



# TOXICOLOGY TIMES



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*A FREE Monthly Newsletter for Substance Abuse and Opioid Treatment  
Programs from San Diego Reference Laboratory*

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## Continuing Education Units and the Toxicology Times

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The Toxicology Time was first published in August 2011, as a free on-line dissemination of information for the treatment community from the laboratory perspective. The intent was to give treatment personnel information on the various drugs, techniques, interferences and anomalies for substances that are used and abused that are available in the illicit market, and the availability of the drugs and pharmaceutical pills that have been obtained and sold or just misused in a recreational sense by patients in drug treatment programs. The use, and denial of the use, add a dimension to the understanding of positive patient results determined by the testing laboratory. At San Diego Reference Laboratory, we track common client questions as subject material for each monthly issue. We further interface with professionals from other agencies (military, police, crime laboratories, etc.) in the dissemination of information on new drugs or modification of common drugs that are manufactured in the United States

or brought into this country from other countries. In general, we find a positive reception of the information contained in the Toxicology Times from the feedback provided by treatment physicians, nurses, and all other licensed treatment personnel.

To give further value to the monthly issues of the Toxicology Times, we will be able to offer Continuing Education Units (CEU's) for medical personnel annual licensing requirements. The CEU program is very simple, and consists of reading the current issue of the Toxicology Times and then taking a short quiz. The quiz, when graded, must have a minimum score of 80% to qualify for the CEU that month. The reading and quiz should not take more than an hour and will carry a 1 contact hour for each month of successful participation. Further, it is our intention to provide this at no cost to qualifying organizations.

### **What is the process for an organization to participate?**

Each organization will identify an individual within the organization to be the Site Coordinator to correspond with SDRL regarding the courses and filing the CEU paperwork. Then the Site Coordinator will fill out a form with contact information and return it to the SDRL Training Coordinator.

### **What are the Site Coordinator responsibilities?**

The Site Coordinator will send out the course and quiz to the individuals on their distribution list, request individual's signature on a participation list when the quiz is returned from participant, send certificate to participants that have passed the quiz, send a copy of certificate and quiz to SDRL Training Coordinator, and keep a file of all documentation at their organization.

### **What is the process for an individual to participate?**

Each individual will contact the organization's Site Coordinator to get on the organization's distribution list and return each course quiz to the organization's Site Coordinator within the required timeframe.

## *???* Did You Know *???*

Recovery support is provided through treatment, services, and community-based programs by behavioral health care providers, peer providers, family members, friends and social networks, the faith community, and people with experience in recovery. Recovery support services help people enter into and navigate systems of care, remove barriers to recovery, stay engaged in the recovery process, and live full lives in communities of their choice.

Recovery support services include culturally and linguistically appropriate services that assist individuals and families working toward recovery from mental and/or substance use problems. They incorporate a full range of social, legal, and other services that facilitate recovery, wellness, and linkage to and coordination among service providers, and other supports shown to improve quality of life for people in and seeking recovery and their families. (SAMHSA)

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## Question of the Month

**Question:** My patient's urine drug screen result is negative for methadone and positive for methadone metabolite (EDDP). Is this result acceptable?

**Answer:** This result may be possible for a low dose patient. A low dose patient is considered to be a patient that is being prescribed a methadone dose of LESS than 20-30 mg/day. The lower the patient's daily dose goes from 30 mg/Methadone/day, the probability increases that it will screen negative for methadone. If a patient is being prescribed a dose GREATER than 30 mg/Methadone/day, it is expected that their urine drug screen results should be positive for both.