Provider Resources

**Opioid Screening Tools**

- **Opioid Risk Tool** – Questionnaire to assess risk of opioid addiction
- **Screen and Opioid Assessment for Patients with Pain (SOAPP)** – A tool to help clinicians determine how much monitoring a patient on long-term opioid therapy might require
- **DIRE Questionnaire** – Patient selection for chronic opioid analgesia
- **Current Opioid Misuse Measure (COMM)** – A brief patient self-assessment to monitor chronic pain patients on opioid therapy
- **Prescription Drug Use Questionnaire (PDUQ)** – A tool to help clinicians identify the presence of opioid use or dependence in chronic pain patients
- **Clinical Opiate Withdrawal Scale** – 11 item scale to rate and monitor opioid withdrawal

**Other Substance Screening Tools**

- **SBIRT Toolkit** – A step-by-step guide for screening and intervening for unhealthy alcohol and other drug use
- **CRAFFT Screening Tool** – A short assessment tool designed to screen for substance-related issues and problems in adolescents
- **Cut Down, Annoyed, Guilty, Eye-Opener tool, Adapted to Include Drugs (CAGE-AID)** – Conjointly screen for alcohol and drug problems
- **Relax, Alone, Friends, Family, Trouble tool (RAFFT)** – A five question survey to assess a patient’s alcohol and drug use
- **Drug Abuse Screening Test (DAST)** – A 28-item self-report sensitive screening instrument for the abuse of drugs other than alcohol
- **Alcohol Use Disorders Identification Test (AUDIT)** – a 10-item screener to assess alcohol consumption, drinking behaviors, and alcohol-related problems
- **Ethyl Glucuronide Test** – Using ethyl glucuronide in urine to detect light and heavy drinking
Pain Screening Tools

- **PEG Pain Screening Tool** – A three item scale assessing pain intensity
- **Pain Medication Questionnaire** – A 26 self-assessment questionnaire to help patients assess the risk of opioid medication misuse among chronic pain patients
- **Numeric Pain Rating** – Scale to give to patients asking them to make three pain ratings based on past 24 hours
- **McGill Pain Scale** – Questionnaire to evaluate a person experiencing significant pain
- **Pain Assessment in Advanced Dementia Scale** – Tool to evaluate pain in dementia patients
- **Doloplus-2 Scale** – Behavioral pain assessment in the elderly
- **Verbal Pain Descriptors Matched to Adjuvant Drugs** – PDF with verbal descriptors of pain and pain medications that may match the type of pain described

Suicide Screening Tools

- **Collaborative Assessment and Management of Suicidality** – Suicide risk assessment and prevention training framework
- **Columbia-Suicide Severity Rating Scale (C-SSRS)** – Supports suicide risk assessment through plain-language questions

Calculators and Converters

- **Anticholinergic Calculator** – Use this calculator to determine the anticholinergic burden of a medication
- **MME Calculator** – Calculate total daily morphine milligram equivalents of a drug
- **CMS MME Conversion Factor Table** – Table with conversion factors for hand-calculating MMEs
- **Equivalent Opioid Calculator** – Equianalgesic dosage conversion calculator
- **Benzodiazepine Equivalent Dosage Converter** – Find comparative dosages for benzodiazepines

Toolkits

- **Provider Toolkit** - Developed by the Idaho Opioid Misuse and Overdose Strategic Planning Group, the toolkit provides Idaho-specific data as well as tips and tools for the Idaho PMP, prescribing naloxone, MME calculations and more
• **Opioid Patient Counseling Guide** – A medication guide you can provide to patients receiving an opioid prescription
  o You can order hardcopies of the document [here](#).
• **Remove the Risk** – A safe opioid disposal toolkit created by the Food and Drug Administration
• **NEON Treatment Resource Guide** - A list of addiction treatment services for people in Western Idaho and Eastern Oregon
• **RELIEF+** - A toolkit of eight primary care-focused video training modules on pain management and opioid safety best practices

**Drug Interactions**

• **Drug Interactions Table** – Drug Interactions Flockhart Table
• **Drug Interactions Checker** – Enter all drugs taken to check for potential interactions
• **NarxCheck Scores Explanation** – Analyzes controlled substance data from PDMPs

**Apps**

• **Medscape** – A downloadable app to help get immediate clinical answers
• **Epocrates** – Medical reference app
• **CDC Opioid Guideline Mobile App** – Designed to help providers apply the recommendations of CDC’s Guideline for Prescribing Opioids for Chronic Pain into clinical practice

**Groups, Workshops, and Conferences**

• **Behavioral Health Groups** – Boise VAMC’s guide to behavioral health groups and workshops
• **Mountain West Child Life Association** – Provides educational and networking opportunities for Child Life professionals and programs
• **Harm Reduction Coalition** – Working group of needle exchange providers and advocates
• **Idaho Medical Group Management Association** – A professional association of medical practice administrators and managers throughout Idaho
• **Intervention 180** – Provides family, mental health, trauma, and adolescent interventions; provides transportation and sober companions
Naloxone Videos

- **Naloxone Use** - How and when to administer naloxone
- **Injectable Naloxone Instructions** – How to use injectable naloxone
- **Nasal Naloxone Instructions** – How to use nasal naloxone

General Videos

- **Rural Health Clinic Technical Assistance Series** – Timely and useful information on operation and policy issues specific to Rural Health Clinics
- **Addiction Neuroscience 101** – Overview of the neurobiology of addiction
- **Unpacking the 3 Minute Breathing Space** – A breakdown of the 3 Minute Breathing Space
- **Chronic State Documentary** - A video on how marijuana normalization impacts communities

Opioid Guidelines and Information

- **CDC Factsheet and Guidelines** – Guidelines for prescribing opioids for chronic pain
- **Appropriate Dosage Reduction or Discontinuation of Long-Term Opioids** – Guide for clinicians by the US Department of Health and Human Services
- **Qualis Health Medicare** – Compilation of resources for appropriate opioid prescribing
- **Brief Opioid Knowledge Patient Questionnaire** – Ensure patients are properly educated about opioids by screening their knowledge
- **Opioid Response Network** – Provides free local training and education; ask for technical assistance [here](#)

General Substance Information

- **Drug Overdose Prevention Program** – Information through the Idaho Department of Health and Welfare for first responders, providers, and patients
- **DEA Diversion** – Prevent, detect, and investigate the diversion of controlled pharmaceuticals from legitimate sources
- **Stop Drug Abuse Informational Website** – Educate families and the community about prescription drugs and potential consequences of misusing them
- **Controlled Substance Public Disposal Locations** – The DEA website for public disposal locations
• **FDA Approved Drug Products** – Check to see if a drug is approved by the FDA

**Legislation**

• **Idaho Syringe and Needle Exchange Legislation** – Legislative language of the Syringe and Needle Exchange Act
• **Idaho Good Samaritan Legislation** – Legislative language of Good Samaritans

**Complaint Forms**

• **Board of Medicine Complaint Form** – File a complaint with the Board of Medicine
• **Board of Pharmacy Complaint Form** – File a complaint with the Board of Pharmacy
• **FDA Safety Information and Adverse Event Report** – Form to complete for the voluntary reporting of adverse events, product problems, and product use errors

**Opioid Articles**

• **Opioid Metabolism and Effects on Cytochrome P450** – This review focuses on the effect of the CYP450 enzyme system metabolism on opioid agents
• **Opiate Metabolism Flow Chart** – Details the metabolism of opioids to aid in the interpretation of toxicology testing results
• **Opioid Metabolism** – This review describes the basics of opioid metabolism as well as influencing factors
• **The ATMAN Approach to Managing Chronic Non-Cancer Pain without Opioids and Tramadol in Older Adults** – A look at managing chronic non-cancer pain without opioids
• **Idaho Board of Medicine Policy for the Use of Opioid Analgesics in the Treatment of Chronic Pain** – Describes the Idaho Board of Medicine’s position on the use of controlled substances for pain, particularly opioid analgesics
• **Curriculum Infusion Package on Opioid Use Disorders** – Used for infusing OUD content into related curricula
• **Prescription Opioid Addiction Treatment Study (POATS) Training Materials** – Package of tools and training resources for substance use disorders treatment providers
• **Opioid Overdose Prevention Flyer** – Printable flyer created by the Boise Police Department that includes information on Narcan and the Good Samaritan Law
  o **Flyer is also available in Spanish**
• **Sleep Assessment in People with OUD** - An article discussing sleep disorders in patients receiving treatment for opioid use disorder
• **Mind-Body Therapies for Opioid-Treated Pain** – An article evaluating the association of mind-body therapies with pain and opioid reduction.

**Buprenorphine Articles**

• **Buprenorphine Myths and Realities** – New England Journal of Medicine article on buprenorphine
• **Improving the Quality of Buprenorphine Treatment** – New England Journal of Medicine article on moving addiction care to the mainstream
• **Naltrexone versus buprenorphine for opioid use disorder** – a podcast featuring Dr. Andrew Saxon, chair of the American Psychiatric Association’s Council on Addiction Psychiatry
• **Buprenorphine and Sleep Disorders** – Learn more about how buprenorphine may affect patients’ sleep
  o Watch Dr. Paula Carvalho’s lecture on this [here](#).

**Naloxone Articles**

• **Prescribe to Prevent** – Information on how to start prescribing and dispensing naloxone
• **Naloxone Brochures** – Free informational booklets and brochures on prescribing naloxone

**General Information**

• **Use of Low-Dose Naltrexone for Chronic Pain** – A review on low-dose naltrexone as an anti-inflammatory agent
• **Harm Reduction Suboxone Education Handout** – Harm reduction and caring for patients with substance use disorder
• **Addiction Treatment Program** – A slideshow presentation on the Addiction Treatment Program from Dr. Lofgran at North Canyon Medical Center
• **CAPT Resources to Prevent the Non-Medical Use of Prescription Drugs** – SAMHSA handout on the Center for the Application of Prevention Technologies’ resources

• **Enhancing Motivation for Change in Substance Abuse Treatment** – A Treatment Improvement Protocol (TIP) by SAMSHA on motivational interviewing

• **Center for Evidence-Based Practices** – “Technical assistance for service innovations that improve quality of life and other outcomes for people with mental illness or co-occurring mental illness and substance use disorders”

• **Shatterproof** – A national nonprofit organization dedicated to ending the devastation of addiction

• **Timer Cap** – A pill bottle with a digital timer on the cap that shows the amount of time it’s been since you’ve last taken your pills

• **Washington PMP** – Check the Washington State Prescription Monitoring Program (not currently integrated into the PDMP)

• **Idaho Recovery Centers** – Find peer-based recovery support services

• **Cognitive and Emotional Flexibility** – Resiliency and its relationship to emotional flexibility

• **Abused Pharmaceutical Substances** – Oversized brochure with photos of medications that are often diverted. Created by the National Association of Drug Diversion Investigators, Inc.

• **Pacific Northwest Region of the National Network of Libraries of Medicine** – health information services, resource sharing, community partnerships, outreach program development, and evaluation

**Books**

• **Motivational Interviewing: Helping People Change** – A book for professionals and students on the four processes of motivational interviewing

• **Dreamland: The True Tale of America's Opiate Epidemic Book** – A nonfiction book that looks into opiate use in America

• **The Deepest Well: Healing the Long-Term Effects of Childhood Adversity** – A book that looks at the negative impact of childhood trauma on the body

• **The Fifteen Minute Hour: Therapeutic Talk in Primary Care** – Family doctors can solve and prevent many psychological and behavioral problems by incorporating therapeutic talk into daily practice

**Funding and Opportunities**
• **MAT Grant for PAs 2019** – Eight, $1,200 stipends are available through the ISU PA program to incentivize community providers to obtain their MAT waiver
• **Naloxone Mini-Grant Program** – The Office of Drug Policy is offering this mini-grant program to help first responders and eligible agencies purchase and distribute naloxone kits.
• **Pacific Northwest Region of the National Network of Libraries of Medicine** – Funding to improve access to health information, increase engagement with research and data, expand professional knowledge, and support outreach
• **Idaho’s Response to the Opioid Crisis Funding** – Currently available funding for Idaho medical facilities who provide emergency response services to utilize Certified Recovery Coaches. Applications due Monday, January 6, 2020.

**Questions from ECHO**

• **Prescribing Opioids to Commercial Vehicle Drivers** – A Board of Medicine perspective on “What are the legal implications for a provider knowingly prescribing hydrocodone for an individual who drives a commercial vehicle?”
• **A Physician Seeking Opioid Use Disorder Help** – A Board of Medicine perspective on “If the patient seeking care for their opioid use disorder is another physician, are there reporting requirements to the Idaho BOM?”
• **PAs and Supervising Physicians Obtaining MAT Waivers** – A Board of Medicine perspective on “If a PA has gotten their MAT waiver, does their supervising physician also need a MAT waiver in order to supervise them?”
• **What gives pharmacists the ability to prescribe naloxone?** – Idaho statute 54-1733B passed in 2015 allows “any health professional licensed...[to] prescribe and dispense an opioid antagonist.”
Patient Resources

Find a Provider

- **Health Centers** – Find a health center near you
- **Get Help** – Find treatment and support through the Health and Welfare website
- **Certification Matters** – Find out if a doctor is board certified

Find a Substance Use Disorder Provider

- **Idaho Licensed Substance Use Providers** – Find a substance use disorder or behavioral health treatment program
- **Idaho Recovery Centers** – Find peer-based recovery support services
- **Find Treatment** – SAMHSA collection of state-licensed substance use disorder providers
- **Opioid Dependence** – Find a healthcare provider who is waivered to treat opioid dependence with Suboxone
- **Buprenorphine Practitioner Locator** – Find practitioners authorized to treat opioid dependency with buprenorphine
- **Intervention 180** – Provides family, mental health, trauma, and adolescent interventions; provides transportation and sober companions

Medication Discount Information

- **GoodRx** – Compare medication prices and discounts from over 60,000 US pharmacies
- **Suboxone Savings Card** – Eligible patients using insurance may pay as little as $5 each month for Suboxone film
- **Patient Medication Assistance Programs from Allergan** – Provides certain products to patients unable to afford the cost of their medication
Naloxone Information

- **Naloxone Information** – Learn about naloxone, an opioid overdose reversal medication
- **Naloxone Use** - How and when to administer naloxone
- **Injectable Naloxone Instructions** – How to use injectable naloxone
- **Nasal Naloxone Instructions** – How to use nasal naloxone

Medication Disposal Information

- **Controlled Substance Public Disposal Locations** – The DEA website for public disposal locations
- **Disposal of Unused Medicines** – The FDA website about safely disposing medicines
- **Medicines Recommended for Disposal by Flushing** – A list of FDA-approved medications that can be disposed of through flushing

General Medication Information

- **Medication Risk in Pregnancy** – Resources for learning more about medication use during pregnancy
- **FDA Approved Drug Products** – Check to see if a drug is approved by the FDA
- **Timer Cap** – A pill bottle with a digital timer on the cap that shows the amount of time it’s been since you’ve last taken your pills
- **Opioid Counseling Guide** – A medication guide to help you understand your opioid prescription

Self-Assessment Tools

- **DIRE Questionnaire** – Patient selection for chronic opioid analgesia (inability to feel pain)
- **Pain Medication Questionnaire** – A 26 self-assessment questionnaire to help you assess the risk of opioid medication misuse

Self-Management Resources

- **Mindfulness-Based Stress Reduction** – A free online mindfulness-based stress reduction course
• **Leisure Resource Manual** – Find a variety of leisure options all over the state of Idaho

• **Self-Management Resource Center** – Interactive programs focusing on building skills, sharing experiences, and providing support

• **American Chronic Pain Association** – Peer support and education in pain management

• **Wallet Trigger Management Plan** – Business-card-sized plan to help plan for triggers and how to manage them. Includes drug abuse information. Created by the National Institute on Drug Abuse.

### Apps

• **Stress Free Now** – App to help you practice relaxation techniques

• **CBT-I Coach** – App for people to try Cognitive Behavioral Therapy for Insomnia

• **UCLA Mindful** – Free app to help practice mindfulness meditation