The CO*RE/ASAM
Pain Management and Opioids: Balancing Risks and Benefits

About ASAM:
Founded in 1954, the American Society of Addiction Medicine (ASAM) leads the nation in creating standards, guidelines, advocacy and education to improve patient care. ASAM members include over 6,000 physicians and clinicians, organized into state, regional, and international chapters. They represent a wide range of medical specialties and other clinical disciplines, such as internal medicine, pain medicine, nursing and family medicine.

About Hosting a Course:

ASAM's Pain Management and Opioids: Balancing Risks and Benefits course is free for both the host as well as attendees. Spanning from 2 to 2.5 hours our courses are ACCME accredited and serve as a valuable tool for healthcare professionals to further their education on pain and addiction medicine. ASAM provides marketing support, registration, financial support, national faculty members and a comprehensive curriculum. For more information, please contact Adham Alayash aalayash@asam.org (301-547-4137).

About the Course Content:
The CO*RE/ASAM Pain Management and Opioids: Balancing Risks and Benefits curriculum is newly updated to reflect the latest information in this vital area of healthcare. The thoroughly revised curriculum addresses: the nature and pathophysiology of pain; assessing patients in pain; creating a pain treatment plan; initiating opioid therapy; managing patients on opioid analgesics; educating patients and caregivers; and understanding opioid use disorder. This program meets many states requirements for opioid education and is fully compliant with the Opioid Analgesic Risk Evaluation and Mitigation Strategy (REMS) education requirement ("Blue Print"), issued by the U.S. Food & Drug Administration in September 2018.

The curriculum is developed by the Collaborative for REMS Education (CO*RE) http://core-rems.org and supported by an independent educational grant from the Opioid Analgesic REMS Program Companies (RPC).

The updated curriculum launched in May 2019 with these primary learning objectives:

- Describe the pathophysiology of pain as it relates to the concepts of pain management
- Accurately assess patients in pain
- Develop a safe and effective pain treatment plan
- Identify evidence-based non-opioid options for the treatment of pain
- Identify the risks and benefits of opioid therapy
- Manage ongoing opioid therapy
- Recognize behaviors that may be associated with opioid use disorder

The course also has the individual section learning objectives:

- Differentiate the common etiologies, neuronal transmission, and neuromodulation of pain.
- Distinguish between acute and chronic pain.
- Distinguish between nociceptive and neuropathic pain.
- Identify the body's homeostatic mechanisms for resolving pain.
- Recognize the relationship between one's environment, physical, psychosocial, and spiritual health to the experience of pain.
- Define the following: dependence, tolerance, misuse, withdrawal, abuse, opioid use disorder (OUD), and diversion.
- Select elements in the history and physical examination required for an effective diagnosis of a patient in pain.
- Identify the key elements of a PDMP record to consider prior to formulating a treatment plan.
- Apply assessment results to individualize a treatment plan.
- Identify evidence-based, non-pharmacologic options.
- Identify evidence-based, non-opioid approaches.
- Align treatment approaches to specific types of pain.
- Correlate precautions and considerations for opioid use with special populations.
- Identify common adverse events and drug interactions with opioid use.
- Identify the characteristics that influence the choice of a specific opioid.
- Demonstrate ability to document patient care using informed consent and PPA as required for patients with pain.
- Construct an appropriate trial of opioid therapy, beginning with an IR opioid.
- Compare opioid analgesic products, including routes of administrations, delivery mechanisms, and abuse deterrent formulations.
- Differentiate pharmacokinetic and pharmacodynamic properties based on metabolic pathways.
- Describe the importance of adherence to treatment plan including urine drug testing, reassessment of patient, assessing for signs of OUD.
- Identify the rationale for opioid rotation.
- Calculate dose for new opioid using EDT accounting for incomplete cross tolerance.
- Determine drug selection and dosing for breakthrough pain.
- Select reasons for discontinuing and tapering opioids.
- Determine when consultation with pain specialist, OUD specialist or referral is required.
- Identify effective communications strategies for educating patients and caregivers about the safe use, storage, and disposal of opioids and administering naloxone.
- Characterize behaviors associated with opioid use disorder.
- Recognize behaviors that may be associated with misuse or abuse of opioids.
- Identify appropriate interventions for continued pain management following an opioid overdose.
- Describe the pathophysiology of the addiction cycle.