



NOVA SCOTIA PRESCRIPTION MONITORING PROGRAM

STRATEGIC PLAN 2023-2026

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MESSAGE FROM THE CHAIR OF THE ADVISORY BOARD

The Prescription Monitoring Association of Nova Scotia (PMANS) was incorporated in 1991 and since then has been operating a prescription monitoring program to monitor the prescribing and dispensing of specific narcotic and controlled drugs in Nova Scotia with the objective of curbing the overuse, misuse and diversion of these substances. In 2004, the *Prescription Monitoring Act* came into effect and the Nova Scotia Prescription Monitoring Program (NSPMP or ‘The Program’) was established.

Over the last 30+ years, society has evolved, and so too has the NSPMP. The Prescription Monitoring Program has a history of evolution as it has adapted to changes in technology, enhancements to safe prescribing protocols and the need to better support those living with chronic pain and addiction.

The Covid-19 Pandemic has had far-reaching impacts on everyone, significantly impacting healthcare providers and the way the NSPMP delivers support. Through the pandemic, the Program adapted so that healthcare providers could continue to effectively and compassionately support Nova Scotians whose healthcare needs included the use of monitored drugs. From this, lessons were learned that can now be applied to our ongoing healthcare system challenges that require optimizing the use of our healthcare human resources.

As we look forward, the NSPMP is focused on building on our successes while continuing to look for ways to enhance the Program to meet the evolving needs of Nova Scotians related to monitored drugs. This Strategic Plan will focus the Program on providing enhanced support for safe prescribing, increasing education efforts about the risks associated with monitored drugs, and positioning the Program as a trusted resource for government when discussing policy; and all of this in the context of being good stewards of the public trust as we work to optimize our efficiency and effectiveness in fulfilling our mandate.

Special thanks to the NSPMP Advisory Board who so generously lent their time, input and expertise to this Strategic Plan.

Bev Zwicker



Chair, NS Prescription Monitoring Board

MANDATE

To promote the appropriate use of monitored drugs and to reduce the abuse or misuse of monitored drugs.

OVERVIEW

This Strategic Plan was developed to further the mandate of the Nova Scotia Prescription Monitoring Program (NSPMP) for the next three years.

The Advisory Board confirmed the Board's responsibilities to the NSPMP and created four Strategic Goals in consideration of key societal issues facing Nova Scotians.

OUR STRATEGIC GOALS

The Nova Scotia Prescription Monitoring Program will:

- Provide strategic support for prescribing monitored drugs to patients for acute, chronic, and long-term care needs.
- Increase public and professional awareness of how NSPMP's mandate supports patient care, harm reduction and public safety.
- Position the Board as a primary resource for government on its policies related to monitored drugs.
- Optimize the efficiency and effectiveness of the program.

GOAL: PROVIDE STRATEGIC SUPPORT FOR PRESCRIBING MONITORED DRUGS TO PATIENTS FOR ACUTE, CHRONIC AND LONG-TERM CARE NEEDS

Monitored drugs are prescribed in the continuum of care to address the needs of patients:

- In acute care, the intervention is focused on the immediate, short-term needs.
- Some of these patients will transition to chronic care, where pain management can continue to form a critical part of their medical interventions.
- Medical intervention with monitored drugs for long term care may be a part of the transition from acute and chronic care.

All along the care continuum, strategic support in the form of guidelines and education concerning monitored drugs will assist the public and healthcare community in ensuring the most appropriate care for Nova Scotians.

GOAL: INCREASE PUBLIC AND PROFESSIONAL AWARENESS OF HOW THE NOVA SCOTIA PRESCRIPTION MONITORING PROGRAM (NSPMP) MANDATE SUPPORTS PATIENT CARE, HARM REDUCTION AND PUBLIC SAFETY

Although the NSPMP has been active for some time, awareness of the program is often overlooked or misunderstood.

NSPMP will explore various information channels to increase awareness and understanding of Nova Scotia's prescription monitoring program's role in supporting patient care, harm reduction and public safety.

GOAL: POSITION THE ADVISORY BOARD AS A PRIMARY RESOURCE FOR GOVERNMENT ON ITS POLICIES RELATED TO MONITORED DRUGS

As the provincial government develops and evolves policies on monitored drugs, NSPMP's Advisory Board's depth of knowledge and experience will be invaluable in ensuring the government is well advised on issues, needs and potential solutions for Nova Scotians.

GOAL: OPTIMIZE THE EFFICIENCY AND EFFECTIVENESS OF THE PROGRAM

The NSPMP Administrator and the Advisory Board will work together to identify areas of potential improvement in the efficient delivery and optimized effectiveness of the program in the interest of best serving Nova Scotians.

HOW WE WILL USE THE STRATEGIC PLAN

The strategic plan will serve to orient the NSPMP in its work and projects so that it fulfills its mandate in the face of key societal issues facing Nova Scotians.

It also supports a common understanding of the direction of NSPMP for citizens, NSPMP staff, healthcare professionals, and other key stakeholders.

1. Strategic Plan

Defines the organization's overall mandate and strategic goals.



2. Tactical Plan

Defines the projects that will be executed to achieve the goals of the strategic plan, along with key performance indicators.

3. Project Plans

Defines the detail of the projects that will be delivered in support of the strategic goals.