

Treatment of Chronic Pain Resources & Reminders

91 Americans and more than 2 Arizonans die every day from an opioid overdose^{1,2}. In Arizona there has been a 74% increase in opioid deaths over the past 4 years.

Arizona Complete Health-Complete Care Plan recognizes that managing chronic pain with opioids is complicated and challenging. Our Pharmacy Department is here to help link you to resources.

IMPORTANT REMINDERS:

1. E-Prescribe to reduce errors, diversion and improve patient safety
2. Use a signed Opioid Pain Care Agreement
3. Monitor progress for chronic opioid therapy including:
 - Assess response to therapy (analgesia, aberrant drug related behaviors, adverse effects, affect and adjuncts)
 - Check the Arizona Controlled Substance Prescription Monitoring Database before prescribing opioids and quarterly or more frequently as indicated.
 - Order periodic urine drug tests
 - Taper opioids if goals are not met, dangerous behaviors are demonstrated or if risks outweigh benefits.
4. Avoid the concurrent use of opioids and benzodiazepines or sedatives/hypnotics.
5. Opioid related adverse events increase with doses above 50-100 mg of morphine equivalent dose (MED). Reaching these doses should trigger a re-evaluation.
6. For opioid doses > 90 MED and/or concurrent benzodiazepine use, a prescription for naloxone is required with medical record documentation of prescriber counseling member/caregiver regarding risk of overdose and rescue treatment with naloxone.
7. For a list of Arizona drug disposal or drop box locations, see:
http://www.acpa.net/arizona_drug_disposal_locations.aspx
8. To enroll a Complete Care Plan member in Care Management, call 1-888-788-4408.

For additional tips, see the Arizona Opioid Prescribing Guidelines:

<http://www.azdhs.gov/documents/audiences/clinicians/clinical-guidelinesrecommendations/prescribing-guidelines/az-opioid-prescribing-guidelines.pdf>

REFERENCES:

1. Centers for Disease Control and Prevention. Understanding the Epidemic. Accessed via <https://www.cdc.gov/drugoverdose/epidemic/index.html> on 11/7/2017.
2. Arizona Department of Health Services. Real time Opioid Data. Accessed via <http://www.azdhs.gov/prevention/womens-childrens-health/injury-prevention/opioid-prevention/index.php> on 11/7/2017.