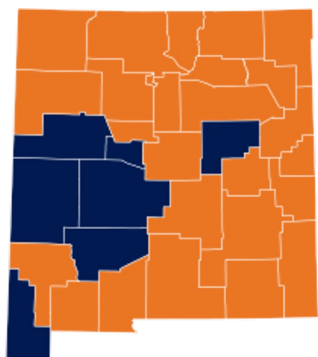


Opioid Remediation Collaborative (ORC) of New Mexico



Rationale and Methodology for Drug Testing

Disclosures

Consultant Medical Director:

Turning Point Recovery Center, Albuquerque

Vista Taos, Taos

LifeHouse, Carlsbad

Consultant Clinical Director:

Southwest Laboratories, Albuquerque

Addiction Medicine Team Consultant:

Opioid Remediation Collaborative of New Mexico

(ORCNM.com)

Rationale and Methodology for Drug Testing

Reasons for testing:

- Medical Emergency
 - Altered mental status not otherwise explained
- Impairment
 - Acute change in consciousness or behavior
- Employment
 - Pre-employment
 - “for cause”
- “Safety sensitive” work
 - Pilots, train engineers, truck drivers, healthcare personnel
- Forensic
 - DUI
 - Court-ordered requirements

Reasons for testing:

- Clinical care
 - Patient compliance
 - Diversion
- Drug & Alcohol Treatment
 - Establish “Drugs of Choice”
 - Monitor abstinence
 - Detect relapse
- Special populations in recovery:
 - Judges and Lawyers
 - JLAP
 - Pilots
 - FAA, “Birds of a Feather”
 - Physicians and Advanced Practice Clinicians
 - NMHPWP
 - Nurses
 - BON Diversion Program

Choices of Testing and Testing Methodology

- Breathalyzer
 - POC, Alcohol only
 - Non-invasive
- Oral Fluid Testing
 - POC, broad spectrum
 - Non-invasive
 - Direct to confirmation by LCMS
- Urine
 - Invasive, requires witness
 - POC screen or confirmatory
 - Both alcohol and drugs
 - ETG
- Blood
 - Invasive
 - Both alcohol and drugs
 - PEth
- Hair/Nails
 - Invasive
 - Both alcohol and drugs

Rationale and Methodology for Drug Testing

Know what you are asking for?

Understanding urine drug testing panels



	5 Panel DOT look-alike	10 Panel DOT look-alike	5 Panel pre 2010 DOT look-alike	10 Panel pre 2010 DOT look-alike	Expanded opiate & benzodiazepine
Amphetamines	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Barbiturates	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Benzodiazepines	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cocaine metabolites	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Marijuana metabolites	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Methodone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Methaqualone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MDA-analogues*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Opiates	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Semi-Synthetic Opiates*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6-Acetylmorphine*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Oxycodones*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Phencyclidine*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Propoxyphene	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

* Drugs that are considered add-ons | Drugs in bold are required for DOT drug tests.

Rationale and Methodology for Drug Testing

Steps in testing:

- Screening (qualitative) tests
- Point-of-care cup
- Chemistry analyzer
- Semiquantitative HPLC Screen
- Confirmatory (**quantitative**) tests
- Urine, oral fluid samples
- Liquid chromatography mass spectrometry (LCMS)



Rationale and Methodology for Drug Testing

General guidelines for testing (and compensation)

Quantitative testing for a particular drug is considered medically necessary only if one of the following criteria is met:

- **Qualitative** testing was positive for a Rx drug that is not prescribed
- **Qualitative** testing was negative for a Rx drug that is prescribed
- **Qualitative** testing was positive for an illicit drug
- **Qualitative** testing for a suspected substance is not commercially available

For more detailed information on guidelines from BCBSNM: https://medicalpolicy.bcbsnm.com/activePolicyPage?path=medicine/MED207.154_2024-06-15&corpEntCode=NM&corpEntCd=NM

Rationale and Methodology for Drug Testing

Know your “windows of detection”

Immediate, current use (*now!*):

Oral fluid, Breathalyzer, Blood

Recent use (6-96 hours), requiring metabolization to detectable levels of metabolites:

Urine, ETG, Blood (Drugs and PEth)

PEth is 3-12 days

Past use (90+ days), using accumulated metabolites:

Hair/nails

Useful online references:

- **Drug testing guidelines from BCBSNM:**
 - https://medicalpolicy.bcbsnm.com/activePolicyPage?path=medicine/MED207.154_2024-06-15&corpEntCode=NM&corpEntCd=NM
- **Frequency of drug testing from CMS:**
 - https://www.cgsmedicare.com/partb/mr/pdf/urinary_drug_testing_factsheet.pdf
- **Urine drug testing from the National Library of Medicine:**
 - <https://www.ncbi.nlm.nih.gov/books/NBK574915/table/p5.t2/>
- **Oral fluid drug testing from the AAA Foundation:**
 - https://aaafoundation.org/wp-content/uploads/2019/07/19-0297_AAAFTS_Oral-Fluid-Research-Brief_r2.pdf
- **Peth alcohol testing from the NIH:**
 - <https://pubmed.ncbi.nlm.nih.gov/27596747/>
- **ETG alcohol testing from the NIH:**
 - <https://pmc.ncbi.nlm.nih.gov/articles/PMC4663163/>
- **Hair drug testing from LabCorp:**
 - <https://www.labcorp.com/frequently-asked-questions/drug-testing/workplace-drug-testing/hair-drugs-of-abuse-testing>