

Six Point Opioid Prescribing Platform

Be A Discriminating Prescriber

1

DEFINE

the source of the pain

- Thorough history and physical
- Obtain previous medical records if available
- Objective studies related to the diagnosis; e.g. imaging studies, blood work, etc.

2

SCREEN

for risk of addiction

ALWAYS include the following in your initial assessment:

- Personal history of substance misuse, especially prescription opioid misuse
- Family history of addiction
- Current consumption rate of alcohol, tobacco/nicotine products, marijuana
- Baseline urine drug testing

3

CONSIDER and DISCUSS

with the patient all commonly accepted available therapeutic options **BEFORE** prescribing opioids

Basic non-opioid options

- NSAIDs
- Acetaminophen
- Antidepressants
- Anticonvulsants
- Muscle relaxants
- FDA approved medical foods

Non or minimally invasive

- Physical therapy
- Massage
- Water aerobics
- Stretching
- Core strengthening exercises (e.g., pilates, yoga)
- Chiropractic
- Acupuncture
- Bio/neurofeedback

Invasive, non-surgical

- Structure specific injection treatment
- Trigger point injections
- Joint injection
- Epidural injections

Surgical Interventions

4 Opioid Therapy Initiation and Cessation

SHORTEST duration of treatment

LOWEST effective dose

LOWEST number of pills per Rx

Avoid co-prescribing opioids and benzodiazepines

Avoid initiation of pain treatment using ERLA opioid*

Avoid methadone*

Avoid daily dosages > 90 MMEs*

Have an **OPIOID CESSATION PLAN**

- Weaning schedule
- Clonidine 0.1 mg TID to suppress withdrawal symptoms

*Without careful risk/benefit analysis and appropriate training or experience in use

5

EDUCATE

- Risks/benefits/side effects of opioid use
- Sharing opioid medications is illegal
- Proper storage/disposal
- Make patient aware of Georgia standing order for prescription of naloxone for overdose prevention

6

MONITOR

Opioid Misuse and Abuse

- Prescription Drug Monitoring Program (PDMP)
- Controlled substance agreement
- Drug testing (screening)/pill counts
- Understand the difference between physical dependence, withdrawal, tolerance, and addiction

Functional and quality of life outcomes

- Assess and document modification of functional status and quality of life related to opioid therapy



Preventing opioid misuse in Georgia

COLLABORATE. ADVOCATE. EDUCATE.
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Developed by P. Tennent Slack, MD
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