

**MINUTES**  
**CONTROLLED SUBSTANCES ADVISORY COMMITTEE MEETING**  
**APRIL 04, 2023 | 4 P.M.**  
**Room 474, 4<sup>th</sup> Floor**  
**160 E 300 S Salt Lake City UT**  
**Hybrid Meeting- In Person and Electronic**

**DUE TO COVID-19, Electronic attendance was available.**

**CONVENED: 4:00 P.M.**

**ADJOURNED: 5:00 P.M.**

**DOPL STAFF PRESENT:**

**Bureau Manager:** Lisa Martin  
**Board Secretary:** Maree Christensen  
**Chief Investigator:** David Furlong

**CSD Policy Manager:** Connie Kitchens  
**CSD Administrator:** Jeff Henrie  
**Sr Health Informaticist:** Philip Brewster

**COMMITTEE MEMBERS PRESENT:**

**Chair:** James H. Ruble, Pharm D, JD  
Julie P. Balk, DNP, APRN  
Christopher Sheard, Pharm D  
Katherine Carlson, MD  
Erik D. Christensen, MD  
Craig William Davis, MD  
Ruediger Tillmann, DDS  
Maury Giles, Public Member

Amberly Johnson, Pharm D  
Jennifer McNair, BS  
Kate Miyagi, ND  
Marc Mathis  
Jimmy Higgs

**COMMITTEE MEMBERS NOT PRESENT:**

Erica Baiden, MD

**GUESTS ATTENDED ELECTRONICALLY:**

Kelly Whittle

*Note: Others may have attended, but were not identified.*

**ADMINISTRATIVE BUSINESS:**

**CALL MEETING TO ORDER**

**Dr. Ruble called the meeting to order at 4:00 P.M.**

**APPROVE SEPTEMBER 12, 2022, MEETING MINUTES (Audio 00:3:30)**

**Dr. Carlson made a motion to approve the minutes as written.**

**Dr. Christensen seconded the motion.**

**The Board motion passed unanimously.**

**APPROVE SEPTEMBER 29, 2022, MEETING MINUTES (Audio 00:6:40)**

**Dr. Sheard made a motion to approve the minutes as written.**

**Dr. Christensen seconded the motion.**

**The Board motion passed unanimously.**

**SWEAR IN NEW COMMITTEE MEMBERS:** *(Audio 00:08:40)*

**Jimmy Higgs was sworn in as a member of the Committee.**

**Ruedi Tillmann was sworn in as a member of the Committee.**

**Marc Mathis was sworn in as a member of the Committee.**

**DISCUSSION ITEMS:**

**GABAPENTIN SURVEY** *(Audio 00:13:36)*

Ms. Kitchens provided an update of the status regarding the Gabapentin survey that was discussed at the previous Committee meeting. Ms. Kitchens stated the survey had been modified using a survey from the state of Kentucky with recommendations from Dr. Moss and Dr. Howell. Ms. Kitchens asked for feedback regarding who would be the target audience.

Dr. Ruble provided an update for the new Committee members, with the purpose behind the survey.

Ms. Kitchens stated the survey will probably be likely a Qualtrics survey sent out from DOPL. Ms. Kitchens stated questions and sample size would need to be discussed by the Committee.

Dr. Sheard asked are we at a neutral standpoint with the issues of controlling gabapentin or is the Committee at the stage to lean towards controlling the substance.

Dr. Ruble stated discussions from previous meetings lean more towards controlling the substance.

Dr. Carlson stated she felt the Committee was undecided, however on an individual basis felt it should be controlled. Dr. Carlson stated the need for the data from the survey, will provide much more of an insight into concerns from providers if it is controlled.

Dr. Christensen recommended focusing on one type of population, primarily substance use population for survey.

Dr. Balk stated in her profession she deals mostly with advanced practice registered nurses (APRN's) who wouldn't really be impacted if Gabapentin is controlled, as they hold a CS license.

Dr. Balk recommended looking into survey templates.

Mr. Giles recommended committing to the intent of the outcomes of the data of the survey.

Dr. Ruble proposed Committee members submit a view of intent/hypothesis for the survey within a 10-day window to Ms. Kitchens.

**LAW ENFORCEMENT REPORT** (*Audio 00:40:00*)

Deputy Commissioner Jimmy Hicks stated the trends with the law enforcement are mainly related to fentanyl. Mr. Higgs stated he will provide more of an in-depth report at the next meeting.

**STATE CRIME LAB REPORT – JENNIFER MCNAIR** (*Audio 00:41:24*)

Ms. McNair stated State Crime Lab observed the increased use of fentanyl within the first quarter of 2023, along with the top five drugs that are being monitored, methamphetamine, heroin, fentanyl, cocaine, and delta-9 THC. Ms. McNair the lab is currently monitoring a new substance, xylazine (veterinary medicine sedative) which is mixed with fentanyl for the desired effects like heroin.

**UTAH POISON CONTROL– AMBERLY JOHNSON** (*Audio 00:43:53*)

Ms. Johnson stated in 2022 and so far in 2023 there has been 2,291 abuse/misuse exposures reported to the Utah Poison Control Center (UPCC) with the following top substances: heroin, ethanol, benzodiazepine, diphenhydramine, and methamphetamine.

**MEDICAL EXAMINER REPORT – ERIK CHRISTENSEN** (*Audio 00:49:44*)

Dr. Christensen stated in 2022 there were 156 fentanyl related deaths and 169 Gabapentin related deaths. Dr. Christensen stated in the last 10 years there has been 2 deaths related to xylazine.

Dr. Ruble asked if rainbow fentanyl was on anyone's radar.

Mr. Higgs stated it is making its way into Utah.

Dr. Johnson stated the State Crime Lab has mostly seen blue; however, they have on a couple of occasions seen purple and yellow.

Dr. Ruble suggested the new Committee members look at the controlled substance practice act 58-38A.

**CSD UPDATE – JEFF HENRIE** (*Audio 00:55:34*)

Mr. Henrie stated there was a decrease in prescription opioids with gabapentin listed as the third highest prescribed medication in the CSD system.

**NEXT SCHEDULED MEETING: August 15, 2023**

**ADJOURNED: Meeting adjourned at 5:00 P.M.**

*Note: These minutes are not intended to be a verbatim transcript but are intended to record the significant features of the business conducted in this meeting. Discussed items are not necessarily shown in the chronological order they occurred.*

*Yoon Kim-Butterfield*  
(ss) [Yoon Kim-Butterfield \(Sep 13, 2023 13:55 MDT\)](#)  
Chairperson  
Controlled Substances Advisory Committee

09/13/2023

Date

*Lisa Martin*  
(ss) \_\_\_\_\_  
Bureau Manager

09/13/2023

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