

CALGARY ZONE MONTHLY NEWSLETTER: MARCH 2019

Frameworks: De-prescribing opioids

A family physician's guide to opioids-related resources and tools available in the Calgary area

The big picture

Welcome to the fifth edition of our monthly Calgary Zone newsletter.

Below are some tools and resources you may find helpful:



AT A GLANCE:

Check out this [quick reference guide](#) to prescribing Suboxone in the outpatient setting.



CALL ME:

Tele-advice for chronic pain is available via specialistlink.ca and by calling **403.910.2551** during office hours.



PHONE A FRIEND:

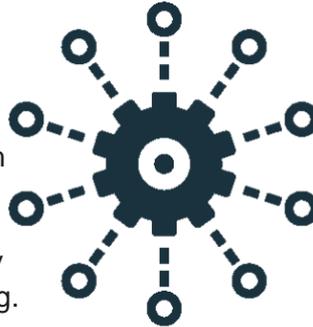
A separate Opioid Use Consultation Service line is available by calling RAAPID South at **403.944.4488**.



KEY ADDITION: pain-calculator.com

Frameworks

As part of the Calgary Zone's response to the opioid crisis, family physicians have an opportunity to work with two groups of patients who may benefit from Opioid Agonist Therapy as part of de-prescribing.



A patient may be someone using illicit opioids who could benefit from harm reduction and addiction counselling. It may be a patient who has been using opioids a long time, recognizes they are now in a situation of worse function due to continued use and wants to stop.

This framework, the second in a series that offer tools and outlines the College of Physicians & Surgeons of Alberta Standards of Practice, offers a strategy for safe tapering of opioids. It references OAT through the Opioid Dependency Clinic for physicians who do not feel comfortable prescribing Suboxone yet.

FRAMEWORK:
DE-PRESCRIBING
OPIOIDS

WITH TEAM

WITHOUT TEAM

We will be connecting with your team in the coming month to help you understand the process changes you might use to help you find these patients and implement the change.

The frameworks are a tool that can be used alongside the Alberta Medical Association's change packages. For feedback or more information on the frameworks, please contact joe.kwan@cfpcn.ca.

WATCH THIS SPACE: The third and final framework in the series -- initiation/post-operative follow-up -- will be shared in the April newsletter.

Q&A with Dr. Christine Luelo

Q: This sounds like a lot of work. What resources are available?

A: We have a team to help your team! The Alberta Medical Association has built tools to help with the process change required to help facilitate this work. Multidisciplinary team members can sign-up for training on [April 11](#) or [30](#).

Q: I don't have patients like this in my practice, so how is it relevant?

A: Statistically speaking, you probably do. Start with a passive offer of care, such as our poster ([Let's talk about opioids](#)). Think about asking everyone you write opioid prescriptions for about their function and whether they have ever thought about coming off medication. Think about any biases you may have.

Q: I don't get paid for this, do I?

A: Reference the [AMA's billing codes list](#) to help you bill for the time you spend on this work. These are not new codes but they may assist you in supporting this work.

Dr. Christine Luelo is a Calgary family physician and South Calgary PCN's Medical Director

Contact us

QUESTIONS? Email bahigi.fyith@ahs.ca