



## Nomination

### Why hasn't this expanded: scalable pilot programs

Marathon FHT - Chronic Pain and Addictions Committee

The HARMS Program for Safer Opioid Prescribing through Systematic Risk Stratification and Urine Drug Testing



The HARMS Program (High-yield Approach to Risk Mitigation and Safety) is a novel approach to the safe prescribing of opioids in chronic non-cancer pain (CNCP). HARMS is a systems approach that applies universal risk stratification and urine drug testing to all patients being prescribed opioids for CNCP. The idea is to identify high-risk patients, keep tight control of their opioids, and if addiction is identified then to treat the addiction. Early research suggests HARMS is effective for identifying patients who may be harmed by opioids and altering their management accordingly. Preparation is underway for massive expansion and rigorous scientific evaluation.

Community perceptions on opioids have been assessed annually through patient surveys. In 2018, 64% of respondents agreed that “opioids are a problem in my community”. 60% of patients agreed “it would make sense for me to be part of a monitoring program no matter how low my risk for medication misuse”. Three information sessions on HARMS were advertised and conducted to the public in Marathon, Biigtigong and Pic Mobert First Nations (the communities we service). CFNO radio hosted a discussion with us on the topic. Information sessions were also held with clinic/hospital staff, and local stakeholders (counselling agencies, etc).