Dear Members of the Delaware Chapter of the ACP,

I would like to bring to your attention a proposal for stricter state regulations for opioid prescriptions that is being made by the Controlled Substance Advisory Committee of the Delaware Division of Professional Regulation.

Delaware Secretary of State Jeffrey Bullock has proposed stricter regulations for the prescribing of opioid analgesics to help stem the tide of opioid prescription drug abuse and addiction. These proposed regulations will apply to any Delaware licensed practitioner also licensed to prescribe controlled substances. These include physicians, physician assistants, advanced practice nurses, podiatrists, and dentists.

The regulations include three major provisions:

· For an acute injury or procedure, a practitioner can prescribe a maximum initial seven-day supply of an opioid medication before additional steps are required.

· Prescribing beyond a seven-day supply or for additional prescriptions after the first seven-day supply, the practitioner will be required to check the patient's prescription history in the State's Prescription Monitoring Program (PMP) ([dpr.delaware.gov/boards/controlledsubstances/pmp/default.shtml](http://dpr.delaware.gov/boards/controlledsubstances/pmp/default.shtml)) along with obtaining informed consent from the patient for risks of such things as potential addiction, abuse, misuse, and risks of life-threatening respiratory depression and accidental overdose, which can be fatal.

· For patients being treated for chronic pain, practitioners will be required to check the State's PMP and administer a urine drug screening at least twice a year while receiving chronic treatment with opioid medications. The practitioner must also consider and discuss alternative treatment options with a patient, and conduct a risk assessment to identify patients that are or may be at risk for dependence or misuse of a prescribed opioid. A signed treatment agreement will also be required to be in place for these patients.

The regulations are the result of months of research and work by the Secretary's Controlled Substance Advisory Committee, and input from various individuals and groups during an initial Public Comment and Hearing period last year. They also follow recommendations recently issued by the Centers for Disease Control (CDC) ([http://www.cdc.gov/media/dpk/2016/dpk-opioid-prescription-guidelines.html](http://www.cdc.gov/media/dpk/2016/dpk-opioid-prescription-guidelines.html))

The proposed regulations are attached to this email for your review during another Public Comment period through May 31, 2016.

You can read the full proposal in the attachment to this email. Please pause to consider the implications of these proposed new regulations on our care of patients. Please take a moment to send your input to the DE Division of Professional Regulation before Memorial Day. Send to Christine Mast in the Office of Controlled Substances, Delaware Division of Professional Regulation at [mailto:christine.mast@state.de.us](mailto:christine.mast@state.de.us).
Attachments:

NOTE: The links below will direct your browser to the location where the documents attached to this email have been posted.

Proposed Regulations Safe Prescribing of Opioid Analgesics