consulting/Jackson Care Connect

Nadejda Razi Robertson, LCSW, PhD

Synergy Health Consulting

Simon Parker-Shames, MPH

Synergy Health Consulting

Special Guest Presenters:

Jane Ballantyne, MD

Professor/Researcher

University of Washington Dept. of Anesthesia &
Pain Medicine

Paul Coelho, MD

Pain Specialist

Opioid De-Prescribing Clinic-Salem Health

Tim Gallagher, MD

Family Medicine

Lake Health Clinic

Jane Lincoln, LCSW

Behavioral Therapist

Lake Health Clinic

Learning Objectives:

- Understand the principles of risk/benefit analysis for chronic high dose patients when determining who and when to taper
- Learn the BRAVO protocol as a guide to decision making for successful risk reduction
- Learn compassionate motivational tools and strategies for guiding patient behaviors
- Understand the concept of Chronic Persistent Opioid Dependency (CPOD)
- Recognize the utility of CPOD in providing the safest treatment for tapering patients
- Learn to use buprenorphine to treat both Opioid Use Disorder and CPOD

Target Audience: Primary care physicians, behavioral health care professionals, other clinicians

Description:

The liberal prescribing of opioids for chronic pain has created a population of patients who have been on long term opioid therapy for a number of years. Prescribers need to carefully assess the risks versus the benefits of continued opioid therapy for these legacy patients. In some cases, where there are minimal risks and the patient appears to be doing well, continued opioid therapy may be justified. However, in many cases, a systematic assessment of risks and benefit reveals continued pain and dysfunction, indicating a taper should be initiated and other non-opioid therapies employed, including referral to behavioral health or other specialists. Tapering is an art, not an exact science and the speed and duration of the taper should be tailored to the individual needs of the patient.

This didactic/experiential workshop will increase understanding of Chronic Persistent Opioid Dependence (CPOD) and confidence of health care providers to approach tapering as an alliance with the patient. Participants will learn about evidence-based tools and clinical pathways that support safe and effective opioid tapering and improve their patient's quality of life.

Accreditation: 3.5 AMA PRA Category 1 Credits™

Cost: \$175