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Summit Diagnostics, LLC

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# The Summit Star

News to help physicians limit liability and reduce patient drug diversion

## How Often Should We Drug Test Our Patients?

This is probably the most frequent question that we are asked from our clients. The truth is, in most cases, there are guidelines, but no laws. The law requires that a physician not allow his patient to divert medication. But there is limited guidance about what testing is required. So how often should you test? That answer will vary by physician, clinic, and patient mix, but here are some facts to help:



1. In the 2008 Ohio State/ Michigan study for limiting drug diversion, the study concluded that annual plus random screening for all patients was a significant element in limiting drug diversion.
2. Per the Code of Federal Regulations on Drug Abuse, Drug Treatment programs require drug testing 8x per year.
3. Some clinics find that if they begin with a baseline on all pain treatment patients, it is easier to manage and track changes for the patients.

## What a Difference Oral Fluids Testing Can Make!

Summit Diagnostics is proud to announce a new way to accomplish drug testing. Introduced for the first time in late October, Summit can now accept oral fluid samples for drug testing.



With A Volume Adequacy Indicator!

Technology has changed so much that oral fluids testing is now a premier drug testing method.

The Quantisal® testing tool that Summit Diagnostics lab partners utilize is a simple and quick testing de-

vice. The Quantisal® includes a Volume Adequacy indicator—which eliminates the guesswork and really

speeds up the collection process. Oral fluid sample collection takes an average of 2-3

minutes, eliminates the privacy issues that we find with urine collection, and is very hard to adulterate. So the collection is easier and

usually faster – but how are the results compared to urine testing?

In a recent study comparing urine and oral fluid samples, drug positives matched exactly in oral fluid and urine. Most importantly, in our own experience of reviewing drugs found in urine vs. oral fluids, the results have been quite comparable.

In a recent study of 639 oral fluid samples and 394 blood samples, positives in blood and oral fluid were nearly identical.

Cynthia Coulter, Christine Moore, John Lacey, Immunalysis Corporation, Pac Inst for Research and Evaluation

We at Summit are very proud to offer this

testing option to our clients. The results have been outstanding. Please contact your account rep if you'd like to know more.

### What To Do if Your Clinic Is Under DEA Scrutiny

In our last newsletter we introduced our DEA Consultant—John Mudri. As retired Chief, US DEA with over 40 years of DEA experience, John is well qualified to help us learn about drug safety.

In our November phone session, John explained key ways to keep clinics drug safe.

In January, we're holding a new session with John, "What to do if your clinic is under scrutiny for drug safety". This session will be held on Tuesday January 13th at 4pm EST. As a current Summit client, you are welcome to attend. Ask your Summit Account Manager for access to this phone session.

In our business, we do occasionally get to hear some really interesting stories. Here's one from one of our clients:

Our MA entered the bathroom the other day, just as one of our urine drug testing clients was leaving. The MA noticed that the paper towel holder was open. There is a standard maintenance key to open the holder. When the MA peeked inside the holder, she found 3 cups of urine. After investigating, we found that a man outside was 'renting' the paper towel holder key to our patients, so that if they received a drug test, they could use 'clean' urine which was stored inside of the paper towel holder.



Limit Physician Liability and  
Decrease Patient Rx Diversion

**Did you know that Summit reps:**

- Live in the communities that they service. There's always someone local.
- Have a variety of cross reference tools to help you decipher test results.
- Have passed HIPAA training requirements.
- Can help you design a testing program that meets your needs.



*Summit Diagnostics, LLC provides drug safety programs for physicians that prescribe controlled substances. We help the physician to limit liability and decrease Rx diversion by their patients .*

*We provide tools to help physicians to uncover diversion among their patients. We offer: rapid drug testing for illicit as well as common prescription drugs, analysis and GC/LC MS testing validation through some of the best laboratories in the US, random test cards, patient and staff educational information, and hands-on support from local representatives.*

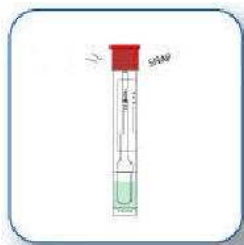


## Oral Fluids Testing—FAQ

Oral Fluids testing as part of a drug safety program for physician clinics is new. We're still learning, but our results to-date have been outstanding. Here are some of the most common questions that we are asked regarding Oral Fluids testing:

**Question:** What are the windows of detection for each drug classification?

The window of detection of a single dose is dependent on the drug administered and its dosage. it ranges from 4-12 hours for Cannabis to a couple of days for other drugs.



**Question:** Is there any special handling required for the Oral Fluids collection device or storage tube?

Our rule of thumb for drugs other than Cannabis is 7 days room temperature, 30 days at refrigerated (2-4C) and long term storage at -20 C (frozen) The only drug class that loses over 10% of its concentration after 3

days at ambient temperature is Cannabis. The opiates and amphetamines are stable for over 15 days. Cocaine tends to degrade to Benzoyllecgonine but that is picked up on the immunoassay and confirmation methods.

**Question:** When the collection is completed and the paddle is submerged in the extraction solution, does the vial need to remain upright?

Once the paddle is immersed into the solution the extraction process begins. The tube does not have to be upright, our extraction process has taken into account that ALL SAMPLES are laid on their side during shipping.

**Question:** Who can I call if I have a question or concern about oral fluids testing?

Our partner laboratories all have certified scientists and PhD Toxicologists available to answer more complex and clinical questions. You may always call them directly, or relay your question to your Account Manager who will be glad to get the answers you require.