



REDUCING THE BURDEN OF OPIOID DOSE TAPERING USING NON-PRESCRIPTION MODALITIES:

Module I - Iron and Magnesium - 1 hour CPE

Module II – Sleep Quality, Gastrointestinal Health and Allergies While Minimizing Opioid Exposure – 1 hour CPE

Module III - Important OTC and Non-Pharmacological Interventions Impacting Opioid Exposure and the Burden of Weaning – 1 hour CPE

By: Elizabeth Dragatsi, RPh, BCPS,

reviewed by Stephanie Nichols, PharmD, BCPS, BCPP, FCCP, Dr. Noah Nesen, MD, FAAFP, and Megan Jennison, PharmD

Dragatsi & Co. partnered with CEImpact to offer you access to courses that address opioid challenges you encounter in the pharmacy. You can access these courses with an enrollment code on the CEImpact website – learn.CEImpact.com.



How do I access this course?

1. Log on to learn.CEImpact.com.
2. If you are new to CEI, begin by clicking Create an account.
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4. Then complete the Exam and Evaluation; click Submit to send your information to CPE Monitor

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Questions? Contact CEI at team@CEImpact.com.



Reducing the Burden of Opioid Dose Tapering Using Non-Prescription Modalities: Iron and Magnesium

Learning Objectives:

Upon successful completion of this knowledge-based course pharmacists should be able to:

1. Define behavioral health concepts, terms, and challenges.
2. Discuss strategies to enable pharmacist participation and alignment in the patient's recovery as part of patient-centered and interprofessional care.
3. Educate opioid-exposed patients and providers as it relates to iron and magnesium status.

Faculty:

Elizabeth Dragatsi, RPh, BCPS

Peer reviewed by: Stephanie Nichols, PharmD, BCPS, BCPP, FCCP, Associate Professor, UNE College of Pharmacy
Dr. Noah Nesen, MD, FAAFP, Chief Medical Officer, PCHC
Megan Jennison, PharmD, Community Pharmacist, Harris Drug Store/Foxcroft Pharmacy

Faculty Disclosure:

Elizabeth Dragatsi does not report any actual or potential conflicts of interest in relation to this continuing pharmacy education course.

CPE Credit



CEI is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education.

UAN: 0107-9999-19-312-H01-P | 0.10 CEUs/1.0 Hrs.

Available: October 31, 2019

Expiration: October 31, 2020

ON DEMAND: To obtain 1.0 contact hour of continuing pharmacy education credit (0.1 CEU), participants must participate in the on-demand activity and complete the exam and evaluation. Once successfully completed, click the Submit button. The CPE Statement of Credit can then be accessed on CPE Monitor, www.MyCPEMonitor.net.*



Activity Format

On Demand.

Financial Support

None.

Activity Fee

This activity is available for free.

*CEI provides you with two (2) opportunities to complete the exam.

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Sleep Quality, Gastrointestinal Health and Allergies While Minimizing Opioid Exposure

Learning Objectives:

Upon successful completion of this knowledge-based course pharmacists should be able to:

1. Educate opioid exposed patients and providers as it relates to various multi-modal recommendations readily available in the non-prescription area of the pharmacy.
2. Describe known mechanisms by which multi-modal interventions for sleep quality and gastrointestinal health, may contribute to reduction in opioid exposure.
3. Distinguish between sensitivities and histamine-mediated allergies and their relationship to pain, further impacting the risk or incidence of opioid exposure.

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Important OTC and Non-Pharmacological Interventions Impacting Opioid Exposure and the Burden of Weaning

Learning Objectives:

Upon successful completion of this knowledge-based course pharmacists should be able to:

1. Apply information to specific scenarios related to various multi-modal recommendations, readily available in the non-prescription area of the pharmacy.
2. Describe known mechanisms of multi-modal interventions of NMDA inhibitors, selected vitamins and curcumin and how they may contribute to reduction in opioid exposure.
3. Detail how nicotine use adversely impacts the opioid exposed patient before and after attempting taper, providing additional motivational impetus for cessation efforts.

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