OPST Reference Links

Subject	Reference
Policy Guidance, Guidelines & CPGS	
DHA-PI 6025.04	**Pain Management and Opioid Safety in the Military Health System (MHS) 06/08/2018** https://www.health.mil/Reference-Center/Policies/2018/06/08/DHA-PI-6025-04-Pain-Management-and-Opioid-Safety-in-the-MHS
DHA-PI 60-25.07	**Naloxone Prescribing and Dispensing by Pharmacists in Military Treatment Facilities (MTFs) 06/19/2019** https://health.mil/Reference-Center/Policies/2018/06/19/DHA-PI-6025-07-Naloxone-in-the-MTFs
DHA-PI 6025. 15	**Management of Problematic Substance Use by DoD Personnel 04/16/2019** https://health.mil/Reference-Center/Policies/2019/04/16/Management-of-Problematic-Substance-Use-by-DoD-Personnel
DHA-PI 6025.25	**Military Health System (MHS) Drug Take Back (DTB) Program 02/20/2018** https://www.health.mil/Reference-Center/Policies/2018/02/20/DHA-PI-6025-25-MHS-Drug-Take-Back
DoD Instruction 1010.16	**Technical Procedures for the Military Personnel Drug Abuse Testing Program** https://prhome.defense.gov/Portals/52/Documents/RFM/Readiness/DDRP/docs/1%20DODI%201010.16%20Drug%20Lab%20Technical%20Procedures.pdf **DoD Instruction 1010.16** *Establishes and updates policies, assigns responsibilities, and prescribes procedures for the Military Personnel Drug Abuse Testing Program. Published on June 15, 2020.* **Why is this DoDI important to providers and pharmacists?** Section is 2.4.f(3): "Absent a specified time period when prescribed, prescriptions for substances included on Schedules II through V of Section 812 of Title 21, United States Code, will be considered expired 6 months after the most recent date of filling, as indicated on the prescription label. For example, a prescription with a fill date of August 14th will be considered expired after February 14th of the following year."
DoD- Instruction 6025.25	**DoD- Instruction 6025.25, Drug Take Back Program** https://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/602525p.pdf
SEC Army Directive, MAR 2019	https://www.army.mil/article/219444/policy_change_allows_soldiers_to_seek_voluntary_alcohol_related_behavioral_healthcare
VA/DoD Clinical Practice Guidelines	https://www.healthquality.va.gov/guidelines/pain/cot/
CDC Guidelines for Prescribing	https://www.cdc.gov/mmwr/volumes/65/rr/pdfs/rr6501e1.pdf

Opioids for Chronic Pain	
Graphics	
Stepped Care Model for Pain	
Opioid Overdose Education and Naloxone Distribution Program (OEND)	https://health.mil/Military-Health-Topics/Conditions-and-Treatments/Opioid-Safety/DoD-OEND-Program/For-Champions-and-Trainers
PASTOR DATA	

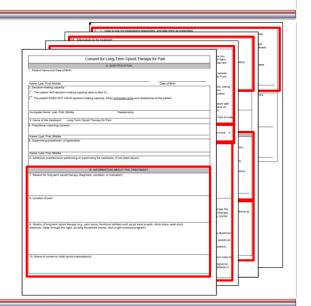|		
Risk Index for Overdose or Serious Opioid-Induced Respiratory Depression (RIOSORD) Assessment Tool	<table>(RIOSORD tool worksheet)</table> **Risk Index for Overdose or Serious Opioid-induced Respiratory Depression (RIOSORD) Assessment Tool** **2.** Determine Opioid Induced Respiratory Depression (OIRD) Probability based on Calculated Risk Index. *NOTE: Score of more than 32/14% indicates a high risk and naloxone prescription is indicated.* | Risk index score	OIRD probability (%)
---	---
0-24	3
25-32	14
33-37	23
38-42	37
43-46	51
47-49	55
50-54	60
55-59	79
60-66	75
≥67	86 | *Naloxone Indicated* RIOSORD may be manually computed or automatically computed in CarePoint	
Prescription Drug Monitoring Program		

| DHA Consent for Opioid Therapy | |

DHA Consent for Opioid Therapy

DHA Consent for Opioid Therapy

❑ Consent includes
- Information about patient's treatment
  - Reason for opioid therapy
  - Location of pain
  - Goals of opioid therapy
  - Name of opioid prescribed
- Brief description of LOT
- Potential limited benefits of LOT
- Known risks and side effects of LOT
- Alternatives to LOT
- Opioid monitoring
- Routine periodic urine drug screening

"Medically Ready Force...Ready Medical Force"

DHA-PI 6025.04 MHS Drug Take Back Program	 https://www.health.mil/Military-Health-Topics/Access-Cost-Quality-and-Safety/Access-to-Healthcare/Pharmacy-Program/Drug-Take-Back-Program
Medication Assisted Therapies (MAT)	https://www.healthquality.va.gov/guidelines/mh/sud/ https://www.samhsa.gov/medication-assisted-treatment National Capital Region Pain Initiative (NCRPI) https://ncrpi.org/ Buprenorphine Requires additional DEA certification- Available Virtually in DoD Contact: Christopher.j.spevak.civ@mail.mil <mailto:Christopher.j.spevak.civ@mail.mil> Available at DOD pharmacies -Suboxone (buprenorphine + naloxone) -naloxone is not absorbed sublingually, added to prevent 'diversion' -Naltrexone

	Available in oral and long-acting injection -Methadone -Only for use in Federal Opioid Treatment Programs (OTPs) - not in DoD for OUD MAT Consult Pain Teams when dealing with post op or acute pain Active Duty Service Member non Deployable on Medication Assisted Therapy: Consider military career implications
CarePoint Patient Look-up Tool	
CarePoint Look-Up Tool	 https://bitab.health.mil/views/PatientLookupToolDashboard/PatientLookupToolUsageStatistics?:embed=y&:display_count=no&:showVizHome=no#1

Opioid Therapy Risk Report (OTRR)	**Opioid Therapy Risk Report (OTRR)** DHA Defense Health Agency Long-Term Opioid Therapy Patient Details Patient Name: EDIPN: DOB: Enrolled DSFS Team PCP Name Next PC Appt Next PC Appt Clinic 0125 **Opioid Dispensings** <table><tr><th>Dispense Date</th><th>Medication</th></tr><tr><td>26-Oct-20</td><td>HYDROMORPHONE HCL (TABLET) 4MG #120 DS15 (WALGREEN CO / WALGREENS #05697 / DANVILLE,IL)</td></tr><tr><td>06-Oct-20</td><td>HYDROMORPHONE HCL (TABLET) 4MG #120 DS15 (WALGREEN CO / WALGREENS #05697 / DANVILLE,IL)</td></tr><tr><td>10-Sep-20</td><td>HYDROMORPHONE HCL (TABLET) 4MG #120 DS15 (WALGREEN CO / WALGREENS #05697 / DANVILLE,IL)</td></tr><tr><td>20-Aug-20</td><td>HYDROMORPHONE HCL (TABLET) 4MG #120 DS15 (WALGREEN CO / WALGREENS #05697 / DANVILLE,IL)</td></tr><tr><td>28-Jul-20</td><td>HYDROMORPHONE HCL (TABLET) 4MG #120 DS15 (ALBERTSONS LLC / SAV-ON PHARMACY #0493 / BOISE,ID)</td></tr><tr><td>06-Jul-20</td><td>HYDROMORPHONE HCL (TABLET) 4MG #120 DS15 (WALGREEN CO / WALGREENS #05697 / DANVILLE,IL)</td></tr><tr><td>19-Jun-20</td><td>HYDROMORPHONE HCL (TABLET) 4MG #120 DS15 (WALGREEN CO / WALGREENS #05697 / DANVILLE,IL)</td></tr><tr><td>01-Jun-20</td><td>HYDROMORPHONE HCL (TABLET) 4MG #120 DS15 (ALBERTSONS LLC / SAV-ON PHARMACY #0493 / BOISE,ID)</td></tr></table> nic / Mental Health / Opioid/Benzo Overlap Previous 90 Days: **64** Opioid risk information, including RIOSORD score ion Date: PIATE OXY TCA **Benzo Dispensings** <table><tr><th>Dispense Date</th><th>Medication</th></tr><tr><td>14-Sep-20</td><td>LORAZEPAM 2 MG #180 DS90 (WALGREEN CO)</td></tr><tr><td>06-Sep-20</td><td>LORAZEPAM #60 DS30 (ESI MAIL PHARMACY SERVICE INC)</td></tr><tr><td>06-Sep-20</td><td>LORAZEPAM #60 DS30 (ESI MAIL PHARMACY SERVICE INC)</td></tr><tr><td>04-Sep-20</td><td>ALPRAZOLAM 0.25 MG #50 DS50 (MULTICARE HEALTH SYSTEMS)</td></tr><tr><td>04-Aug-20</td><td>ALPRAZOLAM 0.25 MG #2 DS1 (WALGREEN CO)</td></tr><tr><td>20-Jul-20</td><td>LORAZEPAM #60 DS30 (ESI MAIL PHARMACY SERVICE INC)</td></tr><tr><td>20-Jul-20</td><td>LORAZEPAM #60 DS30 (ESI MAIL PHARMACY SERVICE INC)</td></tr><tr><td>29-Jun-20</td><td>ALPRAZOLAM 0.25 MG #2 DS1 (WALGREEN CO)</td></tr></table>

Prescription Monitoring Program (PMP) Opioid Registry	**Prescription Monitoring Program** DHA Defense Health Agency
	
	❑ Sole provider and pharmacy lock (Prescription Monitoring Program) when appropriate.
	
	  • Policy overview: https://www.express-scripts.com/TRICARE/tools/rxMonitoring.shtml
	  • Prescription Monitoring Program Enrollment Form: https://www.express-scripts.com/TRICARE/tools/MTF_Rx_Restriction_Request_Form.pdf
	
	EXPRESS SCRIPTS® Federal Pharmacy Services
	Prescription Monitoring Program Enrollment Form
	For Military Treatment Facility use only
	Fax to 866.579.4662 or call 866.333.1348 for alternative CAC encryption submission option
	**Contact information is required from authorized MTF personnel (RPh,MD,RN)
	A check box must be selected when the request form is submitted**
	New Request ☐ Modify Existing Request ☐ Reinstatement ☐ Date _____
	Restricted Beneficiary's Information
	Last Name: _____ First Name: _____ M.I.: __
	DOD ID Number: _____ Birth Date: _____
	Step 1: Choose Lock Type (select ONE ONLY)
	☐ TYPE I LOCK Restrict all medications
	☐ TYPE II LOCK Restrict all controlled meds or a selected drug schedule ☐ II ☐ III ☐ IV ☐ V
	☐ TYPE III LOCK Restrict specific medications or medication class / Restricted Drug ☐ Short Acting Opioids ☐ Benzodiazepines/Barbiturates ☐ Long Acting Opioids ☐ Amphetamines ☐ Stimulants
	Step 2: Set Authorized Provider and/or Pharmacy
	Authorized Provider(s) Add/Remove Provider Name DEA/NPI
	Authorized Pharmacy(ies) (select ONE ONLY) ☐ All MTF Pharmacies on Site Site Name
	
	• Type I Lock: Restrict all medications.
	• Type II Lock: Restrict controlled medications or selected drug schedule.
	• Type III Lock: Restrict specific medication or drug list.

Opioid Prescriber Trend Report	**Opioid Prescriber Trend Report** - The Opioid Prescriber Trend report provides information on the number of patients in each of four categories at elevated risk
	  ❑ RIOSORD >32
	  ❑ MEDD ≥90
	  ❑ Opioid / Benzodiazepine combination
	  ❑ Long-term opioid therapy
	- Naloxone prescribing trends
	- Can be filtered by MTF, primary care team or opioid prescriber
	
	https://bitab.health.mil/views/OpioidPrescriberMonthlyTrendReport/Story1?:embed=y#1

Opioid Risk Recommended Clinical Action Report (ORRCA)	**Opioid Risk Recommended Clinical Actions Report** - Provides guidance based on clinical features of each patient

Video Links	
Joint Pain Education Program Videos	https://www.dvcipm.org/clinical-resources/joint-pain-education-project-jpep/pain-educational-videos/#understandpain

Articles	
The Pain Cycle	Beehler, G. P., Murphy, J. L., King, P. R., & Dollar, K. M. (2017). *Brief cognitive behavioral therapy for chronic pain: Therapist manual*. Washington, DC: U.S. Department of Veterans Affairs.

Behaviorally-based Treatments	1. The Diagnosis and Treatment of Low Back Pain Work Group. (2017). VA/DoD clinical practice guideline for Diagnosis and Treatment of Low Back Pain. Washington (DC): Veterans Health Administration, Department of Defense. 2. Ehde, D. M., Dillworth, T. M., & Turner, J. A. (2014). Cognitive-behavioral therapy for individuals with chronic pain: Efficacy, innovations, and directions for research. American Psychologist, 69(2), 153.
BHC Intervention: Brief CBT for Acute Pain (CBT-AP)	Psychological Health Center of Excellence. (2018). Brief Cognitive Behavioral Therapy for Acute Pain. Silver Spring, MD: Defense Health Agency
BHCs Support Treatment of Pain in a Variety of Ways	Hunter, C. L., Goodie, J. L., Oordt, M. S., & Dobmeyer, A. C. (2017). *Integrated behavioral health in primary care: Step-by-step guidance for assessment and intervention (2nd ed.)*. Washington, DC: American Psychological Association.
Reference	Beehler, G. P., Dobmeyer, A.C., Hunter, C. L., & Funderburk, J. S. (2018). *Brief Cognitive Behavioral Therapy for Chronic Pain: IBHC Manual.* Silver Spring, MD: Defense Health Agency.
Reference	Beehler, G. P., Murphy, J. L., King, P. R., & Dollar, K. M. (2017). *Brief cognitive behavioral therapy for chronic pain: Therapist manual.* Washington, DC: U.S. Department of Veterans Affairs.
Reference	Diagnosis and Treatment of Low Back Pain Work Group. (2017). VA/DoD clinical practice guideline for diagnosis and treatment of low back pain. Washington (DC): Veterans Health Administration, Department of Defense.
Reference	Ehde, D. M., Dillworth, T. M., & Turner, J. A. (2014). Cognitive-behavioral therapy for individuals with chronic pain: Efficacy, innovations, and directions for research. *American Psychologist*, *69*(2), 153. https://doi.org/10.1037/a0035747
Reference	Hunter, C. L., Goodie, J. L., Oordt, M. S., & Dobmeyer, A. C. (2017). *Integrated behavioral health in primary care: Step-by-step guidance for assessment and intervention (2nd ed.).* Washington, DC: American Psychological Association.
Reference	Joint Pain Education Program Videos. (Producer). (2016). Defense and Veterans Pain Rating Scale (DVPRS) [Video file]. https://vimeo.com/174237044
Reference	Joint Pain Education Program Videos. (Producer). (2016). *Essentials of Good Pain Care* [Video file]. https://vimeo.com/185018655
Reference	Psychological Health Center of Excellence. (2018). *Brief Cognitive Behavioral Therapy for Acute Pain.* Silver Spring, MD: Defense Health Agency.
Reference	Defense Health Agency. (2018). *Naloxone Prescribing and Dispensing by Pharmacists in Medical Treatment Facilities (MTFs)* (Procedural Instruction No.6025.07). Retrieved from https://health.mil/About-MHS/OASDHA/Defense-Health-Agency/Resources-and-Management/DHA-Publications

Reference	Department of Defense. (2020). *Technical Procedures For the Military Personnel Drug Abuse Testing Program* (DOD Instruction 1010.16). Retrieved from https://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/101016p.pdf
Reference	Department of Defense. (2016). Drug Take Back Program (DOD Instruction 6025.25). Retrieved from https://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/602525p.pdf
Reference	Defense Health Agency. (2018). *Drug Take Back Program.* (Procedural Instruction No.6025.25). Retrieved from https://health.mil/About-MHS/OASDHA/Defense-Health-Agency/Resources-and-Management/DHA-Publications
Reference	Defense Health Agency. (2018). *Naloxone Prescribing and Dispensing by Pharmacists in Medical Treatment Facilities (MTFs)* (Procedural Instruction No.6025.07). Retrieved from https://health.mil/About-MHS/OASDHA/Defense-Health-Agency/Resources-and-Management/DHA-Publications
Reference	Defense Health Agency. (2018). *Pain Management and Opioid Safety in the Military Health System (MHS)* (Procedural Instruction No.6025.04). Retrieved from https://health.mil/About-MHS/OASDHA/Defense-Health-Agency/Resources-and-Management/DHA-Publications
Reference	Centers for Disease Control and Prevention (March 18, 2016). Guideline for Prescribing Opioids for Chronic Pain. https://www.cdc.gov/mmwr/volumes/65/rr/pdfs/rr6501e1.pdf
Reference	Department of Veterans Affairs-Department of Defense. (February 2017). Clinical Practice Guidance for Opioid Therapy for Chronic Pain, February 2017
Reference	Department of Veterans Affairs-Department of Defense. (February 2017). Clinical Practice Guidance for Opioid Therapy for Chronic Pain, February 2017
Weblinks	
Sole provider and pharmacy lock (Prescription Monitoring Program) when appropriate.	Policy overview: https://www.express-scripts.com/TRICARE/tools/rxMonitoring.shtml Prescription Monitoring Program Enrollment Form: https://www.express-scripts.com/TRICARE/tools/MTF_Rx_Restriction_Request_Form.pdf
Defense and Veterans Pain Rating Scale (DVPRS)	https://www.dvcipm.org/clinical-resources/defense-veterans-pain-rating-scale-dvprs/
Pain Assessment Screening Tool and Outcomes Registry (PASTOR)	https://www.dvcipm.org/clinical-resources/pain-assessment-screening-tool-and-outcomes-registry-pastor/
CarePoint	https://carepoint.health.mil

	CarePoint information portal
OEND Train the Trainer Material	https://health.mil/Military-Health-Topics/Conditions-and-Treatments/Opioid-Safety/DoD-OEND-Program/For-Champions-and-Trainers
VA/DOD Opioid Therapy and Substance Use Disorder Clinical Practice Guidelines	https://www.healthquality.va.gov/guidelines/MH/sud/VADoDSUDCPGProviderSummaryRevised081017.pdf#:~:text=disorders%20%28SUD%29%2C%20leading%20to%20improved%20clinical%20outcomes.%20In,expanded%20the%20general%20knowledge%20and%20understanding%20of%20SUD
Addictive Substance Misuse Advisory (ASMAC)	Web: Psychological Health by the Numbers https://pdhealth.mil/research analytics/psychological-health-numbers Email: dha.ncr.j-9.mbx.phcoe-asmac-support@mail.mil