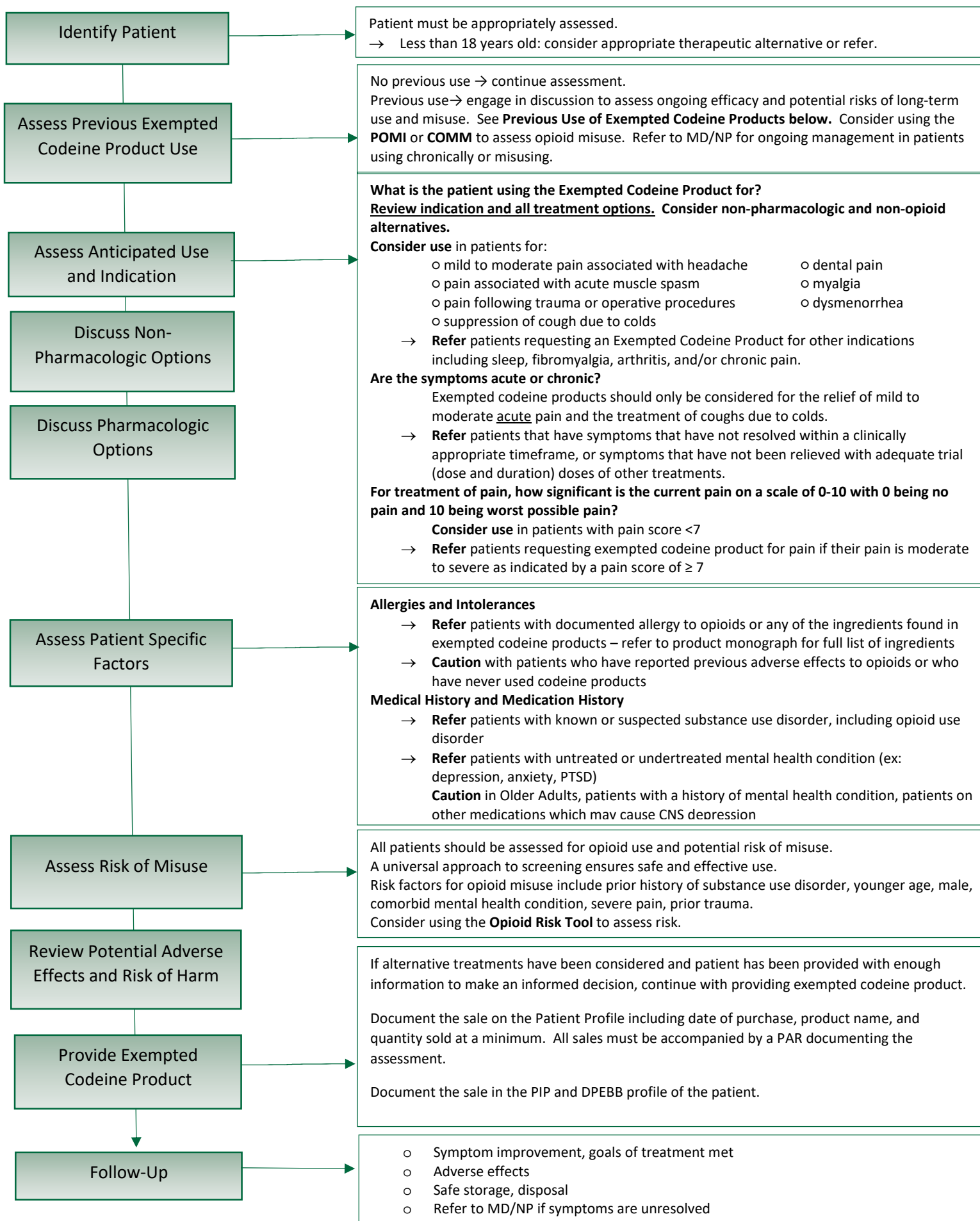


## Exempted Codeine Products Algorithm



## Previous Use of Exempted Codeine Product:

Ask the patient questions to assess codeine use. Ideally, find a private area to have an open discussion. Take a non-judgemental approach, avoid assumptions, and avoid stigma. Actively listen to the patient and acknowledge the patient's experiences.

### Ask the patient questions to characterize previous use:

- What are you taking the exempted codeine product for?
  - \* Exempted codeine products are indicated for short-term relief of mild to moderate pain and cough, and should not be used for chronic conditions. Extended use of exempted codeine products is not recommended.
- How effective do you consider exempted codeine products?
  - \* If effective, consider as a treatment option but discuss alternatives.
  - \* If not effective, consider alternatives and refer if necessary.
- How do you take the exempted codeine product?
- What dose do you find effective, how often do you take it, and how long have you been taking it?
  - \* If taking regularly, ask: how do you feel when you miss a dose?
  - \* If taking regularly, ask: have you ever tried to stop taking the combination codeine product?
- Have you noticed any side effects from exempted codeine products?
- Have you ever taken an exempted codeine product for a reason other than pain or cough?
- How has using an exempted codeine product impacted your personal life, relationships, work/school performance? What are some of the downsides that you see from your codeine use?

### Consider clinical and behavioral signs of misuse.

#### Misuse should be suspected if:

- doses are above recommended dose
- frequency of use is greater than recommended
- the patient is experiencing withdrawal symptoms
- the patient is experiencing a "high" from use of medication
- the patient is using when not in pain
- the patient is using as a coping strategy
- use of product is impacting patient's function

#### If misuse is suspected:

- Offer non-opioid treatment.
- Use objective facts as obtained to discuss patient's opioid use.
- Discuss risks of opioid misuse.
- Remind the patient that exempted codeine products are only appropriate for short-term use in acute pain and acute cough.
- Refer to physician/nurse practitioner for further evaluation. Provide patient with resources: Healthline 811, list of mental health and substance use disorder services in Saskatchewan.
- Continuing to provide exempted codeine products to a patient with suspected misuse may put the patient at risk of harm (adverse effects, overdose). Refusing a sale may also put the patient at risk of harm (withdrawal, obtaining supply from street). It is important that patient has been provided with education and management options to reduce risk. Ensure appropriate documentation of either sale or refusal has been made in Patient Profile and PIP.
- For patients that are suspected to be misusing Exempted Codeine Products and are making repeated requests:
  - Reiterate harms.
  - Review actions that the patient has taken to address misuse.
  - Continue to encourage and offer ongoing support.
  - Remind the patient that exempted codeine products are only appropriate for short-term use in acute pain and acute cough.
  - Set boundaries with the patient and adhere to them in a non-confrontational way.