

You Have Your X-Waiver- Now What?

Chuck Schauburger, MD

La Crosse, WI

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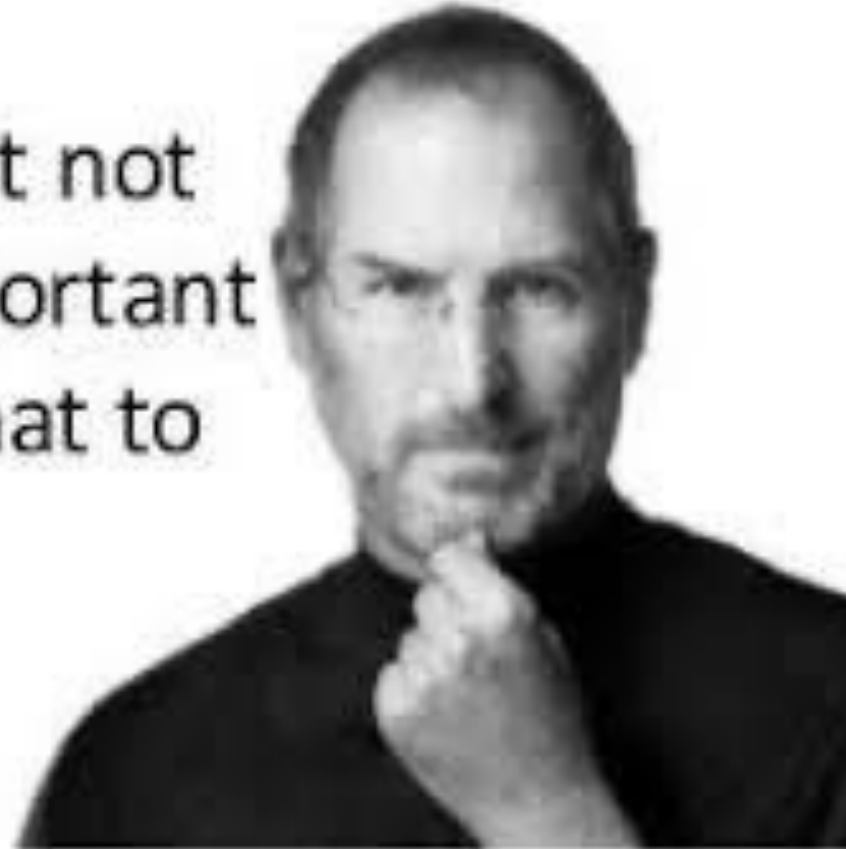
I have no conflicts of interests to report



Also, What Not To Do!

“Deciding what not to do is as important as deciding what to do.”

- *Steve Jobs*



Before You Obtain The X-Waiver

- It shouldn't be your first step. There is a lot of work to do before you decide to obtain the waiver
- Questions to ask
 - What is the demand for services?
 - Who is already providing the care? Where? In community, out of town?
 - Do you have a partner?
 - Do you have the support of the community? Your Administration?
 - What are the ramifications to your practice? What part of your practice will addiction care represent? What part of your current work will it replace?
 - Is this a career builder?

Partners and Mentors

- There is "an art" along with the science
- Do you have someone you can "bounce an idea off"?
- The x-waiver training is a good start, but there are a lot of elements not covered
- Who will prescribe or manage your patients when you are on vacation?
- It is important for your practices to be similar

The Mechanics of Prescribing

- Dose ranges
- Length of prescriptions
- Dose adjustments
- How frequently do you get Urine Drug Testing
- What to do about missed appointments, drug use, lost prescriptions
- What is the role of your office nurse?
 - Do you prepare your own prescriptions? Do you have a nurse who can take the phone calls, check the PDMP, and pend your prescriptions for you?
 - Do you track your patients?

Care Coordination

- Housing
- Transportation
- Communications
- Criminal justice concerns
- Referral management
- Contingency management



Learn to Diagnose “Opioid Use Disorder”

- DSM-5 11 criteria
- Use for other disorders as many patients have multiple drugs being used
- Helps with billing if you have established the appropriate codes
- You want to look like a pro

You Must Know About Other Drugs

- You won't be just taking care of opioid use disorder
- Methamphetamine
- Cannabis



- Don't forget Tobacco and Alcohol

Be Prepared to Provide Mental Health Care

- Anxiety and Depression- for sure
- Bipolar Disorder?
- ADHD?

- Screen at every visit?
- What extent will you prescribe?
- Will you initiate care or just continue prescriptions?
- Develop a relationship with a psychiatrist

Partnerships With Others

- Develop a working relationship with other providers in your community
 - Agree to take their patients when they get pregnant
 - They agree to take your patients after delivery
- Do you have an engaged pediatrician?
- Do you have anesthesiologists who will provide an epidural to patients on buprenorphine?
- Does your ER know you are taking care of these patients?
- Counselors, therapists- in-house or community-based?

Spread The Word

- Even before you get your waiver, let your partners know you are willing to see these patients
- Let others in the community know of your interests
 - County Public Health officials, nurses, social workers
 - Criminal justice system- Parole officers, ADA, Jail nurses
 - Treatment providers- in-house and community-based programs
- Let others in neighboring communities know
 - Give talks to regional sites
- Talk to the news outlets after a few successes

Stay Current

- Buprenorphine is only 20 years old
 - Monoproduct vs combination agent
- Eat, sleep, console
- Network with others
 - Midwest SUPper Club
 - Women's Action Group



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What Not to Do

- Go it alone
- Fail to plan ahead
- Give up



THANK YOU For Your Good Work

