



BCCNM LEARNING MODULE — WORKBOOK

Nurse Practitioner Controlled Drugs and Substances

(CDS) Prescribing



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Introduction

This workbook offers activities that allow you to apply ideas presented in the Module. It is organized in three sections.

Part 1 includes **Workbook Activities** that are related to various topic areas. As you work through the module, you will be directed to complete a specific Workbook Activity. This section also includes pages for you to record your reflective thoughts and insights related to your exploration. This information will be useful for you in completing your Professional Growth Plan at the completion of this module.

Part 2, “Applying My Learning”, includes a case scenario and associated questions. Completing these activities provides an opportunity for you to apply the information that has been offered in the module in the context of this practice based scenario. When you have completed this case, you may wish to compare your responses with those provided in the “Applying my Learning: Perspectives” located in part 3.

Part 3, presents **samples responses** to Workbook case scenario in Part 2. These responses provide perspectives of the course writer and others on the case scenario.

Part 1: **Workbook Activities**



1

Workbook Activity #1

Consider the following questions. Record your responses in the spaces below. These thoughts, ideas, and responses will help you form part of the basis for your professional development plan for CDs prescribing.

This is a good time to review all relevant legislation that you should be aware of in relation to your responsibilities in CDS Prescribing. While reviewing the different legislation below, keep the following two questions in mind and jot down your answers in the spaces provided.

- Controlled Drug and Substances Act (CDSA) Link:
<http://laws-lois.justice.gc.ca/eng/acts/C-38.8/>
- New Classes of Practitioner Regulation (NCPR) Link:
<http://laws-lois.justice.gc.ca/eng/regulations/SOR-2012-230/index.html>
- Narcotic Control Regulation (NCR) Link :
http://laws-lois.justice.gc.ca/eng/regulations/C.R.C.,_c._1041/index.html
- Benzodiazepines and other Targeted Substances Regulation Link :
<http://laws-lois.justice.gc.ca/eng/regulations/SOR-2000-217/index.html>
- Part G Food and Drug Act Regulation link:
<http://laws-lois.justice.gc.ca/eng/acts/F-27/index.html>

1. What are the requirements for record keeping for CDS, reporting loss or theft of CDS, and managing an inventory including CDS?

2. What are the differences between the ways that drugs are grouped Federally versus Provincially?

2

Workbook Activity #2

Please review the two Acts below, while reading through keep the posed questions in mind and write down the answers in the space provided.

Review the Pharmaceutical Services Act

http://www.bclaws.ca/EPLibraries/bclaws_new/document/ID/freeside/12022_01

Review the Pharmacy Operations and Drug Scheduling Act

http://www.bclaws.ca/civix/document/id/complete/statreg/03077_01

1. What Drug Schedule(s) include(s) controlled drugs and substances?

2. What Drug Schedule(s) include(s) all the drugs that require a prescription written on the CPP form?

3. Locate any controlled drugs or substances on these schedules that do not require the prescription to be written on a CPP form. What are these drugs and which schedule(s) include them?

4. If you are not sure if a drug or substance is controlled, does or doesn't need a CPP form, what resources are available to you to get answers to your questions?

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Workbook Activity #3

Read the revised Scope of Practice for NPs:

<https://www.bccnm.ca/NP/ScopePractice/Pages/Default.aspx>

While you are reviewing this document focus on the questions below and jot down your thoughts in the space provided..

1. Why is medication reconciliation and access to PharmaNet important to safe CDS prescribing? (BCCNM Prescribing Standard 4)
2. What additional expectations are there when prescribing CDS? (CDS Standard 7)
3. What must you consider and document before initiating or continuing the prescribing of CDS? (CDS Standard 8)
4. When prescribing CDS, NPs must assess the client in person. Are there any exceptions to this standard? (CDS Standard 9)
5. What are your responsibilities related to the security of all your prescription pads? (Standard 10)
6. Are NPs able to prescribe CDS for themselves or family members? What are the potential risks associated with prescribing (CDS Standard 11) You may want to refer to BCCNM Boundaries in the Nurse Client Relationship Standards <https://www.bccnm.ca/NP/PracticeStandards/Pages/boundaries.aspx>

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Workbook Activity #4

Michael's story is told by his mother Ada after his death. Read Michael's Story in the report First Do No Harm <http://www.ccsa.ca/Resource%20Library/Canada-Strategy-Prescription-Drug-Misuse-Report-en.pdf> on p. 4. Prior to reading this story you may want to refer the "Your Prescription: Your Responsibility" Link <https://www.cpsbc.ca/for-physicians/college-connector/2014-V02-03/06>, as it provides guidance for practicing pharmacovigilance.

While reading this story, please consider what contributed to and what could have been done to prevent this tragedy. Write down your ideas in the space provided below.

Contributing Variables	Strategies for Prevention

5

Workbook Activity #5

Read the case on the misuse of Oxycontin in remote communities, on p.5 of the First Do No Harm report <http://www.ccsa.ca/Resource%20Library/Canada-Strategy-Prescription-Drug-Misuse-Report-en.pdf>. Then reflect on the challenges faced by and isolated communities. You may want to jot down your thoughts for future reference.

1. Consider other practice settings and client populations, including your own. What are the challenges you foresee related to CDS misuse? What are some potential strategies or resources available to you to mitigate those risks?

2. Reflect on the causes of the vulnerabilities and the safeguards that can be employed to improve safety and prevent harm.

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Workbook Activity #6

Go through the workbook that you have completed. Notice areas where you have further questions, specific interest, or need further development. Notice areas where you have strengths in relation to CDS Prescribing. Pick at least three areas you would like to develop further and create a learning plan for you to meet your own learning needs. You may find the following framework helpful for you to structure your learning plan. **A Professional Development Portfolio** that can be completed electrically is also available on the **BCCNM QA Web page**. A link to a pdf of this document is below and make sure you save it to your computer to complete it.

https://www.bccnm.ca/Documents/quality_assurance/PD_plan_template.pdf

My Plan for Growth

GOALS

- 1.
- 2.
- 3.

ACTION PLAN

People or places that I can investigate for learning strategies to help me meet my goals for growth are:

- 1.
- 2.
- 3.

My Plan for Growth

Strategy	Resources I need to implement this strategy	Target completion date	Other thoughts

Notes from Reflection Points



Affirmations and Insights:

Part 2: **Applying My Learning**



1

Applying My Learning

Case Scenario 1

Activity

Work through the following case study and questions about Anna, a nurse practitioner working in urban primary care clinic. When you're finished, you may wish to compare your responses with those provided in the "Perspectives" section at the end of this Workbook.

Case Scenario Part 1:

Anna works in a busy urban primary care clinic, along with another NP and two GPs. She provides care for her own group of clients, covers for colleagues and sees walk-in clients as well. Anna has practised as an NP for ten years and recently obtained prescribing authority for controlled drugs and substances. Although she generally feels experienced, in this area of practice, she considers herself a novice.

Anna's not familiar with Gerald, her last client of the day, and takes a few minutes to review his chart before seeing him. She notes he has a history of anxiety, hypertension and chronic back pain due to a car accident three years ago. She determines that, after an initial, unsuccessful trial of extended release morphine, his pain has been managed with Fentanyl 50mcg/hr transdermal patch every 72 hours. He's been on this medication for the last two and a half years.

Entering the exam room, Anna introduces herself and listens to Gerald explain the reason for his visit. He reports that he is bothered by increasing anxiety, moodiness and difficulty focusing. His sleep is disturbed and he has reoccurring nightmares. He believes these issues are side effects of his pain medication. He reports that his pain is under control, rating it 1-2 on a scale of 10, but that his daily activities are increasingly affected and he needs to do something.

After asking Gerald a few more questions about his medical history, Anna conducts a full assessment, focusing on pain and management of pain medication symptoms.

Anna gathers some assessment tools including the Canadian Guideline for Safe and Effective Use of Opioids for Chronic Non-Cancer Pain, Opioid Manager, GAD7, PHQ9 (see the links below).

As she conducts her assessment, she explains each tool's purpose. As she documents her assessment, she describes how the data will inform decisions about managing Gerald's pain and medication symptoms.

Following the assessment, Gerald asks Anna several questions about his pain management plan and the side effects he is experiencing. Anna is able to answer most but not all of Gerald questions. She explains that she'd like to consult with a GP colleague in order to come up with a plan that would meet Gerald's pain and symptom management needs. Gerald agrees. While Anna waits for her colleague to arrive, she signs into PharmaNet to gather a CDS prescriber history for Gerald.

1

Applying My Learning

Case Scenario 1

1. Which Controlled Drugs and Substance Standards, Limits and Conditions provide direction and support for Anna in this situation? Briefly explain how.
2. Consider the situation from the perspective of a nurse practitioner working in an NP only clinic. What resources would be available to support Anna's practice?
3. Does this alternative view offer any insights?

Tools

Canadian guideline for Safe and Effective Use of Opioids for Chronic Non-Cancer Pain:
http://nationalpaincentre.mcmaster.ca/documents/opioid_guideline_part_a_v4_5.pdf

Opioid manager: http://nationalpaincentre.mcmaster.ca/opioidmanager/opioid_manager_download.html?appSession=430378086733936).

Generalized anxiety Disorder 7-item (GAD-7) scale:
<http://www.integration.samhsa.gov/clinical-practice/GAD708.19.08Cartwright.pdf>

Patient Health Questionnaire (PHQ-9):
<http://www.integration.samhsa.gov/images/res/PHQ%20-%20Questions.pdf>

2

Applying My Learning

Case Scenario 2

Gerald is focused on his increasing anxiety and very determined to get a medication to “deal” with this. During the discussion of possible options to manage his anxiety, Anna brings up other options, such as an anxiety management support group. Gerald doesn’t seem interested in participating in a support group, stating he has tried them before. He also wonders that as his anxiety is most likely related to fentanyl use, “how would medicating and talking about it be in any way helpful to him.”

Gerald suggests to Anna that she prescribe Xanax or something similar for his anxiety. He states that these medications have been very helpful in decreasing his anxiety levels in the past.

1. Which Controlled Drugs and Substance Standards, Limits and Conditions provide direction and support for Anna in this situation? Briefly explain how.

2. If you were Anna, how would you respond to Gerald’s request? Would you prescribe Xanax?

Part 3: **Workbook Case Perspectives**



1

Workbook Case Perspectives

Case Scenario 1

This section presents samples responses to Workbook case scenario in Part 2. These responses provide perspectives of the course writer and others on the case scenario.

Case Scenario Part 1:

Question #1.

There are a number of contextual factors that are influencing Anna's decision in this case. Here are some to consider when you answer this question. You may have other ideas as well.

CDS Standard 1 – Nurse practitioners prescribe drugs within nurse practitioners' scope of practice and individual competence within that scope of practice and the stream in which the nurse practitioner is registered to practice (family, adult, pediatric).

CDS Standard 2- Nurse practitioners are solely accountable for their prescribing decisions including when responding to requests for continuation of prescriptions ordered by another prescriber. Anna is aware of this but choose to consult with one of her colleagues to ensure continuity and best outcome for her "new" client.

CDS Standard 7 – Considers the client's health history (Anna conducts a thorough assessment prior to making a decision about CDS prescribing). Anna accesses PharmaNet data to review the client's medication profile.

Nurse practitioners prescribing controlled drugs and substances for the management of chronic non cancer pain will complete additional education in prescribing for this context of pain.

Standard 8 – Anna, during her assessment, considers the best practice guidelines for CDS prescribing.

Question #2.

Rapid Access for Consultative Expertise (RACE) Program and Line

The Canadian Guideline for Safe and Effective Use of Opioids for Chronic Non Cancer Pain.

<http://nationalpaincentre.mcmaster.ca>

The Center for Addiction and Mental Health provides several resources that may help you get more familiar with mental health and addictions. See more at <http://www.camh.ca/en/hospital/Pages/Home.aspx>

As recommended in the module it is important for NPs who are introducing the prescribing of CDS into their practice to initiate and maintain an on-going mentoring relationship with other practitioner(s) experienced in prescribing CDS.

The College of Pharmacists of BC has developed a number of resources that are useful in understanding the legislation and requirements when prescribing CDS. These resources should be used in conjunction with BCCNM resources and can be accessed on the CPBC website <http://www.bcpharmacists.org/>

Question #3.

You may find it helpful to identify resource gaps and strengths in your practice setting as this may help you create your professional development plan.

2

Workbook Case Perspectives

Case Scenario 2

Question #1.

Same as above (Part 1)

Standard 5 - Nurse practitioners engage in evidence-informed prescribing and consider best practice guidelines and other relevant resources when prescribing for clients, including complementary or alternative health therapies.

Question #2.

You have probably considered the following:

- This is a complex case with many variables. Consider best practice guidelines and include the client in the development of his care plan.
- Nurse practitioners engage in evidence-informed prescribing and consider best practice guidelines and other relevant resources when prescribing for clients, including complementary or alternative health therapies.
- Collaborate with other practitioner(s) experienced in prescribing CDS and refer to other resources such as The Canadian Guideline for Safe and Effective Use of Opioids for Chronic Non Cancer Pain. <http://nationalpaincentre.mcmaster.ca>
- Consider contraindications and potential drug interactions in particular with the ongoing use of psychotropic, sedating, or narcotic medication. Avoid co-prescribing whenever possible.
- Use additional tools to have a full perspective of the client's current see examples below. Canadian guideline for Safe and Effective Use of Opioids for Chronic Non-Cancer Pain: http://nationalpaincentre.mcmaster.ca/documents/opioid_guideline_part_a_v4_5.pdf

Opioid manager:

http://nationalpaincentre.mcmaster.ca/opioidmanager/opioid_manager_download.html?appSession=430378086733936).

Generalized anxiety Disorder 7-item (GAD-7) scale:

<http://www.integration.samhsa.gov/clinical-practice/GAD708.19.08Cartwright.pdf>

Patient Health Questionnaire (PHQ-9):

<http://www.integration.samhsa.gov/images/res/PHQ%20-%20Questions.pdf>

- Additionally you may wish to consider online resources such as Pain BC. This site offers several resources for health care providers as well as people living with chronic pain. <https://www.painbc.ca/health-professionals>