

## **What I have changed**

Spread sheet

Hired 2 new employees to monitor pts with pain, ADD and anxiety and better obtain vital signs and old records

Using EMR and have expanded my note to include more information for each visit

Engaged a consultant to streamline and improve the systems in the office.

Developing a list of consultants to help with pain and addiction treatment

Send pts to pain management when indicated

Increased urine testing and now results monitored on spread sheet

BPI each visit

CAARS for each pt with ADD

CRISP each visit

GAD each visit

MD judicial search on new pts

I am editing each note for patients in pain

Pts are recommended to use a safe to store medication

Opioid Risk Assessment for each pt

Naloxone script for each pt

Read CDC guidelines

Attended multiple conferences, see separate list

Became a diplomat of American Pain Society

Working toward Addiction Board Certification

Hypnosis certified

Working toward Marijuana registration, once off probation

Suboxone certified

Vivitrol certified

Synopsis of pts pain, testing and treatments which is in each note

Tapering opioids when possible

Tapering benzodiazepines when possible

Tapering Adderall when possible, trying to keep at 40mg/day level

Communicating more with pharmacies

Doing Pill counts

Developing a relationship with Maryland Insurance Commission

Working on being appointed to Behavioral Health Advisory Council once off probation

On the Med Chi addiction committee

Setting up a recovery residence, spending 400,000 dollars of my own money

Writing a book on Stress reduction

Yearly pain contract

18 months of meeting with Dr. Krajewski and Dr. Matsunaga

Developed protocol for pts with abnormal urine screens and monitor on spreadsheet

Read multiple guidelines

When pts report meds stolen, need a police report and get only a week at a time till next scheduled fill date

Calculating MED for each pt and updating on regular basis

Reducing all patients to MED of 200 (American Pain Society recommendations) or so regardless of symptoms

Reviewing spread sheet

Use motivational interviewing as much as possible