Nursing Regulatory Boards’ Efforts to Provide Guidance to Nurses About Mitigating Prescription Medication Abuse/Diversion

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Conflict of Interest Disclosure

- Authors Conflicts of Interest:
  - C. Carlson, No Conflict of Interest
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Presentation Objectives

- Understand the current epidemiological evidence about the non-medical use of prescription opioid medications in the U.S., as well as important considerations when interpreting this information, including the role of diversion
- Understand the methodology used to evaluate all states’ nursing board websites to identify content related to prescription opioid medication abuse and diversion
- Identify the variety of ways that state nursing board websites are used to inform licensees about mitigating prescription opioid medication abuse and diversion
- Identify the different content available through state nursing board websites about reducing prescription opioid medication abuse and diversion
- Define quality indicators of state nursing boards’ efforts to reduce prescription opioid medication abuse and diversion
- Recognize additional approaches that state nursing boards could use to encourage licensees to incorporate in their practice to reduce prescription opioid medication abuse and diversion
Deaths involving prescription opioid analgesics outnumber deaths from heroin and cocaine combined

Sources of drugs for non-medical users, 2012-2013

“Prescription medication” ≠ Prescribed medication

Essential to determine whether valid prescription was involved
Senate Testimony:
“Over the past several years...hundreds of millions of dosage units of controlled substances were diverted into the illicit marketplace across the United States.”
(July, 2012, p. 5)

Factors to Consider
- Diversion (i.e., no prescription found)
- Doctor-shopping (i.e., diversion)
- Motivations??
- Non-medical routes of administration
- Co-morbidities (e.g., substance use history)
- Poly-pharmacy
- Previous overdose episodes
- Little clinical information
- Not a linear effect
- Not causal

Legitimate Patients?
Methadone

Strategies to Reduce Morbidity/Mortality
- Take-Back Programs
- Medication Therapy Management (MTM)
- Drug Formularies
- ED Guidelines
- Prescriptions
- ED Guidelines
- Suspended DEA Forms
- Drug Formularies
- Continuing Education
- Prior Authorizations
- ED Guidelines
- Prescriptions
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### Methodology

- 2-week evaluation period (June 1 - June 14)
- CC & AG separately reviewed each state’s website
  - Content created on or after January 1, 2013
  - Reviewed websites for territories – lack of websites or information excluded them from final analysis
- Excluded content:
  - Policy/laws
  - Nurse impairment/nurse abuse & diversion
- Met on June 14 to coordinate findings
- AG created categories for content and methods to relay information

### Results

- Inter-rater reliability = 0.234 (Fair agreement)
- CUMULATIVELY – identified at least most of the recent information

### Results

- No content = 15 states (29%)
- Some websites had older content, and were not tallied
- Some resources not directly accessible via nursing board website
  - CT, MI
Results

Availability of Information

- Single page
  - CO, MN, NH, OR, RI, TX, WY
- Resources only available through APN section
- Some under Pain Management
- Most states had information strewn throughout site

Mechanisms for Relaying Information

- DC Slide Show (3 states)
- No Slide Show (48 states)

Slide Shows
The Arizona Rx Drug Misuse and Abuse Initiative

A Multi-Systemic Approach for Addressing Arizona’s “Silent Epidemic”

Shane Malawa
Arizona Opioid Jihad Commission
Statistical Analysis Center

Videos

How to Create and Activate a Delegate Account on the Colorado Prescription Drug Monitoring Program
Department of Regulatory Agencies
Division of Professions and Occupations
State Board of Pharmacy
Board News

New Mexico Board of Nursing

Board Meetings/Chairs/Task Forces

Newsletters

Tourist Attractions

Pharmaceutical Reserve/Dispensing

Building a Strong Nursing Workforce

Board of Nursing Update

Arizona Board of Nursing Journal

Veterans' Bridge Course

Licensure

Policies and Procedures

Continuing Education

Prescription Monitoring Program

The New Mexico Board of Nursing supports the safe and legitimate prescribing of controlled substances by advanced practice nurses with prescriptive authority.

Learn More (2020)
Links to External Resources

Topics Offered

PDMP Content
Continuing Education Content

Diversion-Related Content

Drug Misuse & Abuse/Prescription Safety Content
Preventing Adverse Events/Harm Reduction/Overdose Content

Naloxone Content

Cumulative Content
Quality Indicators for State Boards of Nursing Websites

Quality Defined

- Definitions:
  - An inherent or distinguishing characteristic; a property or attribute
  - A personal trait, especially a character trait
  - Essential character; nature
  - Superiority of kind
  - Degree or grade of excellence
  - ISO 9000: Degree to which a set of inherent characteristics fulfills requirements
  - A perceptual, conditional, and somewhat subjective attribute understood differently by different people

Metrics/Indicators Defined

- Verifiable measures stated in either quantitative or qualitative terms that:
  - Capture performance in terms of how something is being done relative to a standard or target
  - Allow and encourage comparison
  - Support the goals and objectives of the organization
  - Performance metrics (i.e., Indicators) often represent how far a metric is above or below a specified target
PDMP Linkage

- The link to the (PDMP) in each state needs to be readily accessible by nurses and especially advanced practice registered nurses (APRNs)

E-Newsletters

- E-newsletters should be an option for nursing professionals from their SBN

Other Suggestions

- Requiring course regarding opioid prescribing, abuse and/or diversion
- Facebook posts – provides licensees with useful information
Separate Pages/Links

- Separate page/link for APRNs
- Separate page/link for pain management
- Separate page/link for public/professional

Exemplars
Additional Approaches

- All websites should have content for licensees related to addressing prescription medication abuse/diversion
  - Links to external resources
  - NCSBN could encourage such content
- Content should be easily searchable (e.g., 1 page)
- Other topics could be addressed
  - Prescription form security/tamper-resistant forms
  - Prescription series
  - E-prescribing
  - Coordinated care/integrative care