

## **Accreditation Statements:**



#### **ACCME/AMA PRA Accreditation Statement:**

The University of Oklahoma College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Oklahoma, College of Medicine designates this internet activity enduring material for a maximum of 3.50 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Module 1 - Overview - 1.00 AMA PRA Category 1 Credits™

Module 2 - Epidemic - .25 AMA PRA Category 1 Credits™

Module 3 - Pain - .25 AMA PRA Category 1 Credits

Module 4 – Analgesia - .50 AMA PRA Category 1 Credits™

Module 5 - Patient Engagement - .50 AMA PRA Category 1 Credits™

Module 6 - Practice Systems - 1.00 AMA PRA Category 1 Credits™

Successful completion of the post-test(s) is/are required to earn AMA PRA Category 1 Credit<sup>TM</sup>. Each module is separate; successful completion is defined as a cumulative score of at least 80% percent correct. Upon passing the post-test and completing the evaluation credit will be awarded. You have three (3) attempts to pass each test.

### **Accreditation Statements:**



#### **AAPA Accreditation Statement:**

This activity has been reviewed by the AAPA Review Panel and is compliant with AAPA CME Criteria. This activity is designated for 3.50 AAPA Category 1 CME credits. Approval is valid for one year from 12/01/2019. PAs should only claim credit commensurate with the extent of their participation.

Module 1 - Overview - 1.00 AAPA Category 1 CME credits

Module 2 – Epidemic - .25 AAPA Category 1 CME credits

Module 3 - Pain - .25 AAPA Category 1 CME credits

Module 4 - Analgesia - .50 AAPA Category 1 CME credits

Module 5 - Patient Engagement - .50 AAPA Category 1 CME credits

Module 6 - Practice Systems - 1.00 AAPA Category 1 CME credits

Post-test portion of the activity must state the following:

Successful completion of the post-test is required to earn AAPA Category 1 CME credit. Successful completion is defined as a cumulative score of at least 80% percent correct. You have three (3) attempts to pass each test.

## **Accreditation Statements:**



#### Oklahoma State Board of Pharmacy (OSBP) Accreditation Statement:

This online enduring material has been approved by the Oklahoma State Board of Pharmacy Continuing Education Committee for 3.50 contact hours. 20190130-OK-0631

Module 1 - Overview - 1.00 OSBP Contact Hours 20190130-OK-0631A

Module 2 - Epidemic - .25 OSBP Contact Hours 20190130-OK-0631B

Module 3 – Pain - .25 OSBP Contact Hours 20190130-OK-0631C

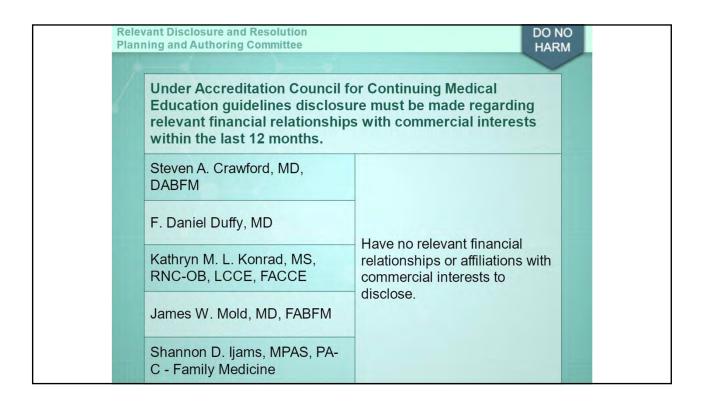
Module 4 – Analgesia - .50 OSBP Contact Hours 20190130-OK-0631D

Module 5 - Patient Engagement - .50 OSBP Contact Hours 20190130-OK-0631E

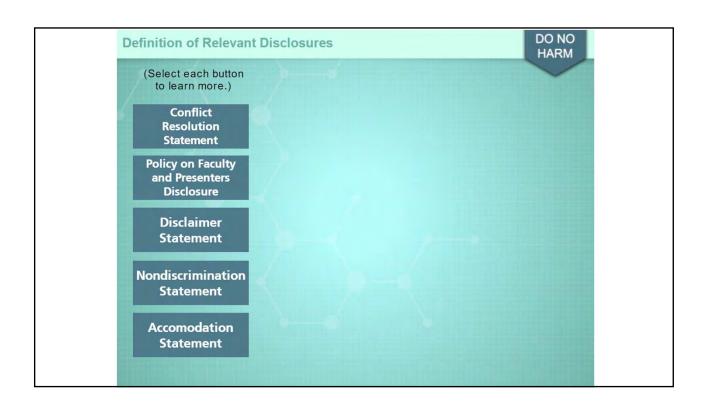
Module 6 - Practice Systems - 1.00 OSBP Contact Hours 20190130-OK-0631F

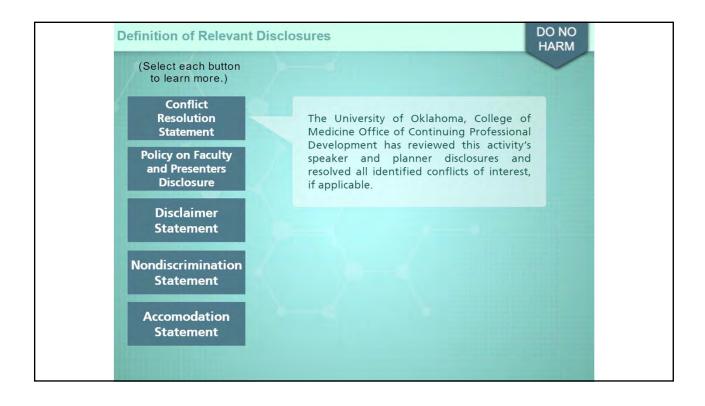
Successful completion of the post-test is required. Successful completion is defined as a cumulative score of at least 80% percent correct.

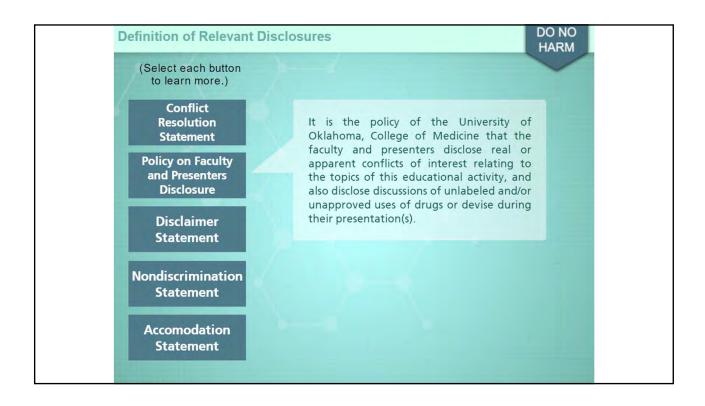
### DO NO **Expert Review Panel and Planning Committee** HARM Planning and authoring committee: • Steven A. Crawford, MD, DABFM, Family Medicine, Co-author, . F. Daniel Duffy, MD, MACP Internal Medicine, Lead Author • Shannon D. Ijams, MPAS, PA-C - Family Medicine • Kathryn M. L. Konrad, MS, RNC-OB, LCCE, FACCE · James W. Mold, MD, MPH, DABFM Family Medicine, Co-author Expert review panel: • Jeffery Alderman, MD, MS, FACP - Palliative Care • Dorothy Gourley, DPh - Consultant Pharmacist • Martina Jelley, MD, MSPH, FACP - Primary Care Internal Medicine • Andrew Kolodny, MD, DABAM, DABPN – Psychiatry, Public Health • Michael Maxwell, MD, FACP - Primary Care Internal Medicine • Layne Subera, DO, MA, FACOFP - Primary Care Family Medicine • Bryan VanDoren, MD, DABAM, FASAM – Internal Medicine, Addiction and Pain Medicine · William Yarborough, MD, FACPM - Internal Medicine, Addiction and Pain Medicine

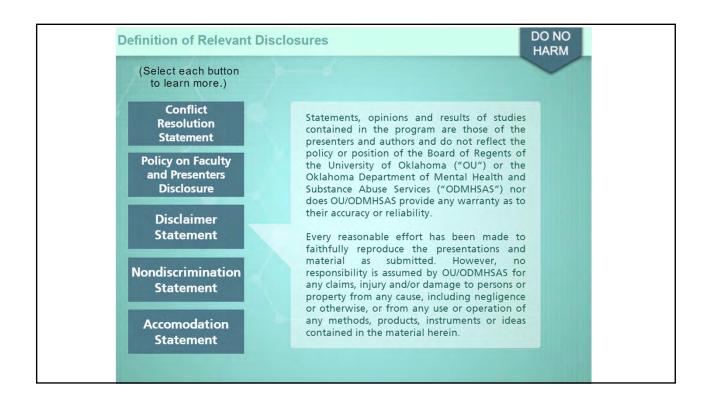


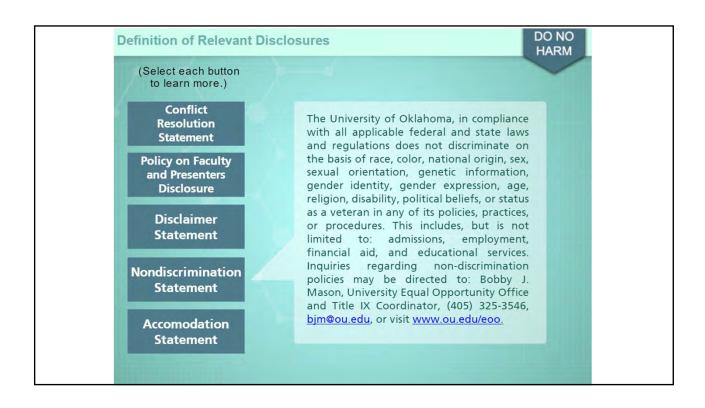
Relevant Disclosure and Resoluti	on for Expert Review Panel
Jeffery Alderman, MD, MS	Have no relevant financial relationships or affiliations with commercial interests to disclose.
Dorothy Gourley, DPh	
Martina Jelley, MD, MSPH, FACP	
Andrew Kolodny, MD, MPH, DABAM, DABPN	
Michael Maxwell, MD, FACP	
Layne Subera, DO, MA, FACOFP	
Bryan VanDoren, MD, DABAM, FASAM	
William Yarborough, MD, FACPM	

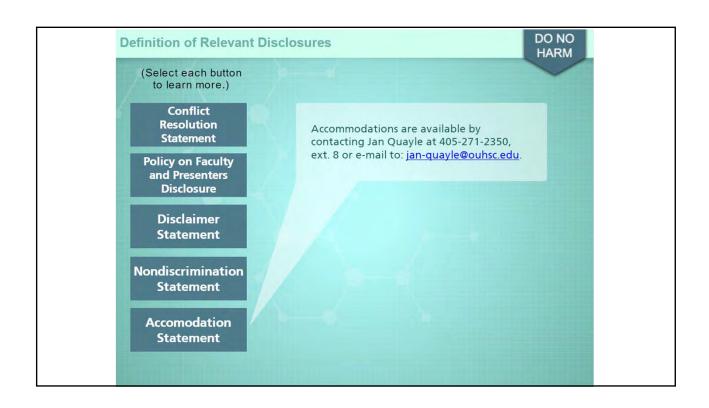












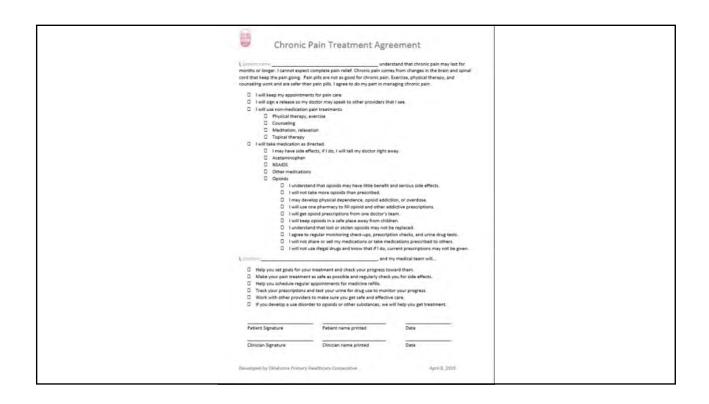


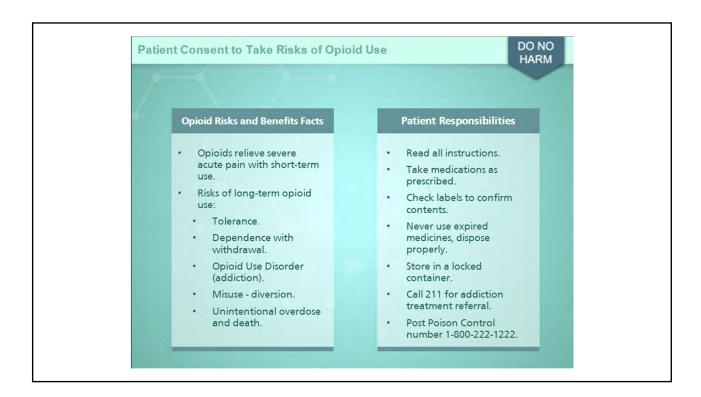




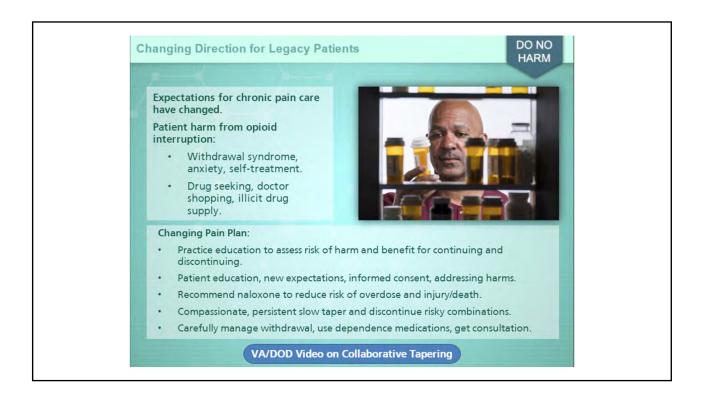






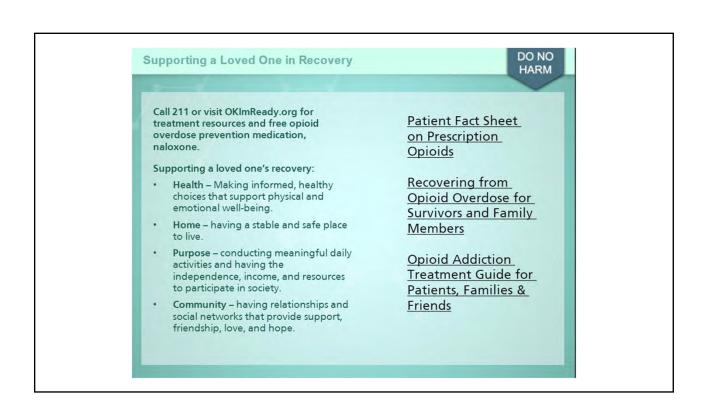








### DO NO Signs of Possible Opioid Misuse HARM It may not be easy to tell, many have no obvious signs or symptoms. Anyone who uses opioids can become addicted, even when prescribed by a doctor. Signs of a problem may include: Taking opioids in larger amounts or over a longer period of time than intended. Spending excess time obtaining, using or recovering from opioids. Craving for opioids. Continuing opioid use causing inability to fulfill responsibilities or despite having persistent social or interpersonal problems. Lack of involvement in social, occupational or recreational activities. Pinpoint pupils, drowsiness, and slurred speech are consistent with current opioid intoxication. Recommendations based on review of: CDC Guideline for Prescribing Opioids for Chronic Pain; Oklahoma Opioid Prescribing Guidelines; VA/DoD Clinical Practice Guideline for Opioid Therapy for Chronic Pain





Prescription opioids carry serious risks of addiction and overdose, especially with prolonged use. An opioid overdose, overluse, especially with protological use. An opinior overluser often marked by slowed breathing, can cause sudden death. The use of prescription opioids can have a number of side effects as well, even when taken as directed:

- Tolerance—meaning you might need to take more of a medication for the same pain relief Physical dependence—meaning you have symptoms of withdrawal when a medication is stopped

- Constipation
- Nausea, vomiting, and dry mouth
  Sleepiness and dizziness
  Confusion
  Depression

- Low levels of testosterone that can result in lower sex drive, energy, and strength
- Itching and sweating

#### RISKS ARE GREATER WITH:

- History of drug misuse, substance use disorder, or overdose
- Mental health conditions (such as depression or anxiety)
- Sleep apnea
- . Older age (65 years or older)
- Pregnancy

Avoid alcohol while taking prescription opioids. Also, unless specifically advised by your health care provider, medications to avoid include:

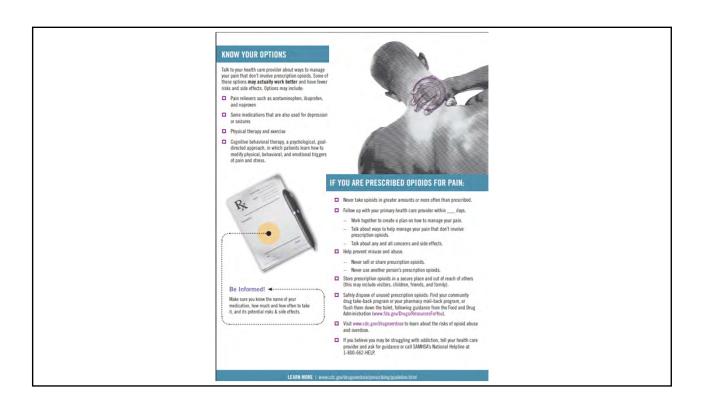
1 in 4 PEOPLE\*

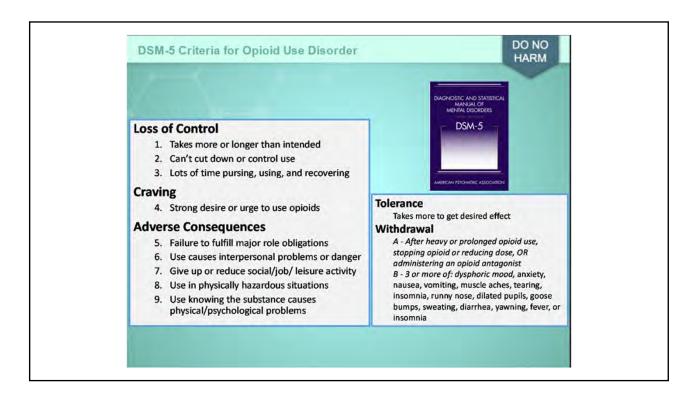
receiving prescription opioids long term in a primary care setting struggles with addiction.

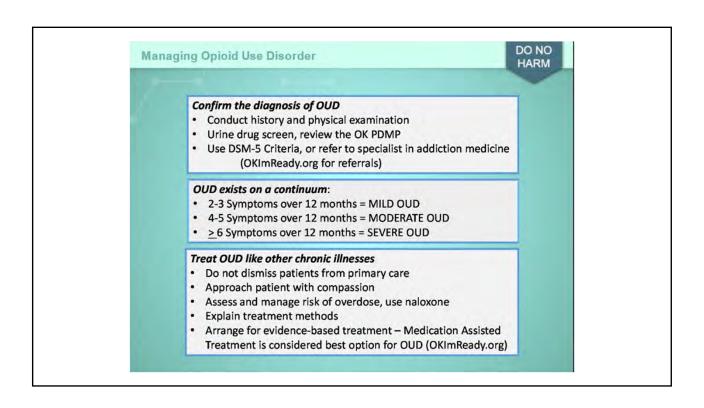
- Muscle relaxants (such as Soma or Flexeril)
  Hypnotics (such as Ambien or Lunesta)

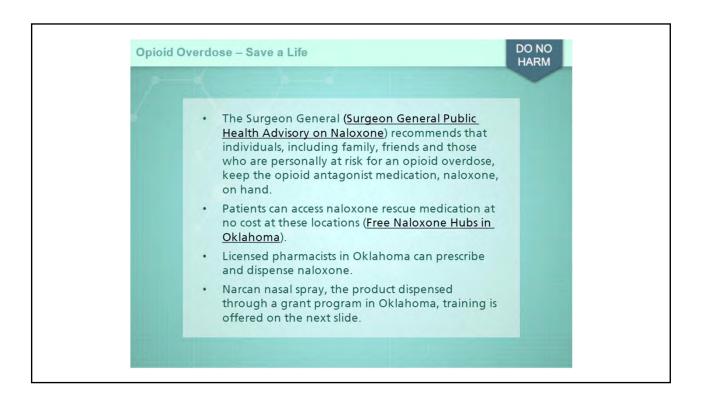




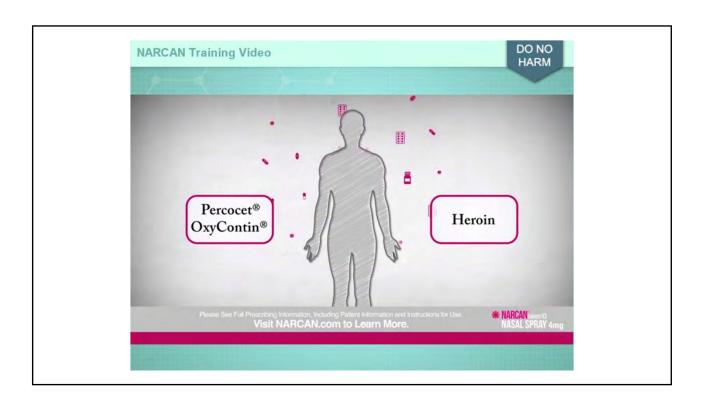


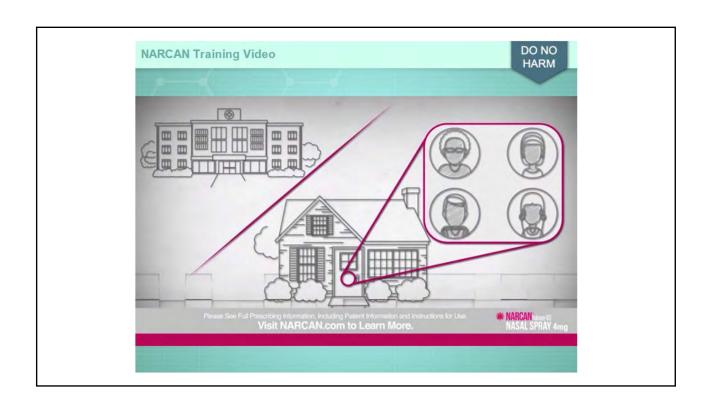


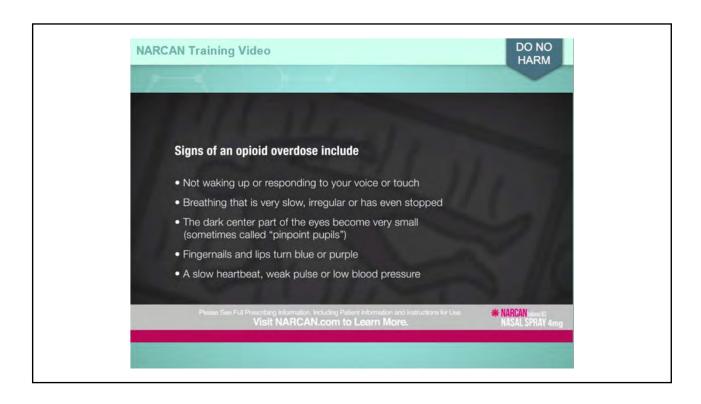


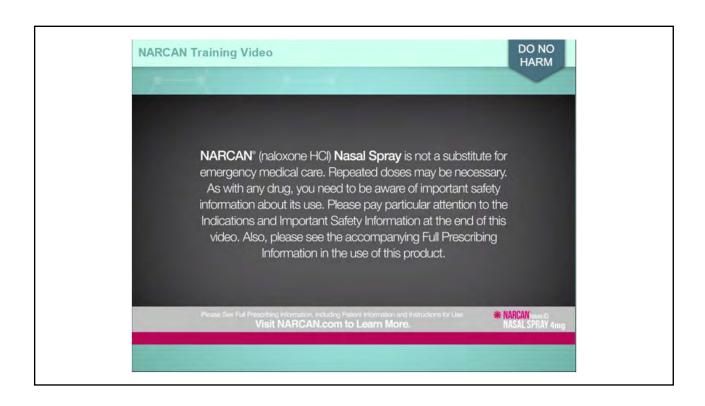










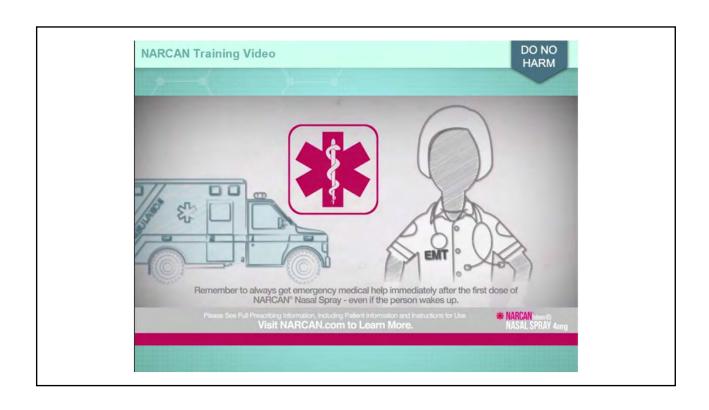






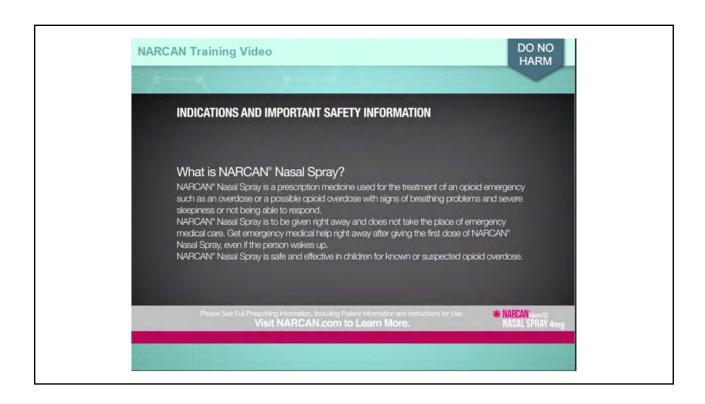






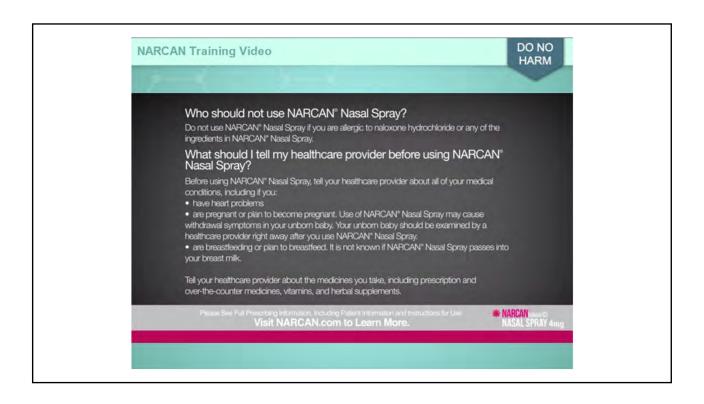


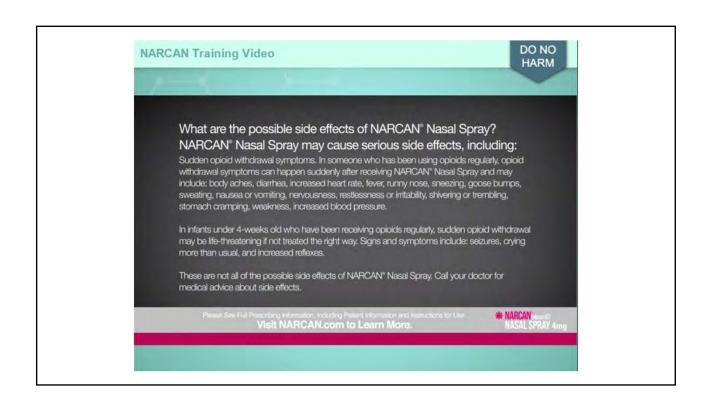




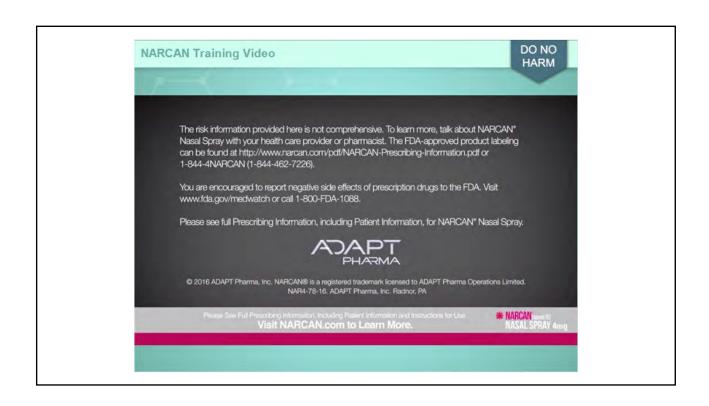






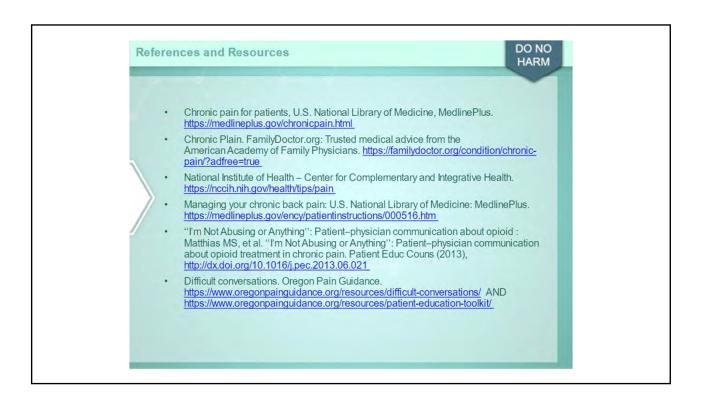


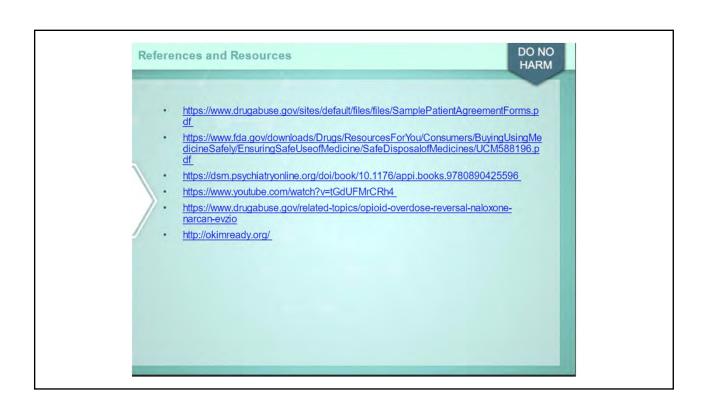












# **Closing Instructions**

The University of Oklahoma Office of Continuing Professional Development is providing the following types of credit:

MDs & DOs − AMA PRA Category 1 Credit<sup>TM</sup>

PAs – AAPA Category 1 CME Credit

**PharmDs** – Oklahoma state Board of Pharmacy (OSBP) Contact Hours

**All other healthcare professionals** – Non-physician certificate of participation.

The University of Oklahoma College of Medicine Office of the Executive Dean has waived all fees until May 31, 2020.

Click on the following link to the OU CloudCME website to complete a post test and evaluation of this module and claim your credit: **Click Here** 

The passing standard on each of the post tests in 80%. A learner may take the test up to three (3) times. Once you pass the test and complete the evaluation you will be able to print your certificate and/or transcript.