

# Creating and Sustaining an Interdisciplinary Controlled Substance Review Group

EXPERIENCE OF THE PORTLAND VA  
RESIDENT & FACULTY PRIMARY CARE CLINIC

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# OUR CONTROLLED SUBSTANCE REVIEW GROUP

## **WHY:**

- Identified need to support primary care teams experiencing challenges related to opioid prescribing

## **WHAT:**

- Voluntary provider-initiated requests for input on use of opioids for chronic pain, when/how to taper, non-opioid pain management strategies, and patient communication
- Started in October 2015 – since then 156 completed consults

## **WHEN:**

- Meetings twice a month during lunch 12-1pm; 2 cases discussed each meeting

# OUR CONTROLLED SUBSTANCE REVIEW GROUP

## WHO\*:

- 3-5 PCPs (including 2 group facilitators)
- 1-2 internal medicine residents
- Members of patient care teams, including the nurse care manager
- 1-3 psychologists (including primary care-based psychologists and pain clinic psychologists)
- 1 pharmacist
- 1-2 addiction medicine specialists
- 1 pain management RN
- Intermittent involvement of mental health providers, social work, and a suicide prevention team member

**\*Attendance ranges from 5-15 group members per meeting**



# EXPANDING IMPACT OVER TIME

Small group of core participants started meeting in 2015

Group expanded to include addiction medicine in 2017

Linked our reviews with facility-level opioid safety initiatives in 2018

Group members created a buprenorphine clinic in 2019

Next steps include a new support group for patients tapering opioids

# ELEMENTS ASSOCIATED WITH SUSTAINABILITY

