



Safe Prescribing of Controlled Substances Curriculum

Format: To ensure access and availability to all prescribers, FMA will offer this 2-hour curriculum via its online CME catalog and during live meetings and conferences

Planners, Authors, and Speakers: The FMA will work with its members and other thought leaders who are recognized experts in their fields, primarily psychiatry, addiction medicine, pain medicine, and pharmacology

Curriculum Outline

Controlled Substance Prescribing

- Data/Scope of the Problem and the Current Situation in Florida

Current Standards for Prescribing Controlled Substances

- Safe and effective prescribing of opioids and other controlled substances (emphasis on CDC Guidelines)
- Best practices for safe prescribing and monitoring patients
- Prescribing of emergency opioid antagonists (Naloxone)

Risk of Addiction

- General Information
- What Does the Research Say?
- Best Practices for Safe and Effective Treatment of Acute Pain with Opioids

Florida Laws and Rules Related to the Prescribing of Controlled Substances

- Particular emphasis on recent modifications made to improve safety
- Overview of Florida's PDMP (E-FORCSE) and instructions regarding usage

Non-Opioid and Non-Pharmacological Alternatives for Treating Pain

- **Non-Opioid Medications**
 - NSAIDs (Ibuprofen, Naproxen, Aspirin) and Acetaminophen
 - OTC versions
 - Prescription strength versions
 - Benefits, risks and side effects
 - Antidepressants
 - SSRIs and SNRIs: (fluoxetine and duloxetine)
 - Benefits, risks and side effects
 - Anti-epileptic medications (gabapentin and pregabalin)
 - Benefits, risks and side effects
- **Managing acute pain**
 - Multimodal anesthesia
 - Regional Anesthesia and peripheral nerve blocks
 - Transcutaneous Electrical Nerve Stimulation (TENS)
- **Managing chronic pain**
 - Chiropractic Therapy
 - Acupuncture Therapy
 - Massage, Physical and Occupational Therapy