

Medication Management



WHAT IS NURA'S PHILOSOPHY ON OPIOIDS?

Like many clinics, we sometimes use opioids to manage chronic pain. At Nura, opioids are prescribed as just one component of a comprehensive treatment plan for pain management. This approach often includes procedures (such as injections, nerve blocks, or implants), physical therapy, behavioral health support, and other medications.

Research shows that this multifaceted approach is the most effective way to manage severe, chronic pain while reducing reliance on opioids.



WHAT IS THE CHRONIC OPIOID MANAGEMENT PROGRAM?

If we determine that you may benefit from daily use of opioids, they will be prescribed only through our Chronic Opioid Management (COM) Program. COM provides a structured framework for long-term opioid use, with close monitoring to ensure your safety.

It's important to understand that opioid medications come with significant risks, including the potential for physical and psychological dependence, overdose, adverse side effects, and diversion. Due to the seriousness of these risks, we closely monitor the use of these medications, adhering strictly to established guidelines.

Our primary goal is to use the lowest effective dose and, when appropriate, gradually reduce or discontinue opioids over time.

Should you decide not to participate in our COM Program, we will refer you to another medical practice for ongoing management of narcotic pain medications.

WHAT TO EXPECT?

To get started, we will review your full medical history, perform a physical exam, and make treatment recommendations. Providers may or may not prescribe opioids during your first visit. If we do continue prescribing, it may be on a short-term basis while we pursue other treatments to manage your pain better.

Individuals enrolled in the COM Program are expected to:

- **Attend all scheduled clinic appointments**, which typically occur monthly and may sometimes be more frequent. Monthly medical evaluations are required to refill your prescriptions.
- **Sign an opioid agreement** confirming that you agree to receive these medications only from Nura providers moving forward.
- **Participate in physical therapy**, completing the recommended sessions and scheduling annual follow-ups as directed by our physical therapy team.
- **Meet with a behavioral health specialist** shortly after becoming a Nura patient and continue with follow-up sessions as advised.
- **Submit urine samples** for toxicological screening when requested, typically on a quarterly basis.
- **Undergo all mutually agreed-upon procedures** aimed at pain relief, including but not limited to epidural injections, nerve blocks, ablations, and trials for implantable pain control devices. Even if past procedures at other clinics haven't worked, our advanced techniques may offer new options. If you're not interested in exploring non-opioid alternatives for pain management, we may suggest seeking medical care elsewhere.

Failure to adhere to our suggested treatment plan may result in the decision to discontinue prescribing opioids. Please understand that, as medical professionals, we have an ethical responsibility to provide you with what we consider appropriate care in keeping with the philosophy and principles established for our practice.

IMPROVE YOUR QUALITY OF LIFE

Our COM Program aims to reduce dependence on pain medications and minimize healthcare visits by promoting effective self-management.

