

APRN SAFE PRESCRIBING

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Safe Prescribing

- Establish a Bonafide Provider/Patient Relationship
 - Document consistently according to facility/agency/personal standards



ASSESSMENT

- Appropriate Assessment for Pain
 - Brief Pain Inventory (BPI)
 - McGill Pain Questionnaire
- Appropriate Screening for Abuse Potential
 - PDMP Query
 - CAGE (Alcohol or Drug Abuse)

Safe Prescribing

- Treatment Plan
 - Focus on Function
 - Alternate Therapies
 - Multimodal Rx
- Patient Education
 - Dosing
 - Effects of Medication
 - Safe Storage of Opioids
 - Dependence v. Addiction



Safe Prescribing

- Medication Management /
- Informed Consent Agreement
 - Time Frame
 - Goal Setting
 - Patient Responsibilities
 - Single prescriber/Single Pharmacy
 - Random Urine Testing / Pill Counts
 - Replacing Meds / Limits on Refills

Safe Prescribing

- Documentation to Plan
 - Medication
 - Function
 - Goals
- Pain Management Consult / Referral
- Periodic Review

Resources

- American Academy of Pain Medicine
 - www.painmed.org
- American Pain Society (APS)
 - www.ampainsoc.org
- American Society of Pain Management Nurses
 - www.aspmn.org
- Substance Abuse and Mental Health Services
 - www.samhsa.gov

Resources

- Model Policy for the Use of Controlled Substances for the Treatment of Pain
 - www.fsmb.org/grpol_policydocs.html
- Use of Opioids for the Treatment of Chronic Pain (consensus statement APS, AAPM, ASAM)
 - www.asam.org / www.painmed.org

Resources

Sites offering useful clinical tools

- Emerging Solutions in Pain Management
www.emergingsolutionsinpain.com
- Pain.com www.pain.com
- Pain Balance www.PainBalance.org
- PainEDU www.painedu.org
- Partners Against Pain
www.partnersagainstpain.com

STOP “NARCOTIC” USE

- “Narcotic” is no longer a common medical term
- Not a pharmacological classification
- Common usage: a Legal / Law Enforcement term for most illegal substances (to include Cocaine, PCP, MDA, LSD, Methamphetamine, Crack, Marijuana, Heroin, etc.)
- We do not prescribe illegal substances
- Highly negative connotations can frighten patients and prevent them from accepting proper treatment.
(People get **addicted** to **illegal Narcotics**)
- Use the terms ‘**Opioids**’ or ‘**Pain Medication**’
(not “**Pain Killers**”)
- Regulation refers to them as “controlled substances”

Pseudoaddictive Behavior

Responsible Opioid Prescribing, Scott M. Fishman, MD

Behavior LESS Indicative of Addiction	Behavior MORE Indicative of Addiction
Anxiety or Desperation over recurrent symptoms	Bought pain medication from street dealer
Hoard medications	Stole money to obtain drugs
Take someone else's pain medication	Tried to get opioids from multiple sources
Aggressively complained to get more drugs	Performed sex for drugs
Requested specific drug or medication	Seeing two doctors at once without them knowing
Used more opioids than prescribed	Performed sex for money to buy drugs
Drink more alcohol when in pain	Stole drugs from others
Worried about changing to new drug even if it has potentially fewer side effects	Prostituted others for money to buy drugs
Concerned that pain may lead to street drugs	Prostituted others for drugs
Asked for 2nd opinion on pain medication	Prescription forgery
Smoke Cigarettes to relieve pain	Sold prescription drugs
Used opioids to treat other symptoms	