

The Grayken Center for Addiction at Boston Medical Center is committed to fighting the opioid epidemic that has affected communities around the country, and in our own neighborhood. To that end, we've continued to support the evidence-based treatment and research among our faculty and staff, and begun new programs and initiatives to counter the recent increase in morbidity and mortality among our patients and community.

Health Professional Education and Training

In 2019, BMC is committed to training clinical providers across departments to prescribe medication for addiction treatment under the Drug Addiction Treatment Act of 2000 (DATA 2000). This includes residents and faculty in general internal medicine, family medicine, the emergency department, obstetrics and gynecology, and pediatrics. We are one of the first hospitals in the nation to undertake this kind of broad training. Efforts are underway to further train nursing staff and all managers in the hospital. In addition, our Addiction Medicine Fellowship is one of the first in the country to be accredited by the Accreditation Council for Graduate Medical Education.

Given our longstanding expertise, several of our programs offer external training and education to other professionals and institutions. See: <https://www.bmc.org/addiction/training-education>

Opioid Prescribing Guidelines and Evidence Standards

In fiscal year 2018, we instituted a hospital-wide goal of having at least 90% of post-surgical opioid prescriptions written for under seven days, with a limited daily dose of less than 90 MME/day. This reduced the annual number of pills prescribed by over 70,000. Our experts also developed the SCOPE of Pain program, a series of continuing medical education activities to help providers safely and effectively manage patients with chronic pain, when appropriate, with opioid analgesics.

Prevention, Treatment and Recovery

From prevention to identification, treatment and recovery, BMC has a number of programs at each step.

- The Grayken Center recently established a free phone line for parents worried about their children to call and speak with professional staff, here: <https://www.bmc.org/addiction/new-resources-massachusetts-parents/>.
- BMC is expanding its protocols to engage more patients, with a hospital-wide goal to increase the number of individuals initiated into medication in the Emergency Department. In addition, we've established a bridge clinic, providing short-term medication for individuals before they transition to longer-term care.
- Our treatment programs provide care wherever individuals interact with the healthcare system. Our programs include early identification (MASBIRT), the innovative nurse care manager model of Office-Based Addiction Treatment (OBAT), an inpatient Addiction consult service, special care models for young adults (ages 18 to 26), pregnant women, and new parents.
- We are instituting an automatic naloxone prescription for patients at highest risks. In addition, all BMC pharmacies offer naloxone rescue kits to patients and staff under a standing order with no prescription necessary. We've eliminated the copay for naloxone for BMC employees.

Research, Data and Metrics

BMC researchers, including the CARE Unit, have published numerous papers on addiction, helping to understand the determinants of addiction, develop and evaluate new ways of treating addiction, and address societal barriers to recovery.