

# Introduction to the Massachusetts Consultation Service for the Treatment of Addiction and Pain

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# MCSTAP's mission

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To support primary care teams in increasing their capacity for, and comfort in, using evidence-based practices in screening for, diagnosing, treating, and managing the care of all patients with chronic pain and/or SUD.

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# What is MCSTAP?

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- Offers real-time phone consultation to PCPs on safe prescribing and managing care for adults with chronic pain and/or SUD
- Provides information on community resources to address the needs of these patients
- Available Monday – Friday, 9 a.m. – 5 p.m.
- Provides free consultations on all patients statewide, regardless of insurance
- Available at **1-833-PAIN-SUD** (1-833-724-6783)
- Funded by the Massachusetts Executive Office of Health and Human Services

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# MCSTAP physician consultants

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- Staffed by a team of 10 physician consultants from health systems around the state with:
  - Expertise in pain and SUD treatment
  - Experience teaching and mentoring providers
  - Deep commitment to supporting others on working toward better outcomes for patients with chronic pain and SUD
- Provide initial consultations and additional consultation/coaching as needed

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# MCSTAP Physician Consultants



**Christopher Shanahan, MD, MPH**  
*MCSTAP Medical Director*  
Boston Medical Center



**James Baker, MD, MPH**  
New England Life &  
Hospice Services



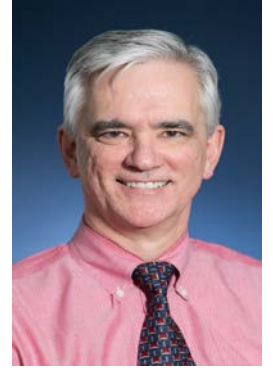
**Laura Kehoe, MD, MPH**  
Massachusetts General  
Hospital



**Jason Worcester, MD**  
Boston Medical Center



**Mia Sorcinelli Smith, MD**  
Greater Lawrence Family  
Health Center



**James Ledwith, Jr., MD**  
UMass Memorial Medical  
Center



**Jessica Gray, MD**  
Massachusetts General  
Hospital



**Amy Fitzpatrick, MD**  
Boston Medical Center



**Phoebe Cushman, MD, MS**  
UMass Memorial Medical  
Center



**Rachel King, MD**  
South End Community  
Health Center



**Stefan Topolski, MD**  
Family Medicine Specialist  
Shelburne Falls, MA

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# How MCSTAP can help?

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- Assist clinicians in using evidence-based practices when prescribing opioids and use of medication for treating SUD
- Consult on questions across a broad range of topics, from managing medications to holistic chronic pain management
- Provide personalized real-time and ongoing professional coaching on providers' most complex patients
- Identify community-based resources that can address patients' needs
- Help build practices' capacity to care for complex patients with chronic pain or SUD

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# When can a provider call MCSTAP?

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Providers can call with any questions about chronic pain and SUD management. Some examples:

- Prescribing buprenorphine or naltrexone
- Preparing for medication changes or titrating medications
- Overall management plan for complex and challenging cases
- Review of potential changes to a treatment plan prior to a patient visit
- Issues about pregnant women and other special populations

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# Some recent consults

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# Medication and care planning for patient with SUD

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Reason for consult:

- 50 y.o. female with history of cocaine use, possible opioid use disorder, risky drinking and depression
- Coming for an office visit, indicating that she wanted help
- Physician was looking for guidance on medications, input on priorities, and referral information.

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# Medication and care planning for patient with SUD

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Discussion with MCSTAP physician consultant:

- Need to get understanding of substances being used
- Options for treating her OUD — buprenorphine vs. naltrexone
- Appropriate dosing for buprenorphine
- Importance of helping her connect with BH provider for counseling

After consultation, MCSTAP provided information about BH resources in her community.

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# Prescribing MAT for pregnant patient

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Reason for consult:

- 28 y.o. pregnant woman (first trimester) with a history of OUD
- Felt at imminent risk for relapse on heroin
- Indicated that she would like to restart naltrexone, which was effective for her in the past
- NP had questions about prescribing naltrexone during pregnancy.

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# Prescribing MAT for pregnant patient

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Discussion with MCSTAP physician consultant:

- Review of treatment options for this patient
- Assessment of risk of relapse vs. risks associated with naltrexone during pregnancy
- Confirmation of appropriate dosing
- Offer to facilitate transfer to high risk OB care if needed
- Informed about opportunity to participate in naltrexone study during pregnancy

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# Pre-surgery medication planning for patient on buprenorphine

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Reason for consult:

- 60 y.o. man with history of OUD; stable on buprenorphine
- Upcoming partial knee-replacement
- The provider had questions about post-operative medication management.

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# Pre-surgery medication planning for patient on buprenorphine

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Discussion with MCSTAP physician consultant:

- Answered questions about continuing buprenorphine pre- and post-surgery and recommended continuing buprenorphine as usual
- Discussed pain management options for expected mild to moderate pain and identified appropriate medication/dosing, along with close outpatient follow-up

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# Treatment planning for patient with chronic pain and chronic opioid use

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Reason for consult:

- 56 y.o. woman with chronic pain, on oxycodone and Xanax
- Patient new to this provider
- Patient had not followed through with recommended pain management treatment.
- Provider had questions about appropriate dosing of oxycodone, use of Xanax, and appropriateness of other medications.

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# Treatment planning for patient with chronic pain and chronic opioid use

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Discussion with MCSTAP physician consultant:

- Importance of accurately diagnosing patient and review of diagnostic criteria for OUD
- Strategies for short-term plan for engagement while making diagnosis
- Need for increased monitoring and possible plans to convert/taper medications

After initial consult, provider had 3 follow-up calls for additional guidance related to this patient's treatment plan.

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Monday through Friday, 9 a.m. to 5 p.m.

E-mail us at [mcstap@beaconhealthoptions.com](mailto:mcstap@beaconhealthoptions.com).

For more information, go to [www.mcstap.com](http://www.mcstap.com).

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## Questions?

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