

OATP Opioid Agonist
Therapy Program

ANNUAL REPORT 2018

April 1, 2018 to March 31, 2019



OPIOID AGONIST THERAPY PROGRAM

ANNUAL REPORT 2018

Program Structure

The Ministry of Health has been contracting with the College of Physicians and Surgeons of Saskatchewan (CPSS) since 2001 to operate the Opioid Agonist Therapy Program on its behalf. The object of the Program is to administer the methadone exemption process for Saskatchewan physicians and to ensure the safe and appropriate use of medications used as opioid agonist therapy. Currently, Dr Morris Markentin is the program manager.

Prescribing Regulations

In 2018, Health Canada removed the Federal exemption process required for physicians to seek approval to prescribe methadone for either pain or opioid use disorder. As a result, the CPSS updated the Regulatory Bylaw 19.1 to reflect these changes. Two major changes to the bylaw include the addition of buprenorphine/naloxone, and the elimination of approval required to prescribe for the indication of pain. Because of this Bylaw change, physicians no longer need to apply to Health Canada to receive an exemption to prescribe methadone or buprenorphine/naloxone. Instead, they must meet the CPSS Bylaw requirements and request Registrar approval to prescribe these two medications for the indication of opioid use disorder only. Methadone prescribed for pain no longer requires any additional approval and is regarded in the same way as any other opioid.

As a result of the Bylaw change, the Standards and Guidelines, as well as the OATP Policies were also updated. The Standards and Guidelines were expanded to provide more background and a better understanding of the treatment of opioid use disorder and the medications used in its treatment. In addition to hospital-based and corrections-based temporary exemptions, an emergency room prescriber exemption was also added. The updated *Opioid Agonist Therapy Program Standards and Guidelines for the Treatment of Opioid use Disorder* are available:

<https://www.cps.sk.ca/iMIS/Documents/Legislation/Policies/OAT%20Standards%20and%20Guidelines.pdf>

Other changes include the OATP Policies further divided into 6 categories: Maintaining Prescriber for methadone, buprenorphine/naloxone, or both, and Initiating Prescriber for methadone, buprenorphine/naloxone, or both. The updated Policies are available:

https://www.cps.sk.ca/imis/CPSS/CPSS/Legislation_ByLaws_Policies_and_Guidelines/Legislation_Content/Policies_and_Guidelines_Content/OAT_Prescribing.aspx Existing OAT prescribers were sent the updated Standards and Guidelines as well as the new Policies and they were asked to return the appropriate signed OATP Policy.

Saskatchewan OAT Prescribers

As of March 31, 2019, 81 physicians were approved to prescribe methadone and/or buprenorphine/naloxone for opioid use disorder.

47 can initiate both methadone and buprenorphine/naloxone

2 are methadone maintenance, but buprenorphine/naloxone initiators

10 only initiate buprenorphine/naloxone

14 only initiate methadone

8 are methadone maintenance prescribers

A list of practitioners authorized to prescribe methadone in Saskatchewan is contained in *Appendix 1*.

Saskatchewan Residents Receiving OAT

Finally, below is a table outlining the number of Saskatchewan residents receiving methadone for 2018:

Note: Total # Methadone Patient includes Addiction and NIHB only

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Average/ month
NIHB¹	1515	1478	1459	1475	1514	1469	1475	1469	1484	1494	1490	1479	1483
Addiction²	2029	1945	1954	1972	1949	1943	1926	1913	1882	1888	1865	1847	1926
Pain³	66	60	58	59	51	53	54	55	59	60	50	42	56
Metadol⁴	326	307	309	323	328	328	320	328	319	330	348	326	324
Methadose⁵	7	6	9	7	10	9	13	13	11	10	8	13	10
Total # patients receiving methadone for addiction per month	3943	3796	3789	3836	3852	3802	3788	3778	3755	3782	3761	3707	3799

1. Patients captured in this category are NIHB beneficiaries and are receiving methadone for addiction
2. Patients captured in this category are Saskatchewan Health beneficiaries and are receiving methadone for addiction
3. Patients captured in this category are Saskatchewan Health beneficiaries and are receiving methadone for pain
4. The CPSS OST Standards and Guidelines indicate that Metadol tablets are not to be used for addiction. However, there may be the rare circumstance in which Metadol tablets may be used for addiction. The majority of the individuals in this category should be representative of those receiving methadone for pain. Metadol is also available as an oral suspension.
5. In 2017 there was a methadone powder shortage and consequently some addiction patients may have received Methadose for addiction. Methadose is not listed on the Saskatchewan Drug Formulary, so it is rarely used for this indication, and rarely used in general.

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Average/ month
Buprenorphine/ naloxone	502	514	514	560	581	565	528	552	586	636	654	692	574

OAT Education

Small Group Educational Sessions

Drs. Markentin, Hamilton and Butt have provided small group, interdisciplinary education sessions in various Saskatchewan locations since June 2018. This work is ongoing and supported with funding from FNIHB. Currently, four small group educational sessions have been provided:

- Drs. Markentin & Hamilton – Meadow Lake
- Drs. Markentin & Butt – Kamsack
- Drs. Markentin & Butt – Yorkton
- Dr. Markentin - Yorkton

OAT Conference

The Opioid Agonist Therapy Program coordinated an Opioid Substitution Therapy conference on March 22nd and 23rd in Regina, after not holding an event in the 2017/18 fiscal year. The conference had 10 speakers, who spoke on 14 topics. The number of attendees was 114; 74 of which were physicians. An overview of the event is provided in *Appendix 2*.

Appendix 1

Methadone	Buprenorphine /naloxone	Last Name	First Name	City
Initiator	Initiator	Adams	Mohamed	Regina
Maintenance	N/A	Adanlawo	Adewumi	Regina
N/A	Initiator	Ajogwu	Chamberlain	Port Stanley
Initiator	Initiator	Ali	Mukhtar	Lloydminster
Maintenance	N/A	Alport	John	Regina
Initiator	N/A	Asaolu	Olumide	Regina
Maintenance	Initiator	Bouchard	Braden	Battleford
Initiator	Initiator	Butt	Peter	Saskatoon
Initiator	N/A	Carson	George	Regina
N/A	Initiator	Christie	Allison	Estevan
Initiator	Initiator	Clark	Megan	Regina
Initiator	Initiator	Crawford	David	Prince Albert
Initiator	N/A	Dautremont	Kevin	Moose Jaw
Initiator	N/A	Dosman	John	Saskatoon
Initiator	Initiator	Egbeyemi	Olanrewaju	Prince Albert
Initiator	Initiator	Egbujuo	Collins	Prince Albert
Initiator	Initiator	Ekpenike	Bazim	Prince Albert
N/A	Initiator	Emokpare	Bernard	Regina
Initiator	N/A	Eshawesh	Abdulhamid Farag	Melville
Maintenance	N/A	Ferguson	Kathleen	Regina

Methadone	Buprenorphine /naloxone	Last Name	First Name	City
Initiator	Initiator	Fern	Brian	Saskatoon
Initiator	Initiator	Gartner	Kali	Saskatoon
Initiator	Initiator	Groves	Sean	La Ronge
Initiator	Initiator	Hamilton	Erin	North Battleford
Initiator	N/A	Helliar	Stephen	Saskatoon
Initiator	Initiator	Henley	Samantha	Marquis
Initiator	Initiator	Irvine	Daniel	La Ronge
Initiator	N/A	Ishak	Fady	
Initiator	Initiator	Johnson	Carmen	Regina
Initiator	Initiator	Kabongo	Tshipita	Regina
Initiator	Initiator	Kaiser	Johanna	La Ronge
Initiator	Initiator	Kamel	Jelisia	Swift Current
Initiator	Initiator	Kgobisa	Lettie	Regina
Maintenance	N/A	Kielly	Andrew	Regina
Initiator	N/A	Kleingeld	Johannes	La Ronge
Initiator	Initiator	Kolawole	Rotimi	Prince Albert
Initiator	Initiator	Lanoie	Leo	Prince Albert
Initiator	Initiator	Ledding	Kevin	Saskatoon
N/A	Initiator	Leibel	Sharon	Regina
N/A	Initiator	Little	Christopher	Rosthern
Initiator	Initiator	Liskowich	Sarah	Regina

Methadone	Buprenorphine /naloxone	Last Name	First Name	City
N/A	Initiator	Loutfy	Mona	Prince Albert
Maintenance	N/A	Lyster	Kish	Regina
Initiator	Initiator	Markentin	Morris	Saskatoon
Initiator	Initiator	Marwah	Radhika	Regina
Maintenance	Initiator	Maya	Nomtandazo	Prince Albert
Maintenance	N/A	McLeod	Joanne	Regina
Initiator	Initiator	Melle	Jess	Rosthern
Initiator	Initiator	Moolla	Hasan	Battleford
Initiator	Initiator	Neethling	Bertram	Penticton
Initiator	Initiator	Neumann	Timothy	Saskatoon
Initiator	N/A	Nwadike	Uche	Regina
Initiator	N/A	Omosigho	Osamudiamen	Estevan
Initiator	Initiator	Orukpe	Ivor	Yorkton
Initiator	Initiator	Owonikoko	Onasegun	Prince Albert
Initiator	N/A	Pancyr	Cassandra	Saskatoon
Initiator	Initiator	Parekh	Vipul	Prince Albert
Initiator	Initiator	Patel	Kalpana	Regina
Initiator	Initiator	Patel	Rajnikant	Regina
Initiator	Initiator	Pawluck	Larissa	Saskatoon
Initiator	Initiator	Peluola	Akinlolu	Saskatoon
Initiator	Initiator	Prabhu	Vijay	Redvers

Methadone	Buprenorphine /naloxone	Last Name	First Name	City
Initiator	Initiator	Press	Melanie	Yorkton
Initiator	N/A	Rattan	Ukesha	Saskatoon
Initiator	Initiator	Robertson	Archie	Prince Albert
Initiator	Initiator	Rooke	Edward	Vancouver
Initiator	Initiator	Rossouw	Francois	Prince Albert
Initiator	Initiator	Sacramento-Balingit	Jenny	Prince Albert
Initiator	Initiator	Schramm	Lori	Regina
N/A	Initiator	Serunkuma	Ivan	Prince Albert
Initiator	Initiator	Shahat	Mikhail	Yorkton
N/A	Initiator	Swan	Nadine	Yorkton
N/A	Initiator	Swan	Victoria	Meadow Lake
Initiator	N/A	Tandon	Ramesh	Saskatoon
Initiator	N/A	Terrett	Luke	
N/A	Initiator	Trickovic	Jason	Meadow Lake
Initiator	Initiator	Udoh	Godwin	Regina
Initiator	Initiator	Van Der Merwe	Herman S.	Moosomin
Maintenance	N/A	Vermeulen	Abraham	Regina
Initiator	Initiator	Wildenboer	Wilhelmina	Regina
Maintenance	N/A	Williams	Fouche	Regina

OAT Prescribers

March 31, 2019

Currently Out of Province: 4



Opioid Agonist Therapy C O N F E R E N C E 2 0 1 9 CONFERENCE INFORMATION

Safer Prescribing, Better Care,
Transitioning to Recovery

Brought to you by the **Opioid Agonist Therapy Program** at the
College of Physicians and Surgeons of Saskatchewan

is GOING GREEN!
This conference will be paperless.

What it's all about...

When & where?

Friday, March 22, 2019

Registration 12:00-12:50 pm; Workshops 12:55 to 5 pm

Saturday, March 23, 2019

Breakfast 7:30-8:15 am, Workshops 8:15 am-5:00 pm

Delta by Marriott

1919 Saskatchewan Drive, Regina, SK

To book a hotel room: <https://bit.ly/2RNc3PZ>

**REGISTRATION - FEB 25-MAR 12, 2019 LATE REGISTRATION -
AFTER MAR 12, 2019**

Questions? Contact Lorie at ootp@cps.sk.ca or at 306-244-7355.

Who should attend?

Physicians, Nurse Practitioners, Pharmacists, Nurses, Addictions Counselors, and other individuals working with patients undergoing opioid agonist therapy would benefit from the valuable information and presentations that will be offered at this conference.

**This course meets the CPSS educational requirements outlined in the OATP policies, which describe the requirements to become an Opioid Agonist Therapy approved prescriber.

Proper attendance and submission of an evaluation form at the end of the conference are required to obtain credit. Your certificate will be sent to you post-conference via e-mail.

Your sessions...

Friday, March 22, 2019 is GOING GREEN!
This conference will be paperless.

TIME	TOPIC	
12:00 pm	Registration	
12:55	Introduction	Dr. Liskowich
1:00	1. CPSS Guidelines and Standards	Dr. Markentin
1:40	2. The Process of Addiction	Dr. Butt
2:40	Break	
3:00	3. Opioid Agonist Therapy: Benefits and Risks	Dr. Melle
3:30	4. Professionalism	Brenda Senger
4:00	5. Patient Assessment and Suitability	Dr. Markentin
4:30	Q&A - Panel Discussion	Dr. Markentin, Dr. Butt, Dr. Melle, Brenda Senger
4:45-5:00	Wrap-up for Day 1	Dr. Liskowich

Saturday, March 23, 2019

TIME	TOPIC	
7:30	Breakfast	
8:15	6. Dosing in Opioid Agonist Therapy	Dr. Butt
8:45	7. Urine Drug Screen to Optimize Treatment	Dr. Markentin
9:15	8. Carries - Balancing Safety and Access	Dr. Hamilton
9:45	9. Beyond Dispensing: The Role of a Pharmacist in Opioid Substitution Therapy	Matthew Manz
10:15	Q & A - Panel Discussion	Dr Markentin, Dr. Butt, Dr Hamilton, Matthew Mann

...Saturday, March 23, 2019 cont'd

10:30	Break	
10:45	10. Discontinuation: Voluntary and Involuntary Withdrawal	Dr. Wildenboer
11:15	11. Psychiatric Comorbidity with Substance Misuse – Treating addiction in patients with comorbid mental illness	Dr. Udoh
12:15	Q&A - Panel Discussion	Dr. Wildenboer Dr. Udoh
12:30	Lunch	
1:15	12. Universal Screening and Simplified Management of Blood-Borne Infections for Persons Receiving Opioid Agonist Therapy - A Practical Approach	Dr. Wong
2:00	13. Managing Concurrent Pain & Addictions/ Substance Use Disorder	Dr. Marwah
3:00	14. Pregnancy	Dr. Markentin
3:30	Q&A - Panel Discussion	Dr. Wong, Dr. Marwah, Dr. Markentin
3:45	Break	
4:00	Closing Expert Panel Discussion	Dr. Markentin, Dr. Butt, Dr. Marwah
4:45 – 5:00	Closing Remarks	Dr. Markentin

We're green!
Certificates will be emailed to you at the end of the conference.

Your Workshops...

1. CPSS Guidelines and Standards

- New CPSS Guidelines and Standards
- Essential standards documenting and meeting guidelines
- Criteria for prescribing methadone and suboxone
- The different categories of prescribers

2. The Process of Addiction

- Learn the characteristics of a Substance Use Disorder
- Explore the risk factors for developing an addiction
- Understand the process in and out of addiction
- Explore the current structure of treatment and the requirements for successful remission

3. Opiate Agonist Therapy: Benefits and Risks

- Risks of opiate addiction lifestyle
- Benefits of Opiate Agonist Therapy
- Barriers to treatment
- Differentiate Suboxone from Methadone

4. Professionalism

- Understand the six domains of professionalism
- Understand the importance of maintaining professional boundaries
- Explore challenging patient behaviours that may impact our professional behavior and develop more effective strategies

5. Patient Assessment and Suitability

- What we are assessing and why
- Clinical assessment processes, including comorbidities
- Informed consent regarding OST, its potential side effects and program restrictions
- Inclusion of family physician
- Engagement in recovery activity

6. Dosing in Opioid Agonist Therapy

Learn how to do the following for both methadone and buprenorphine/naloxone:

- Induction
- Adjustments
- Maintenance
- Tapers

7. Urine Drug Screen to Optimize Treatment

- Understand the benefits and limitation of UDS
- Become skillful in a therapeutic approach
- Learn how to introduce UDS in one's practice

8. Carries - Balancing Safety and Access

- Review the provincial standards and guidelines
- Consider the pros and cons of carried doses
- Place management of carries in a therapeutic context
- Case discussions

9. Beyond Dispensing: The Role of a Pharmacist in Opioid Substitution Therapy

- Understand the challenges pharmacists face in the opioid epidemic
- Understand the role of pharmacists in OST and how that role is evolving
- Understand there is more going on behind the scenes than just counting and labelling

10. Discontinuation: Voluntary and Involuntary Withdrawal

- Review the indications for discharge
- Involuntary: Understand the basic process of ending the physician-patient relationship
- Voluntary: Weaning a patient safely off opioid maintenance therapy
- Explore the balance between patient-centered care and the need for staff safety and mutual respect

11. Psychiatric Comorbidity with Substance Misuse – Treating addiction in patients with comorbid mental illness

- Be able to identify high risk individuals
- Be able to make a diagnosis of substance use disorder with comorbid primary mental health disorders
- Formulate evidence-based treatment plans

12. Universal Screening and Simplified Management of Blood-Borne Infections for Persons Receiving Opioid Agonist Therapy - A Practical Approach

- Review the rationale for universal screening of blood-borne infections including HIV and Hepatitis B / C for all persons receiving or being initiated on opioid agonist therapy
- Review current screening techniques and algorithms in the province of Saskatchewan for HIV and Hepatitis B / C
- Understand whom to refer to, resources available, and how to manage persons with positive test results for HIV and Hepatitis B / C

13. Managing Concurrent Pain & Addictions/Substance Use Disorder

- Discuss evidence on use of opioids in chronic non-cancer pain (CNCP)
- Learn about screening for Drug Aberrant Behaviour
- Discuss management of CNCP in Substance Use Disorder (SUD) patients with examples
- Discuss management of acute pain in Opioid Agonist Therapy and SUD
- Understand and mitigate challenges for good concurrent care

14. Pregnancy

- Explore the changes that occur during/because of pregnancy
- Discuss the opportunities to promote change
- Postpartum considerations

Your Presenters...

Dr. Peter Butt

Dr. Peter Butt is a graduate of McMaster University and a Certificant and Fellow with the College of Family Physicians of Canada. He serves as an Associate Professor in the Department of Academic Family Medicine at the University of Saskatchewan and a consultant in Addiction Medicine within the Saskatchewan Health Authority. In addition to teaching, research and clinical duties he has served on various provincial and national committees relating to substance use.

Dr. Erin Hamilton

Dr. Hamilton is a family physician practicing in North Battleford. She has been working in a team-based opiate addiction treatment program for the past three years. Dr. Hamilton would prefer to be performing on Broadway, but since she says she can't sing, this is a great second choice of career.

Mr. Matthew Manz

Matthew Manz was born and raised in Regina. He attended the University of Saskatchewan and graduated from Pharmacy in 2010. After graduation, Matthew and his family settled in Weyburn for three years before moving back to Regina. In 2014, he and his wife opened The Medicine Shoppe on Dewdney Ave and have learned quickly the challenges of working in the inner city.

Dr. Morris Markentin

Dr. Markentin is the medical manager of the Methadone Program at the College of Physicians and Surgeons of Saskatchewan and has been for the past five years. He has been prescribing methadone for eleven years and practicing since 1998. He provides clinical services at the Saskatoon Community Clinic and the Methadone Assisted Recovery Services (Saskatoon Health Region).

Dr. Radhika Marwah

Dr. Marwah has been a family physician since 2015. She also holds several other roles in Regina including: Physician Lead at the Chronic Pain Clinic, SHA, since 2016; Physician Lead-Chronic Pain Specialty, Opioid Stewardship Program; Advisory member-ECHO for Chronic Pain and Opioid Use Disorder since 2018; Palliative Physician since 2015 and Physician at the Correctional Centre since 2017. In addition to her MBBS and MD, she holds a Masters in Addictions and Mental Health (University of Toronto), has been a CAMH Anesthesiologist and Pain Clinician in India for over 15 years; and an Interventional Pain Clinician for seven years.

Dr. Jess Melle

Dr. Melle has lived and worked in Rosthern in Family and Emergency Medicine for the last 10 years. Addictions medicine has been an area of focus for him for the last seven years. He has recently started a more comprehensive addictions program at Beardy's Reserve, with an aim to focus on On Reserve treatment, dispensing, and counseling, as well as a goal to incorporate traditional aboriginal counseling and healing methods for treatment.

Ms. Brenda Senger

Brenda Senger has worked as a Registered Psychiatric Nurse for the last 38 years. Her experience includes forensic psychiatry, adolescent psychiatry, adult psychiatry, geriatric nursing, residential addiction treatment, and community addiction treatment as the counsellor in the Methadone Assisted Recovery Program. For the last 15 years, she has worked as the Director of the Physician Support Programs at the Saskatchewan Medical Association. More importantly, she is an MMOT – married mother of 2 boys!

Dr. Godwin Udoh

Dr. Udoh is a consultant in General Adult/Substance Misuse psychiatry. He is a Fellow of the Royal College of Physicians of Canada (FRCPC) and a member of the Royal College of Psychiatrists, UK (MRCPsych/CCT). He holds a Master of Science (MSc) in Public Health/Health Service Management, a Master of Health Sciences (MHSc.) in clinical education and a Doctorate Research Fellow (PhD) in Educational Research, Lancaster University, UK (ongoing). In his current practice, he is a consultant psychiatrist at Regina General Hospital and

Regina Mental Wellness (community based) as well as an attending psychiatrist at both the Addiction Treatment Centre and the Harm Reduction and Methadone Clinic Regina. Dr. Udoh's favourite soccer team is the Arsenal FC, UK.

Dr. Wilhelmina (Wilna) Wildenboer

Dr. Wilna Wildenboer is a Fellow of the College of Family Physicians of Canada and is board certified by the American Board of Addiction Medicine since 2004. She holds a position as Clinical Assistant Professor of the University of Saskatchewan College of Medicine. She is currently working as a hospitalist in the Accountable Care Units of Pasqua Hospital. She is also an opioid maintenance therapy physician at an addiction clinic in Regina and works at the Secure Youth Detox Centre at Regina General Hospital. She has a special interest in Addiction Medicine and Palliative Care.

Dr. Alexander Wong

Dr. Wong is an infectious diseases physician with the Saskatchewan Health Authority and Assistant Professor with the University of Saskatchewan. His clinical interests include HIV and HCV therapeutics, particularly around optimizing care and engagement strategies in marginalized populations including persons who use drugs, and persons who are incarcerated. He is an active researcher and collaborates closely with the Public Health team in Regina on numerous research and clinical initiatives. He is developing an interest in addictions medicine and would like to learn how to best optimize the care of persons with concurrent addictions and blood-borne infection to improve the provincial HIV and HCV cascades of care.