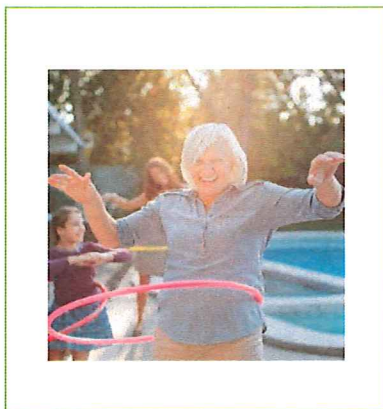


# CHRONIC PAIN TREATMENT IS CHANGING

## Improving the Way Opioids are Prescribed for Safer Chronic Pain Treatment



### Call

to make an appointment with your provider if you have questions about your treatment.

### National epidemic

The use of opioid medication is a national epidemic, according to the Centers for Disease Control (CDC).

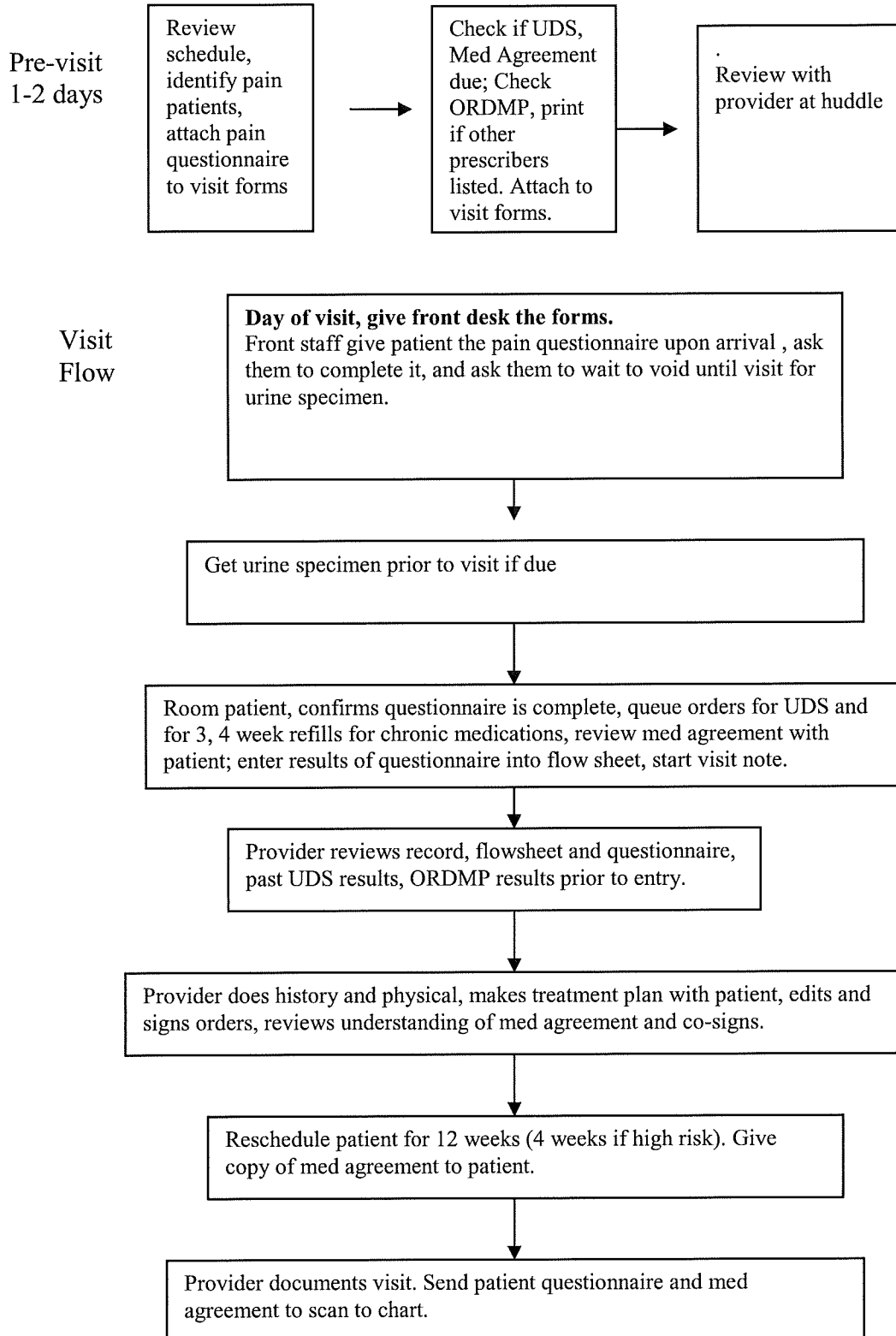
The federal government is working to reduce the number of people who depend on opioids.

### To keep our patients safe:

- PeaceHealth and other major health care organizations are helping people reduce and avoid opioids.
- If your condition does not require or gets worse with opioids, your provider can work with you to find a safer way to help your pain.
- If you already take opioids, your doctor can work with you to reduce your dosage and/or find other ways to help you.

**At PeaceHealth, our promise is to provide safe care compassionately.**

## Chronic Pain Assessment Flow Process for MOA Staff



## What is a narcotic pain medicine agreement?

Your provider has prescribed a controlled narcotic medicine for you to reduce your pain and help you to function better. The *Misuse of Drugs* law has a list of medicines that are 'controlled' in order to keep people from being harmed by them. These medicines can have serious or fatal side effects. A narcotic pain medicine agreement is used when you are put on a controlled narcotic medicine to help keep you safe.

## What are the risks of using narcotic medicines?

The risks of narcotic medicines can be divided into five categories:

### 1. Life threatening:

- Sleepiness and confusion
- Poor decision-making
- Accidents
- Breathing problems (which can lead to death)
- Alcohol and some other drugs can increase your risk if taken with narcotic medicines
- The risk of opioids increase dramatically with doses of hydrocodone above 50 mg/day, oxycodone above 33 mg/day, fentanyl above 21 mg/day, morphine above 50 mg/day and methadone above 14 mg/day.

### 2. Serious:

- Constipation
- Nausea and Vomiting
- Trouble urinating
- Loss of sexual function
- Irregular periods
- Itching and Rashes
- Allergic reaction

**3. Physical Dependence:** If you stop your medicine suddenly, you may go through 'withdrawal'. Babies born to moms who have a physical dependence on a narcotic medicine may also have these symptoms. Here are the possible withdrawal symptoms:

- Nausea and vomiting
- Cramps and diarrhea
- Sweating
- Runny nose
- Body pain
- Pounding heart
- Goose flesh



**4. Addiction:** A psychological need for the medicine for how it makes you feel. Your risk of addiction increases if you have a history of alcoholism, smoking or drug abuse. A family history of the above also increases your risk. Some mental illnesses also increase your risk.

**5. Tolerance:** Ongoing use of these medicines can cause nerve changes in the brain that makes the medicine less effective and makes all pain seem more severe.

## Is there anything else I can do to help with my pain?

Yes! We want you to be able to do the things that are important to you in your daily life. There are many things you can do to help with your pain. Your treatment may include diet, exercise, and life changes. It may also include physical therapy, other treatments, specialists, counseling or other types of medicines. These things are just as important to help your pain as your medicine.

## What will I have to do while on this agreement?

There are some things that you will need to agree to before your provider can give you your medicine. This is to keep you safe while taking your medicine. See the next page for the agreement.