



# **S.C. RECOVERING PROFESSIONAL PROGRAM**

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## **ABSTINENCE POLICY STATEMENT**

Addiction is a chronic, incurable, progressive disease that is fatal if left untreated. Accepted treatment includes abstinence from all mood-altering substances, participation in approved 12 Step programs and professional support groups when available, and a combination of inpatient and outpatient treatment. Total abstinence from mood altering substances is not medically advisable when diagnosed chronic pain or other medical conditions mandate some limited, managed use of these substances in treatment. Access to medications and the danger to others presented by impaired health care professionals require strict control of their use for the protection of public health, welfare, and safety in South Carolina.

**All SCRPP participants will completely abstain from the use of mood-altering substances (drugs, chemicals, or other agents, consistent with Title 40 of the South Carolina Code of Laws, that could result in impairment), including, but not limited to alcohol, sedative hypnotics, stimulants, narcotics, marijuana, over-the-counter drugs, pharmaceutical samples, Tramadol, certain muscle relaxants, or other drugs that could cause impairment, except as prescribed by their personal or treating healthcare provider for documented, legitimate, short term medical purposes. SCRPP participants may not practice while taking prescribed opiates, sedative hypnotics, stimulants, or other drugs that could cause impairment. A negative drug test is required before resumption of practice may be authorized by SCRPP.**

All SCRPP participants must request that their personal or treating healthcare provider not use mood-altering substances in their treatment unless there is no medically accepted alternative treatment available. Copies of all prescription documents must be promptly submitted to SCRPP when initiated and, if continued, resubmitted every three months, along with a status report from the responsible health care provider.

All documentation regarding any medical treatment must be reported to SCRPP within 24 hours and must be signed by a lawfully authorized healthcare provider who is not a SCRPP participant. Participants must not use over-the-counter medications, including but not limited to Nyquil, Benadryl, and other cough medicines, allergy medications, alcohol based mouthwashes, and poppy seeds. Abnormal urine screens, coupled with a review of the participant's compliance, may result in further measures to evaluate compliance and safety to practice. Please refer to the SCRPP website for a listing of safe medications approved by SCRPP.

Non-compliance with this policy may result in a report to the S. C. Department of Labor, Licensing, and Regulation for action in accordance with state law.

**I agree to comply with this policy:** \_\_\_\_\_ **Date:** \_\_\_\_\_