Prescription Drug Monitoring Programs: How they Benefit Patients and Medical Providers

What is a Prescription Drug Monitoring Program (PDMP)?
The Georgia Department of Public Health defines the Georgia PDMP as "an electronic database used to monitor the prescribing and dispensing of controlled substances. The PDMP can help eliminate duplicative prescribing and overprescribing of controlled substances and provide a prescriber or pharmacist with critical information regarding a patient’s controlled substance prescription history and protect patients at risk of abuse."

How does the PDMP affect prescribers and pharmacists?
Individuals with a DEA number must register in the PDMP including: physicians, physician assistants, pharmacists, licensed pharmacist delegates, dentists, optometrists, podiatrists, nurses with prescriptive authority, medical residents and interns with prescriptive authority. The PDMP will give these individuals specific information in real-time on patients' history of filled prescriptions over the last two years. Failure to comply with the requirements of the law may subject a health care practitioner to discipline by their licensing board. By using the PDMP, prescribers and pharmacists can reduce duplicative prescribing and overprescribing of controlled substances.

How does the PMDP affect patients?
A great benefit of the PDMP to patients is the ability to improve quality of care. The PDMP can help identify patients who are receiving multiple legitimate prescriptions but are at risk of complications from polypharmacy, the simultaneous use of multiple drugs to treat a single ailment or condition. Concerning those patients that may already suffer from opioid addiction, one of the most difficult steps toward recovery is admitting the addiction to others. Giving the medical provider a way of discovering the addiction without the patient having to first come forward is another benefit of the PMDP. The PDMP data may be precisely what is needed to refer them to a treatment program and kickstart that crucial first step toward recovery. ¹

The History of PDMPs
The first PDMP program was enacted by New York State in 1918 and was used to monitor prescriptions for cocaine, codeine, heroin, morphine, and opium. With this program, pharmacists were required to report copies of prescriptions to the health department within 24 hours. The next state’s PDMP would not be enacted for more than 20 years when California initiated its program in 1939. This enactment began the “paper era” of PDMPs, which ended in 1989 when Oklahoma became the first state requiring data to be communicated electronically. PDMPs continued to grow through the 1990s and early 2000s, with 70% of program establishments occurring in the first 15 years of the 21st century. This growth was mainly a result of the Harold Rogers Prescription Drug Monitoring Grant in 2003, which provided federal funding to states to implement and enhance PDMPs.²

Currently, 49 states, the District of Columbia and one U.S. territory (Guam) have legislation authorizing the creation and operation of a PDMP. Forty-nine states, the District of Columbia and one U.S. territory (Guam) currently have a PDMP that is operational (meaning collecting data from dispensers and reporting information from the database to authorized users).³


In This Issue

Prescription Drug Monitoring Programs

Procedure Spotlight: Regenerative Injection Therapies

10 Apps for Chronic Illness

APC Staff News

12 Yoga Poses to Reduce Back Pain

National Nurses Week

Spring Detox Smoothie

APC in the Community
Beginning in 1993, the American Nurses Association declared May 6-12 as the national week to celebrate and elevate the nursing profession. Thank you to the nurses at Augusta Pain Center, and all the nurses in our community, for the great care you give!

**STEM CELL THERAPY**

Stem cells are “undifferentiated” cells, which allow them to develop into another type of cell that is required to repair or replace damaged tissue. Stem cell therapy can repair tissues that are too damaged to heal on their own. Stem cells can stimulate the formation of cartilage, tendon, ligaments, bone and fibrous connective tissues. Stem cells are obtained from either the patient’s own tissue or a purified source. These concentrated stem cells are then injected into the patient’s damaged tendon or joint.

**PLATELET RICH PLASMA THERAPY**

Platelet rich plasma (PRP) therapy utilizes platelets taken from the patient’s own blood to rebuild damaged tendons or cartilage. Platelets normally circulate within the blood stream and are responsible for blood clotting and initiating a healing response in an acute injury. Many acute injuries do not heal adequately and can lead to chronic pain and loss of function of the injured area.

Platelet rich plasma (PRP) therapy allows us to harvest the patient’s own platelets and re-inject those platelets into the site of the injury to initiate healing and improvement of function. This is typically done under image guidance such as ultrasound and/or fluoroscopy. As a result, the damaged tissue begins to heal. PRP has been successful in not only relieving pain, but also in jump-starting the healing process.

Injuries and conditions commonly treated by PRP procedures include: • Back and Neck Pain • Joint Injuries • Golfer’s Elbow • Ligament, Cartilage, & Tendon Injuries • Osteoarthritis of the Knee, Hip & Shoulder • Tennis Elbow

Our board certified providers have years of experience in minimally invasive procedures with additional training in regenerative injection techniques. The entire staff is dedicated to providing you with the best possible experience. Schedule an appointment with our physicians to determine if one of these cutting-edge procedures could be right for you. All procedures are performed under the guidance of ultrasound or fluoroscopy to maximize accuracy and results. We use the innovations of Apex Biologix and EmCyte Corporation, which, through their equipment and supplies, help us obtain some of the purest concentration of PRP and stem cell products in the industry.

**10 APPS FOR CHRONIC ILLNESS**

1. **MEDISAFE**
   Medisafe is a free medication reminder app. It will alert you which medication to take when, and you can even send alerts to a friend or family member as well to help keep you on track. The app will also remind you when to refill medications, to make ensuring that you have what you need easier.

2. **FLAREDOW**
   Flaredow is one of the most popular apps for chronic illness management, and it’s for good reason. The app allows you to track multiple conditions and tracks your symptoms in relation to treatments and triggers, so you can determine if a treatment is effective or not and what might be causing a flare. Flaredow also has a community section to connect with others for support.

3. **FIBROMAPP**
   Though it’s got “Fibra” in its name, Fibromap is a helpful app for those dealing with fibromyalgia, chronic fatigue syndrome, or chronic pain. It allows you to keep track of your pain, including severity, location, and type of pain, as well as mood, fatigue, and other symptoms. This information can be used to quickly create graphs and charts, which can be helpful to both you and your doctors.

4. **CAREZONE**
   Carezone was designed as an app to help managed family health, and it’s also especially useful for dealing with chronic illness. Medications can be easily scanned and put into the app, and you can also photograph important documents like driver’s licenses so you have the information with you whenever you need it. There’s also a calendar to keep track of doctor’s appointments and prescription refills, as well as notes, a journal, to-do lists, and important contacts like doctors and pharmacies. What really makes this app unique is the ability to share all this information securely with those you choose, so you can share information with those helping with your care.

5. **COZI**
   Cozi is a family organizer, but it’s also a great tool to help stay on top of things when you’re dealing with fatigue or brain fog. It lets you see everyone’s appointments and activities, and allows easy sharing and updating of grocery store lists, plus you can easily input recipes to help generate a grocery list.

6. **COLORNOTE**
   ColorNote is a notekeeping app that makes keeping track of things easier. Because it’s colorful-coded, you can easily find what you’re looking for. You can also add notes to the calendar to be reminded of a deadline or appointment.

7. **MYFIBROTEAM**
   MyFibroTeam is a community support site for those dealing with fibromyalgia. It lets you ask and answer questions, share your daily ups and downs, and give and receive supportive comments.

8. **TRACK AND REACT**
   Track and React is a free app put out by the Arthritis Foundation. It allows you to input your daily activities and symptoms, to help you determine triggers or see progress over time, which can be helpful when determining how well a treatment or self-management is working.

9. **MYSYMPTOMS**
   mySymptoms is a symptom tracking app, that really shines in its ability to track food, to help find if your diet is contributing to your symptoms. You can easily view trends and analyze to see what food is most likely contributing to your symptoms.

10. **SLEEPBOT**
    Since sleep can be such a difficult thing when dealing with chronic illness, SleepBot is a great app. Open the app and place your phone next to you at night, and the app will track motion and sound throughout the night to help you better understand your sleep quality. You can also set a smart alarm which uses the tracking to wake you up during your lightest stage of sleep within a half-hour window, so you feel less drowsy when you wake up.

http://www.caring-crate.com/blog/“Best Apps for Chronic Illness” September 17, 2017
Beginning in 1993, the American Nurses Association declared May 6-12 as the national week to celebrate and elevate the nursing profession. Thank you to the nurses at Augusta Pain Center, and all the nurses in our community, for the great care you give!

**Birthday**
April: Carla Rivera 4/11, Jerrell Wilson 4/27
May: Brooke Willis 5/12, Reven Smalls 5/28
June: William Schiff, PsyD 6/18

**Work Anniversary**
April: Tsheike Adams 7 yrs; Jessica Davis 4 yrs; Brooke Willis 3 yrs; Christina Terry 1 yr
May: Vicky Parlow 8 yrs; Wendy Carson 4 yrs
June: Richard Epter, MD 18 yrs; Jessica Mynhier 9 yrs; Natasha Edwards 5 yrs; Dawn Neely 3 yrs; Jessica Lewis 3 yrs

**New Hire**
February: Jerrell Wilson, MA

**SPRING DETOX SMOOTHIE**
A healthy smoothie full of naturally detoxifying and anti-inflammatory veggies and fruit to help you feel great this spring.

- **Green tea**: high in flavonoids (antioxidants) and is the best source of catechins. Catechins are a group of antioxidants that stop cell damage and fight disease and are even more powerful than vitamins C and E.
- **Cilantro**: contains phytonutrients, flavonoids and active phenolic compounds. Also has great anti-inflammatory and digestive benefits.
- **Avocado**: high in healthy fat and an excellent source of numerous vitamins and minerals including high amounts of potassium, vitamin E and B vitamins, and other antioxidants. It can also help replenish liver cells, making it a great detox food.
- **Pineapple**: excellent source of vitamin C, manganese, and bromelain, an enzyme which aids in digestion, as well as several B vitamins.
- **Ginger**: helps with digestive troubles. Also has anti-inflammatory and antioxidant properties. Ginger contains gingerol which can help reduce the symptoms of arthritis. It also helps with circulation and gives your metabolism a big boost.
- **Avocados**: high amounts of potassium, fiber, vitamin E, and B vitamins, as well as other antioxidants. It can also help replenish liver cells, making it a great detox food. The high (healthy) fat content makes it a great companion to other foods containing vitamin A, as it helps the body absorb the other vitamin.
- **Lemon juice**: natural diuretic with great cleansing and detox properties. It’s high in vitamin C, citric acid, magnesium and calcium, all of which give the immune system a boost.
- **Raw Honey**: contains phytonutrients with antibacterial and antiviral properties that can help the boost the body’s immune system and fight illness. It also contains trace minerals, enzymes and antioxidants. Local honey can help combat spring allergies.

**INGREDIENTS**
- 1 cup green tea, chilled
- 1 cup loosely packed cilantro
- 1 cup loosely packed organic baby kale (or another baby green)
- 1 cup cucumber
- 1 cup pineapple
- Juice of 1 lemon
- 1 tablespoon fresh ginger, grated
- 1/2 avocado

**INSTRUCTIONS**
- Place ingredients into a blender and puree until smooth.
- Yield: 1

https://jellyflow.co/spring-detox-green-smoothie
March 30, 2020 by Lindsey Johnson
Richard S. Epter, MD, DABPM, FIPP  
Medical Director  
William S. Schiff, Psy. D.  
Psychologist  

1321 Interstate Parkway  
Augusta, GA 30909  

Hours:  
Monday - Thursday  
7:00 am – 4:30 pm  
Friday  
8:00 am – 2:00 pm  

Contact Us:  
(706) 738-PAIN (7246)  
Fax: (706) 738-7248

APC in the Community

14 staff members of APC have entered the Aiken Electric Cooperative Touchstone Energy RUN UNITED “Battle of the Businesses” and are busy training for the 5K to take place April 27. Proceeds benefit the United Way of Aiken Counties.

APC was a sponsor of the 18th Annual Empty Bowl Luncheon, which took place on March 3, 2019. This event is a joint fundraiser for both the Golden Harvest Food Bank & the Augusta Jewish Community Center.