

CLINICAL EDUCATION PROGRAMS

QUARTERLY REPORT

FEBRUARY 2019











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Executive Summary

On June 5, 2017, the British Columbia Centre on Substance Use (BCCSU) became responsible for the educational and clinical care guidance activities for all health care professionals who prescribe medications to treat opioid use disorder. To date, all of these educational programs have been very well-received, as demonstrated by the following key performance metrics:

- As of February 1, 2019, 2555 clinicians have been reached through 69 Provincial Opioid Use Disorder Guideline Seminars across BC.
- Over 13,000 people have registered in the **Addiction Care and Treatment Online Certificate** (formerly called the Online Addiction Medicine Diploma Program) and 2321 have received their certificate (865 from BC) since it was originally launched in May 2017.
- Since the free CME-accredited **Provincial Opioid Addiction Treatment Support Program** was launched in July 2017, there have been 2469 registrants and 214 new authorizations to prescribe OAT have been processed.
- The **Interdisciplinary Addiction Fellowship Program** is training 27 new clinicians that will help to lead the treatment of substance use disorders in their communities upon completion of the program.
- A multitude of health care professionals from various disciplines have benefited from each of the
 above educational programs, including family physicians, nurses, pharmacists, social workers,
 and other allied health care professionals (metrics by discipline are provided later in this report).

Introduction and Background

The current pharmacological treatment options for opioid use disorder includes opioid agonist treatments such as methadone, buprenorphine/naloxone, slow-release oral morphine, and injectable opioid agonist treatment. However, despite mounting evidence that these treatments are very effective for opioid use disorder, there are numerous challenges to scaling up access to treatment, including the need to rapidly increase the number of providers trained in evidence-based care through interdisciplinary education and training programs.

In the context of the provincial overdose crisis, the provincial government has identified the need to enhance the capacity of primary care providers to support and care for individuals in their practice, including general practitioners and nurse practitioners. In order to support primary care providers with clinical care guidance and educational activities, the BCCSU has developed innovative and flexible training models to better engage clinicians including physicians, nurses, nurse practitioners, pharmacists, social workers, and allied health professionals. This report highlights the following BCCSU training activities:

- The Provincial Opioid Use Disorder Guideline Seminar Series;
- The Online Addiction Medicine Diploma Program;
- The Provincial Opioid Addiction Treatment Support Program; and
- The Interdisciplinary Addiction Fellowship Program

Specifically, this report provides detailed performance metric data for each program listed above, qualitative feedback from heath care professionals who have completed the programs, and strategies moving forward to further expand and improve the educational programs offered by the BCCSU.

BCCSU Provincial Opioid Use Disorder Guideline Seminar Series

Introduction

On February 7, 2017, the BCCSU and the Ministry of Health (MoH) released the <u>Provincial Guideline for the Clinical Management of Opioid Use Disorder</u>. As of June 5, 2017, this guideline is the official provincial reference tool for all health care professionals in BC involved in treating patients with opioid use disorder. To support the implementation of these new clinical guidelines throughout the province, educational sessions were necessary to improve knowledge of evidence-based treatment for opioid use disorder among health care providers.

Purpose

The BCCSU, in partnership with the Divisions of Family Practice and regional health authorities, coordinated a number of in-person training sessions throughout the province to provide an update on the opioid overdose crisis and review the key recommendations from the provincial guidelines. These UBC CME accredited sessions were presented by addiction medicine experts in partnership with the BCCSU. Content was tailored to educate and support primary care providers to incorporate the clinical management of opioid use disorder, including buprenorphine/naloxone, in their existing practice rather than referring out to specialists. The sessions provided opportunities for health care providers to ask an addiction medicine expert their questions and to bring forward clinical cases for discussion, as well as to build local networks to support one another in this important work. The sessions were also a supportive environment to raise anticipated challenges, to raise anticipated challenges and specific concerns with respect to taking on this work, as well as to hear an expert speak to these issues.



Outcomes

While the majority of session attendees were family physicians, a range of interdisciplinary health professionals also attended, including nurses, specialists, pharmacists, and allied health clinicians. As of February 1, 2019, 2555 clinicians have been reached through 69 seminars.

Sessions per Health Authority	(n=69)	Attendance by Profession	% (n=2555)
Vancouver Coastal Health	18	Family Physician	67
Fraser Health	12	Specialist	2
Interior Health	17	Nurse Practitioner	5
Island Health	12	Nursing (RN, LPN, RPN)	14
Northern Health	4	Other	12
Other (webinars)	6		

Locations		
Abbotsford	Gibsons	Richmond
Ashcroft	Kamloops	Salmon Arm
Bella Coola	Kelowna	Salt Spring Island
Burnaby	Langley	Sechelt
Campbell Řiver	Lillooet	Smithers
Castlegar	Maple Ridge	Squamish
Chilliwack	Nanaimo	Surrey
Comox	Nelson	Tofino
Coquitlam	North Vancouver	Vancouver
Cranbrook	Penticton	Vernon
Duncan	Pitt Meadows	Victoria
Fernie	Port Hardy	Whistler
Gabriola Island	Prince George	

In addition to the in-person seminars offered to disseminate the guidelines and increase uptake, the BCCSU has developed a webinar to support and educate clinicians who were unable to attend in-person sessions held in their area. This two-part webinar is presented by Dr. Keith Ahamad and Dr. Kit Fairgrieve and can be found on the BCCSU website at www.bccsu.ca/webinars/. The BCCSU will continue to provide seminars requested by clinical groups throughout BC. Since the release of these webinars on the BCCSU website, they have accumulated a combined 2,339 views.

2,339

Additional webinars have also been added to the BCCSU website this quarter to introduce the <u>new injectable opioid agonist treatment guidelines</u> and to help support clinicians who have unable to attend in-person iOAT sessions. This three-part webinar is presented by Dr. Nadia Fairbairn and Dr. Scott MacDonald and can be found on the BCCSU website at <u>www.bccsu.ca/webinars/</u>. Since the release of these webinars on the BCCSU website, they have accumulated a combined **484 views**.

484

Feedback



"After having attended this session, I plan to look up the OAT online training"

- GP, Vancouver Coastal Health Authority

"Suboxone and methadone are very effective in treating opioid use disorder and we have many resources available to us to help."

- *GP*, *Vancouver Coastal Health Authority*

"Methadone dispensing continues to be extremely challenging and possibly unsafe in this low-resource setting."

- GP, Rural and Remote

"Suboxone is less scary than I thought... (but still scary) and worth overcoming my apprehension."

- GP, Rural and Remote

"The key pearl I gained from this session is the safety profile differences between suboxone and methadone and my role when it comes to OAT prescribing"

- *GP*, Vancouver Coastal Health Authority

Next Steps

With the upcoming release of the BCCSU's Guideline for the Clinical Management of Alcohol Use Disorder, developing and coordinating education and training opportunities for health care providers who wish to offer screening and treatment in their practice has become a priority for the BCCSU. The BCCSU will work in close partnership with the regional health authorities to provide educational and training support on the continuum of care for alcohol use disorder, in addition to the ongoing seminars for opioid use disorder.

Addiction Care and Treatment Online Certificate (formerly Online Diploma)

Introduction

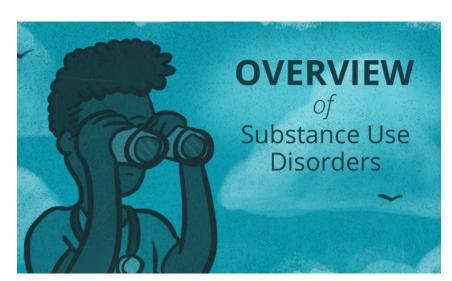
Education and training for health care professionals on the treatment of substance use disorders represents a significant unmet need in British Columbia and across Canada. This course guides participants through seventeen modules related to addiction medicine and is meant to help close the gap between scientific evidence and current clinical practice. The BCCSU aims to help address the current lack of support for patients with substance use disorders by providing the education and tools required to implement change within clinical practice. This program was supported by an investment from the Province of British Columbia and the Ministry of Health.

Purpose

The Online Addiction Medicine Diploma Program has been redesigned and updated to bring learners a more interactive and seamless learning experience. The new program is called the Addiction Care and Treatment Online Certificate and has launched in partnership with UBC Continuing Professional Development and the UBC School of Nursing effective February 13, 2019.

The Addiction Care and Treatment Online Certificate is a **free online certificate course** targeted at health care professionals interested in learning more about providing care to patients with alcohol, tobacco, opioid, cannabis and other substance use disorders. This course provides a broad overview of substance use and each module is informed by theoretical and academic context, with

case discussions and knowledge testing questions supporting the learning objectives. Clinical cases directly applicable to practice help provide real-world examples to learn from and the opportunity to apply knowledge gained from the course. This course now offers a nursing specific stream to better help support nurses in providing this important care.



Registration

Since the course launched in May 2017, a total of **13,084 people** are registered in the program as of November 14, 2018.

All Registrants by Profession (n=13084)

Family Physician	7%
Specialist	6
Resident/Student	8
Registered Nurse	18
Licensed Practical Nurse	6
Registered Psychiatric Nurse	4
Pharmacist	4
Nurse Practitioner	3
Counsellor	7
Social Worker	6
Other	31

13,084

47% from BC 15% from Alberta 9% from Saskatchewan 16% from Ontario 13% from Elsewhere

BC Registrants by Profession*

Family Physician	7%
Specialist	5
Resident/Student	13
Registered Nurse	19
Licensed Practical Nurse	2
Registered Psychiatric Nurse	4
Pharmacist	4
Nurse Practitioner	2
Counsellor	7
Social Worker	5
Other	32

^{*} At this time, we are unable to collect regional registration information due to privacy restrictions

Outcomes

2,321 people (865 from BC) have completed the entire course and have received their Diploma.

2,321

Feedback



"What I learned goes way beyond what I can adequately type here! I have further developed my client centered, trauma informed practice, and enhanced my medical terminology in regards to addictions medicine."

- Addiction and Recovery Outreach Worker

"I plan to advocate for and work towards the establishment of an addiction consultation service in our local acute care center. I also plan to advocate for better acknowledgement of the aspects of addiction medicine (particularly harm reduction and treatment) in our provincial health authority as we establish new provincial policies."

- Pharmacist

"I better understand how to collaborate with other health professionals in the care of patients and families affected by substance use disorders" - Family Medicine Resident

"One of the key barriers in this work as an inpatient physician it that it is often difficult to ensure proper follow up, especially if the GP does not take on a role for addictions treatmen."

- Internal Medicine Specialist

"I will add detailed substance questions to my diagnostic interviews for adolescents, rather than glossing over marijuana use."

- Child and Adolescent Psychiatry

"Addiction is a chronic medical condition and we have effective tools in engaging people into care towards patient-centered priorities, harm reduction, treatment and recovery."

- Addiction Medicine Specialist

"There was minimal education in my nursing training for substance use disorders, and my previous role did not require this knowledge or experience. As I have transitioned into Community Mental Health, there is an expectation and need for this education. I feel more equipped to plan for and treat my clients who struggle with addiction."

- Registered Nurse

"I learned to tackle smoking cessation at the same time, communication tools to address substance use issues in patients, and managing alcohol withdrawal in an outpatient setting."

- GP

"I learned about safe prescribing and the usefulness and efficacy of different medications, which will help me to better understand the needs of the people I work with who use substances and are trying out meds and or managing pain."

- Counsellor

Next Steps

In addition to the new content offered in the relaunch of this program, the BCCSU will be adding more modules into the program over the coming months. This includes topics such as psychosocial inventions, recovery, LGTBQ+, pregnancy, and youth with substance use disorders.

Provincial Opioid Addiction Treatment Support Program (POATSP)

Introduction

In June 2017, the BCCSU became responsible for the clinical care guidance and education and training pathways for prescribers of opioid use disorder treatment in BC. In the midst of a provincial overdose crisis, British Columbia made concerted efforts to address gaps in the provision of evidence-based treatment options and



care for individuals with opioid use disorder, including the development of provincial guidelines (<u>BCCSU/MoH Guidelines for the Clinical Management of Opioid Use Disorder</u>) and the creation of an aligned training program, the Provincial Opioid Addiction Treatment Support Program (POATSP). This comprehensive training program includes education and training on prescribing OAT, including buprenorphine/naloxone, methadone, slow-release oral morphine, and injectable opioid agonist treatments (hydromorphone and diacetylmorphine). As of February 14, 2018, nurse practitioners in British Columbia can also prescribe the full range of opioid agonist treatments (please see the <u>CRNBC website</u> for more information).

Purpose

The target audience for the program is opioid agonist treatment prescribers, including both physicians and nurse practitioners; however, all health care providers (e.g., nurses, pharmacists, social workers, counsellors) can benefit from the online education modules. The full course is divided into 25 modules and takes approximately 8-10 hours to complete. For physicians and nurse practitioners interested in prescribing OAT, the BCCSU also provides a workbook with clinical cases to practice prescribing and application of clinical judgement. The workbook helps to solidify some of the key points in the online course and ensures the learner has a good foundation before an in-person preceptorship. The BCCSU mandates the completion of a preceptorship of at least two half-day sessions before prescribing oral OAT.

Registration

Since the program officially launched on July 10, 2017, the following are registration numbers for the POATSP effective January 9, 2019:

Registrants by Profession (n=2469, 196	2 from BC)	Registrants by Health Authori	ty
Family Physician	23%	First Nations Health	6%
Specialist	6	Fraser Health	13
Registered Nurse	16	Interior Health	11
Pharmacist	15	Island Health	10
Nurse Practitioner	10	Northern Health	5
Other Allied Health	6	Providence Health Care	5
Other	24	Provincial Health Services	4
Responses for Other: FP Resident, LPN, Resident,		Vancouver Coastal Health	15
Medical Student, Student Nurse, MOA, Pharma- cy Tech, Reg Psychiatric Nurse, Support/Social Worker, Addiction Counsellor, Addiction Medicine Fellow, Reg Pharm Tech		N/A	31



The vast majority of registrants in the POATSP currently reside in British Columbia (80% from BC and 20% out of province), but as the BCCSU continues to collaborate with other provinces on clinical education for opioid use disorder, we expect to see a rise in out-of-province registrants.

An advantage of the new platform is that learners can now register and complete the entire course online, removing access barriers especially for those in rural and remote areas. Prior to July 2017, the provincial program offered upwards of 4 in-person training sessions per year. On average, registration in the inperson sessions was approximately 140 registrants per year. In one year, the new online learning platform has increased registration by 1,090%.

1,090%





Provincial Opioid Addiction Treatment Support

Table 1: Health Authority and Profession of Learners Based in BC

Data from October 10, 2018 - January 9, 2019

					Other				
		Family	Nurse		Allied		Registered		
	Total	Physician	Practitioner	Other	Health	Pharmacist	Nurse	Resident	Specialist
	(173)	(30)	(18)	(42)	(7)	(8)	(25)	(32)	(11)
First Nations Health Authority	14	1	1	0	0	0	12	0	0
Fraser Health	33	5	6	6	3	1	3	6	3
Interior Health	16	4	3	4	0	1	1	3	0
Island Health	19	6	1	1	1	0	3	5	2
Northern Health	16	5	2	1	0	1	2	5	0
Providence Health Care	6	1	1	1	0	0	0	3	0
Provincial Health Services Authority	9	1	0	4	0	0	0	2	2
Vancouver Coastal Health	29	7	4	6	1	2	1	6	2
Not Applicable	27	0	0	18	1	2	3	1	2
Blank	4	0	0	1	1	1	0	1	0

Note: 26 healthcare providers work in multiple Health Authorities and are represented multiple times in this table

Total number of healthcare providers without duplicates:

Total # of Physicians* 27
Total # of Nurse Practitioners 16
Total # of Prescribers 43

*Physicians = Physicians + Specialists

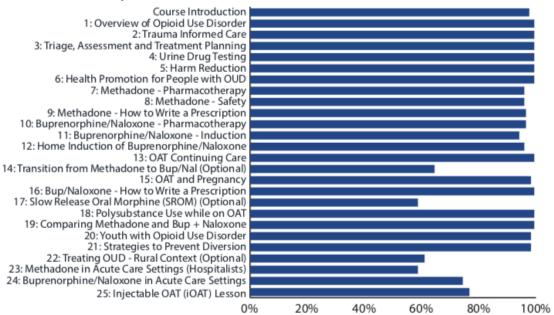
Injectable Opioid Agonist Treatment Completion

The iOAT training module, released by the BCCSU in December 2017, is tailored for experienced oral OAT prescribers who wish to prescribe this higher-intensity treatment to their patients. This iOAT module can be completed on its own or incorporated as part of the online training for new OAT prescribers. All clinicians who wish to prescribe iOAT for opioid use disorder will need to complete a Collaborative Prescribing Agreement (CPA) that will be jointly signed by the BCCSU and prescriber and subsequently sent to the Ministry of Health for activation in PharmaNet. The CPA is provided upon completion at minimum, 1 half-day preceptorship.

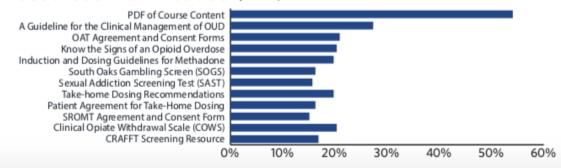
Since the program launched in December of 2017, 27 physicians and 3 nurse practitioners have fully completed the iOAT training program and can prescribe this treatment option.

One of the strengths of the POATSP is the flexibility with course progression and module selection. Learners may take individual modules in any order they choose and explore other content that may not have been part of the stream they originally selected. The below images provide graphical representation of the completed modules for those who finished the course (in any stream) as well as the percentage of registrants who downloaded supplemental resources. From this data, we can see that approximately 5% of registrants who completed the program, chose to complete the buprenorphine/naloxone only components. Further, nearly 80% of all learners who have completed the online course took the iOAT module.

Module Completion (n=172)







Feedback



"More cases and questions to practice my knowledge are always appreciated!"

"I thought this course material, layout, and information was excellent. I still need the experience in prescribing but the knowledge contained in the modules has provided me with the foundation."

"Great course, very interactive and thorough. Good practice review questions to assist with comprehension of the material."

"It was very useful and practical information suited to our current BC situation."

"I greatly enjoy this semi-interactive format of learning; it encourages critical thinking about the concepts being taught and helps to engage interest. The ability to check your knowledge and receive immediate feedback us rewarding and encourages continued study."

"I really enjoyed this course and wish more people knew about it. I really liked the way it was designed, the actual layout and the sections were great to go through. It felt a bit long but neccessary. I like the quizzes to keep on track as well."

"I would like to see more focus on the multidisciplinary team (e.g nurses)."

Program Completion

Completing this course is the first step in the authorization to prescribe opioid agonist treatments in British Columbia. The development of the POATSP online education platform helped modernize the training and exemption process for methadone, and, more broadly, has provided comprehensive and accessible education on the full continuum of care available for the treatment of opioid use disorder to health care providers across the province. The Health Canada requirement for practitioners to obtain an exemption under subsection 56(1) of the Controlled Drugs and Substances Act (CDSA) to prescribe and administer methadone no longer exists as of May 19, 2018; however, the education and training requirements for British Columbia

New Authorizations
214

Vancouver Coastal Health
Island Health
55

Erasor Health
45

Island Health 35
Fraser Health 45
Interior Health 23
Northern Health 16

remains the same. A clinical preceptorship is arranged as part of the program and is an opportunity for prescribers to build a mentoring relationship with an experienced provider.

Since the program launched on July 10, 2017, the BCCSU has granted **214 new authorizations** to prescribe OAT to physicians (as of February 1, 2019). While the BCCSU has surpassed historical numbers processed per year, there is still work to be done to increase the number of clinicians who have completed this program in underserved areas of the province.

Nurse Practitioners

On June 16, 2017, the College of Registered Nurses of British Columbia (CRNBC) approved new <u>Nurse Practitioner Standards, Limits and Conditions</u> that set out the requirements for both induction (initiation) and continuation/maintenance prescribing of opioid agonist treatment for opioid use disorder. With the standards, limits and conditions now fully in effect, nurse practitioners may now complete the POATSP educational requirements to prescribe these medications.

Upon successful completion of the course and preceptorship, a signed proof of completion letter is sent to the respective nurse practitioner which indicates that they can engage with CRNBC to order their prescription pads. Since the program launched July 10, 2017, **9 nurse practitioners** have completed the buprenorphine/naloxone training and **55 nurse practitioners** have completed all of the educational requirements to prescribe methadone and buprenorphine/naloxone.



Preceptors

The goal of the BCCSU preceptorship program is to support new oral OAT and iOAT prescribers in the understanding and practical application of the Provincial <u>Guideline for the Clinical Management of Opioid Use Disorder</u> and the <u>Guidance for Injectable Opioid Agonist Treatment for Opioid Use Disorder</u> in a supervised clinical setting. The clinical preceptorship is required in order to obtain a methadone exemption, to obtain prescribing privileges for injectable opioid agonist treatment, and for buprenorphine/naloxone prescribing for nurse practitioners.

There are currently **83 preceptors** as part of the BCCSU POATSP program, who are widely located throughout the province. Within this preceptor team, there are also **10 prescribers** who can provide iOAT preceptorships.

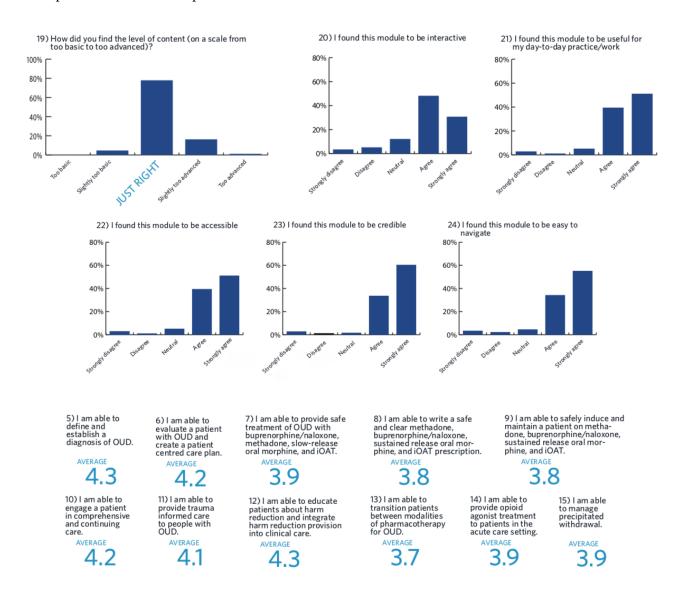
Preceptors per Health Authority (n=83)

Vancouver Coastal	35
Fraser	18
Interior	15
Island	12
Northern	3

83

Evaluation Summary

Of the 2469 people who have registered for the course, 867 people have completed the course and filled out an evaluation form. The following is a summary of the data collected from the evaluation for registrants who completed the course in the past 3 months:



Next Steps

As the POATSP program is new, we will continue to refine the program content based on feedback to continuously improve the experience of the learner. For example, in response to user feedback, we will be incorporating interactive features to better support active learning and developing additional practice tools that will support the transfer of knowledge into practice. Additionally, in collaboration with BCCSU researchers, we plan to publish the preliminary evaluation data.

Interdisciplinary Addiction Fellowship Program

Introduction

The Interdisciplinary Clinical Addiction Fellowship Program is an academic and clinically focused program that provides specialty training in inpatient and outpatient addiction management to health care providers. There are 4 clinical streams available: medicine, nursing, nurse practitioner, and social work. In addition, the BCCSU is currently piloting a pharmacy fellowship in the 2018/9 cohort year. Fellows gain knowledge and expertise in the management of addictions in a variety of settings and across a number of populations with unique needs, such as youth and pregnant women. Upon completion, Fellows are prepared to work as experts in the field of addiction medicine and take leadership roles in clinical, academic, and/or research settings. The BCCSU also hosts the International Collaborative Addiction Medicine Research Fellowship (ICAMRF) which trains interdisciplinary Clinician-Scientists to develop the skills required for careers in addiction research.

Current Fellows

The 2018/2019 Interdisciplinary Addiction Fellow cohort is the largest to date, bringing together 28 diverse Fellows from a variety of health authorities in BC as well as from across Canada.

Addiction Medicine (13)	
Dr. Anne Sutherland	OOP
Dr. Jessica Hann	OOP
Dr. Basia Hamata	VCH
Dr. Elizabeth Plant	VIHA
Dr. Sukhpreet Klaire	OOP
Dr. Rebecca Coish	OOP
Dr. Catherine Gray	OOP
Dr. Renee Janssen	VCH
Dr. Kate Colizza	OOP
Dr. Samantha Young	VCH
Dr. Danny Lee	VCH
Dr. Jay Wang	VCH

Addiction Nurse Pra	actitioner (2)
Shauna Archer Claire Wilson	PHSA IHA

VCH

Dr. Marlon Danilewitz

Addiction Nursing (3)	
Susan Wright	VCH
Jennifer Funo	PHC
Kevin Lorenz	PHSA

Addiction Pharmacy (1)	
George Budd	VCH

Addiction Social Work (5)		
Kaye Robinson	PHC	
Jack Makolewski	FHA	
Nathaniel Uhlman	VIHA	
Demian Young	PHC	
Melissa White	IHA	
Addiction Research (4)		

Addiction (4)	
Dr. Paxton Bach	OOP
Dr. Sarah Ickowicz	VCH
Dr. Valerie Giang	VCH
Dr. Kate Colizza	OOP



What's New Lectures

Noon Round lectures titled "What's New in Addiction Medicine / Nursing / Social work" have been established at St. Paul's Hospital, and Fellows are expected to prepare and present one lecture during their fellowship year. These academic lectures are open to hospital staff, trainees, and community members. To stay informed of upcoming lectures, sign up for the BCCSU mailing list at www.bccsu.ca/stay-in-touch.

Lectures already held this year (click links to view recording):

Tues July 10	Peer: Al Fowler	WNAM: A Peer Perspective
Tues July 24	Dr. Sam Young	Supervised Consumption Sites: What more can be said?
Tues Aug 28	Dr. Jay Wang	Psychedelics in the treatment of depression, anxiety, and OCD
Weds Sept 5	Jack Makolewski (SW)	Building Recovery Capital
Tues Sept 25	Dr. Sukhpreet Klaire	Revisiting Suboxone: Alternative Induction Techniques
Tues Oct 23	Dr. Kate Colizza	An update on "Designer Drugs": Synthetic Opioids, Cannabinoids, and Cathinones
Weds Oct 31	Jen Funo (RN)	The links between adverse childhood events and substance use: Considerations to improve health and social service delivery to people with substance use disorders and their families
Tues Nov 27	Dr. Basia Hamata	Adolescent Use of E-cigarettes: Emerging Trends
Wed Nov 28	Kevin Lorenz (RPN)	Game Over! A Review of Gaming Disorder: A 'new' behavioral addiction
Tues Dec 11	Kaye Robinson	Women & Substance Use: Gender Matters
Wed Jan 9	Susan Wright (RN)	Harm Reduction: Doing What Works
Tues Jan 22	Dr. Rebecca Coish	Drugs & The Mother Baby Dyad: Breastfeed, Substance Use and Treatment
Wed Feb 6	Claire Wilson (RPN)	Sugar, The Not So Sweet Addiction

Next Steps

The BCCSU has recently started live broadcasting the What's New lectures through a webinar platform in effort to reach more clinicians from around the province. These webinars are also recorded and the BCCSU is working to build a hosting page so that learners can come and view any of the previous lectures held over the year.