



# Information About the MROCC Examination

MROCC Competency Statements, Topics on Examination and References

## **SUBSTANCE ABUSE**

**(Approximately 5% of the exam items are within this competency area)**

Competency Statement:

Although the skills of the MRO may be quite different from those of the addiction medicine specialist, the MRO must be knowledgeable about and have clinical experience in the field of substance abuse disorders. MROs may be called upon to be a general resource for substance use issues. General knowledge in the area of substance abuse will enable the MRO to:

- recognize the public health implications of substance abuse.
- recognize the clinical and behavioral signs of substance abuse and dependency disorders.
- recognize problems of prescription drug use, misuse and overuse, including the use of non-DOT regulated prescription drugs.
- describe the natural history and epidemiology of alcohol and drug abuse.
- interact effectively with assessment and treatment professionals in the management of individuals identified with alcohol or substance use disorders, and workplace substance abuse prevention and control programs.
- serve as a resource to the employer on issues of aftercare monitoring, return-to-work and medical qualifications for the performance of safety sensitive tasks.

Topics on Examination:

- Behavioral aspects of drug/alcohol use and abuse
- Substance abuse disorders
- Impact of substance abuse on the workplace
- Employee assistance programs and rehabilitation
- Epidemiology of substance abuse and drug/alcohol testing
- SAP evaluation
- Return to work determinations
- Compliance/follow-up testing

References:

- Swotinsky RB, *The Medical Review Officer's Manual*. Beverly Farms, MA, OEM Press, 5<sup>th</sup> ed. 2015, pages 221-272.
- Peterson KW, American College of Occupational and Environmental Medicine, *Drug and Alcohol Testing Medical Review Officer Course Syllabus and Resource Manual*, updated annually. Sections on chemical dependency.
- SAMHSA's National Survey on Drug Use & Health, Office of Applied Studies. [www.oas.samhsa.gov/nhsda.htm](http://www.oas.samhsa.gov/nhsda.htm)

- U.S. DOT Office of Drug and Alcohol Policy and Compliance, "Substance Abuse Professional Guidelines", Washington, DC. [www.dot.gov/ost/dapc](http://www.dot.gov/ost/dapc)
- SAMHSA's Direct Division of Workplace Programs/CSAP link: <http://www.samhsa.gov/workplace>

#### ADDITIONAL SUGGESTED REFERENCES & ON LINE RESOURCES

- Ferguson J, The Medical Review Officer Team Manual. Beverly Farms, MA, OEM Press, 2nd ed., 2013.
- Swotinsky RB, ed. MRO Update. American College of Occupational and Environmental Medicine (newsletter).
- MRO List Server (moderated by Dr. Karl Auerbach) – to subscribe, send an email to [Karl\\_Auerbach@urmc.rochester.edu](mailto:Karl_Auerbach@urmc.rochester.edu) with the subject "SUBSCRIBE MRO"
- MRO Testing Q&A, an on-line discussion forum about workplace drug and alcohol testing moderated by Robert Swotinsky, <http://www.occ-doc.net/forum/index.php>
- U. S. Department of Transportation, Office of Drug and Alcohol Policy and Compliance: <http://www.dot.gov/ost/dapc>
- SAMHSA's Direct Division of Workplace Programs/CSAP link: <http://www.samhsa.gov/workplace/>
- GPO Gate – Free source of Federal Register documents: [www.gpo.gov/fdsys](http://www.gpo.gov/fdsys)
- Office of National Drug Control Policy [www.onddcp.gov/about/index.html](http://www.onddcp.gov/about/index.html)