Position Statement from the NH Board of Nursing on Addiction:

Content below is written in conjunction with information obtained from the Texas Peer Assistance Program for Nurses (TPAPN) participant handbook.

Since 2012, the NH Board of Nursing has followed the mandate of the Attorney General’s Office to swiftly evaluate the need for AG review of any complaint against a nurse licensee that involves drug diversion or drug impairment. If the AG’s office determines that sufficient evidence is present for either offense, the Board will meet to review the evidence to determine if immediate action should be taken on the license. Board stipulations for these types of offenses include random drug and alcohol monitoring. The BON takes the stance that addiction is not selective to only the drug abused, and thus the definition of “consistent with sobriety” requires the licensee to abstain from all substances, addictive in nature, that alter the mind and behavior of the licensee.

Abusable Drugs

If the licensee is under a medication regime that includes controlled substances, the licensee should make every effort to discuss the medication regime in relation to the controlled substance monitoring stipulation to determine if the controlled substance is essential to the treatment of the medical issue.

The licensee must abstain completely from the use of all abusable drugs. Abusable drugs include alcohol, illicit substances, controlled substances, over the counter medications that contain alcohol, or other abusable or mind-altering substances. Certain medications including antidepressants used to treat psychiatric disorders are not considered in this category.

Abusable drugs include, but are not limited to:

- Alcohol;
- Amphetamines and other stimulants, e.g. Adderall, methamphetamine, cocaine;
- Barbiturates, e.g. phenobarbital, Butalbital, Fiorinal;
- Benzodiazepines, e.g., Ativan, Klonopin, valium;
- Butorphanol, i.e. Stadol;
- Diet Medications, e.g. Ephedrine, Phentermine;
- Fentanyl;
- Marijuana;
- MDMA, i.e. Ecstasy or Molly;
- Meprobamate, i.e. Soma;
- Midazolam, i.e. Versed;
- Opiates, e.g., heroin, oxycodone, hydrocodone, morphine, Demerol, buprenorphine (Suboxone, Subutex), Methadone;
- Pentazocine, i.e. Talwin;
- Propofol, i.e. Diprovan;
- Propoxyphene, i.e. Darvocet, Darvon;
- Sleep aids, e.g. Ambien, Lunesta;
- Synthetics, e.g. spice, bath salts, flakka;
- Thiopental, i.e. Pentothal;
- Tramadol, i.e. Ultram, Ultracet.

Poppy seeds and hemp seeds/oil products are substances that may cause a positive drug test result. Eating these products will not excuse a positive drug screen; therefore, participants must not consume these foods.

Alcohol (beer, liquor) and other alcohol-containing products will cause a positive drug test. Therefore, abstinence from alcohol includes not using any over-the-counter medications containing alcohol, such as liquid Nyquil and certain cough medications. Avoid the use of do not drink or consume alcohol-based mouthwashes, foods or beverages (e.g., vanilla extract or “near beer”). Please note that certain hand sanitizers have also been known to produce a positive test. The use of any of these substances will not excuse a positive test.

The Board considers the use of Methadone or buprenorphine (Suboxone or Subutex) appropriate in a medically supervised treatment setting, e.g. detoxification. Participants who have a condition which warrants the long-term use of these medications may not be appropriate.

If pain management is needed, it is recommended that participants try non-addictive approaches before taking or continuing abusable medication. The licensee must notify the Board of any dental, medical or surgical procedures that may require use of a controlled substance(s) post procedure. Copies of the prescription(s) with a timeframe for pain management using a controlled substance should be provided to the Board office and to Partners for Professional Wellness (PPW).

If any potentially abusable medication is prescribed or taken, the licensee participant must immediately notify the NH BON office and PPW.

Unreported use of abusable medications or failure to disclose prescriptions within 24 hours from the time they are obtained is considered behavior inconsistent with good recovery and may result in additional discipline.

The BON recommends you protect your recovery with a thorough “house cleaning.” Do not do this alone. Inform your treatment providers. Ask someone to help you do the following:

1. Identify and clear your home of all abusable substances by cleaning out medicine cabinets, refrigerators, liquor cabinets, etc. and by appropriately disposing of abusable items.
2. Medically-unsupervised withdrawal from some substances may cause you serious harm. Before disposing of medications, be certain to inform your prescribing treatment providers and counselors.

**Diluted Specimens**

1. Urine specimens with low creatinine levels and dilute specimens will result in increased drug testing. Multiple low creatinine or dilute specimens will require medical evaluation and may affect continued participation.
2. To avoid producing dilute specimens, submit urine specimens early in the day - before noon, limit fluids, and prior to consuming any caffeinated beverages or other diuretics.