



**Maine Medical Association  
Center for Quality Improvement  
Caring for ME  
Launched Two New BOLIM Learning Modules  
on the [MMA-CQI Learning Lab](#)**

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**"Maine Prescribing Laws, Limits and Compassionate Tapering"**

This module is intended to address the opioid-specific education requirements under Maine Public Law Chapter 21 and 488. Maine's new opioid prescribing law requires providers to limit the daily opioid dosages of chronic pain patients. But how can providers meet this legal requirement while also limiting their patients' distress? This online learning module reviews why tapering is important, common tapering scenarios, techniques for effectively and compassionately tapering opioid dosages, and office workflows around tapering.

*1.5 AMA PRA Category 1 Credit(s)<sup>TM</sup> available with this module.*

This activity qualifies for 1.5 credit(s) of the 3 CME credit requirement for opioid medication education found in P.L. 2015, Chapter 488, Maine's legislation to address the opioid drug crisis

## Learning Objectives

- Understanding Chapter 21 and 488
- Understanding the principles of ethical and compassionate opioid tapering aimed at reducing unintentional overdose and suicide
- Review opioid prescribing trends in Maine, across the U.S. and internationally
- Understanding the services offered to prescribers in Maine through the Schmidt Institute's Controlled Substance Stewardship Program
- Understand the risk factors for opioid overdose and suicide

## Speakers



### **Ben Townsend, Esq.**

Ben Townsend is a shareholder in the health care law firm of Kozak & Gayer, P.A., in Augusta, Maine. His practice concentrates primarily on strategic and transactional planning for health care providers, as well as professional societies, trade groups, provider networks, and others. He is a member of the Health Law Section of the Maine State Bar Association, and of the American Health Law Association. Since 2007, he has been listed in *The Best Lawyers in America* under the category of "Health Care Law," and he was named Augusta, Maine's "Lawyer of the Year" for health care law for both 2016 and 2019. Mr. Townsend is a graduate of Harvard College and the University of Maine School of Law. Following his graduation from law school, he clerked for Justice Samuel W. Collins, Jr., of the Supreme Judicial Court of Maine, and then practiced at Pierce Atwood before leaving to help start Kozak & Gayer. He is admitted to practice in Maine, New Hampshire, and Vermont, and in federal courts.



**Noah Nesin, MD, FAAFP**

Dr. Noah Nesin has been a family doctor in Maine since 1986, first in a private, solo practice and then in FQHCs (Health Access Network in Lincoln as Medical Director and Penobscot Community Health Care, based in Bangor, as Chief Quality Officer, Chief Medical Officer and now Innovation Adviser). Dr. Nesin was raised in Howland, Maine, where his father was a family doctor for 39 years. He attended Tufts University School of Medicine and completed his Family Medicine residency in Duluth, Minnesota. Throughout his career Dr. Nesin has led efforts in evidence-based prescribing and in practice transformation to improve efficiency and to use health care resources judiciously.

Dr. Nesin serves as the chair of Maine's Academic Detailing Advisory Committee, the body which oversees the Maine Independent Clinical Information Service, sits on the Advisory Committee for the Lunder Dineen Health Education Alliance of Maine, and on the Community Advisory Committee for Maine Health Access Foundation. He was a co-founder of Maine Quality Counts' Maine Chronic Pain Collaborative, is a member of the editorial board for the Journal of Ambulatory Care Management, and is Co-Chair of AHRQ's National Integration Advisory Council, which is currently focused on treatment of substance use disorders across the country. Dr. Nesin is also a member of Maine's Opioid Clinical Advisory Group and Maine's Governor has appointed him chair of the Maine Prescription Drug Affordability Board and also appointed him as a member of Maine's Board of Licensure in Medicine. Dr. Nesin is the current President of the Maine Public Health Association.

## **"Chronic Pain Diagnosis, Management and Alternative Treatments"**

This module is intended to address the opioid-specific education requirements under Maine Public Law Chapter 488. At the end of this module, users will have knowledge on alternative treatments that are available as options to assist with chronic pain as well as tips from patients living with chronic pain.

1.5 AMA PRA Category 1 Credit(s)<sup>™</sup> available with this module.

This activity qualifies for 1.5 credit(s) of the 3 CME credit requirement for opioid medication education found in P.L. 2015, Chapter 488, Maine's legislation to address the opioid drug crisis

## Learning Objectives

- Understand how chronic pain differs from acute pain
- Understand potential alternative treatments that exist and may aid with chronic pain
- How to communicate with patients about alternative treatments
- Understand ways to reduce or eliminate pain by addressing the physical, psychological, and social components of pain
- Understand the perspective of a patient living with chronic pain

## Speakers



### Noah Nesin, MD, FAAFP

Dr. Noah Nesin has been a family doctor in Maine since 1986, first in a private, solo practice and then in FQHCs (Health Access Network in Lincoln as Medical Director and Penobscot Community Health Care, based in Bangor, as Chief Quality Officer, Chief Medical Officer and now Innovation Adviser). See Dr. Nesin's full bio above.

#### AMA Designation Statement

*The Maine Medical Education Trust designates each of these online activities for the number of AMA PRA Category 1 Credit(s)<sup>™</sup> indicated in the module description. Physicians should only claim credit commensurate with the extent of their participation in the activity.*

#### Funding Statement

Funding for these modules has been provided by the Maine Board of Licensure in Medicine.

#### CCMEA Accreditation Statement

*Maine Medical Education Trust is accredited by the Maine Medical Association's Committee on Continuing Medical Education to provide continuing medical education (CME) to practicing physicians.*

#### Joint Providership Statement

*This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the*

*Maine Medical Education Trust and the Maine Medical Association, Center for Quality Improvement. The Maine Medical Education Trust is accredited by the Maine Medical Association Committee on Continuing Medical Education and Accreditation to provide continuing medical education for physicians.*

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