



Fact Sheet: Nurse Practitioners (NPs) Prescribing Methadone

The New Classes of Practitioners Regulations under the Controlled Drugs and Substances Act authorizes NPs to prescribe: narcotics, controlled drugs, benzodiazepines, other targeted substances and testosterone. The prescribing authority for NPs in New Brunswick can be found in the Schedules for Ordering for Nurse Practitioners - in Appendix 2 of the document *Standards for the Practice of Primary Health Care Nurse Practitioners*.

Prescribing Methadone

A. To prescribe **methadone for analgesia**, the NANB strongly recommends NPs to complete one of the following learning options:

- the *Methadone for Pain in Palliative Care* course (www.methadone4pain.ca)
- Douleur chronique et opioïdes : L'essentiel – Lignes directrices du Collège des médecins du Québec <http://www.cmq.org/publications-pdf/p-1-2009-05-01-fr-douleur-chronique-et-opioides.pdf>

In addition to completing education, NPs are required to do at least 8 hours of clinical practicum with a duly qualified practitioner who is actively prescribing methadone for pain.

Once education and the clinical practicum are completed, NPs may submit a completed [Methadone for Analgesia Application](#) form , to the Registrar at NANB at registrar@nanb.nb.ca .

B. To prescribe **methadone for opioid dependence**, the NANB requires NPs to complete one of the following learning options:

- Opioid Dependence Treatment (ODT) Core Course [http://www.camh.ca/en/education/about/AZCourses/Pages/Opioid-Dependence-Treatment-\(ODT\)-Core-Course-General-Information.aspx](http://www.camh.ca/en/education/about/AZCourses/Pages/Opioid-Dependence-Treatment-(ODT)-Core-Course-General-Information.aspx)
- Online ODT Course <https://www.camh.ca/en/education/continuing-education/continuing-education-programs-and-courses/opioid-use-disorder-treatment-course>
- INSPQ: Traitement des troubles de l'usage d'opioïdes : une approche de collaboration interdisciplinaire <https://www.inspq.qc.ca/formation/institut/itss/traitement-des-troubles-lies-a-l-usage-d-opioides>

In addition to completing education, NPs are required to do at least 8 hours of clinical practicum with a duly qualified practitioner who is actively prescribing methadone for opioid dependence.

Once education and clinical practicum are completed, NPs may submit a completed [Methadone for Opioid Dependence Application](#) form , to the Registrar at NANB at registrar@nanb.nb.ca .

The following documents are evidence informed guidelines for NPs prescribing methadone:

- Methadone Maintenance Treatment Handbook: College of Physicians and Surgeons of Nova Scotia <https://cpsns.ns.ca/wp-content/uploads/2017/10/Methadone-Maintenance-Treatment-Handbook.pdf>
- Methadone Practice Directive: New Brunswick College of Pharmacists
<https://nbcpc.in1touch.org/document/2038/Methadone%20Practice%20Directive%20Revised%200March%202015%20EN.pdf>
Directive professionnelle sur la méthadone : Ordre des pharmaciens du Nouveau-Brunswick
<https://nbcpc.in1touch.org/document/1396/Methadone%20Practice%20Directive%20Revised%200March%202015%20FR.pdf>
- The 2017 Canadian Guideline for Opioids for Chronic Non-Cancer Pain
http://nationalpaincentre.mcmaster.ca/documents/Opioid%20GL%20for%20CMAJ_01may2017.pdf
Lignes directrices canadiennes relatives à l'utilisation des opioïdes pour le traitement de la douleur chronique non cancéreuse, édition 2017
<http://nationalpaincentre.mcmaster.ca/documents/PDFofnewFrenchguideline28sept2017.pdf>
- Utilisation de la méthadone dans le traitement de la toxicomanie aux opiacés : Collège des médecins du Québec <http://www.cmq.org/publications-pdf/p-1-1999-10-01-fr-utilisation-methadone-traitement-toxicomanie-aux-opiaces.pdf>
- Douleur chronique et opioïdes : L'essentiel – Lignes directrices du Collège des médecins du Québec <http://www.cmq.org/publications-pdf/p-1-2009-05-01-fr-douleur-chronique-et-opioides.pdf>