The Practical Aspects of Prescribing Opioids for Chronic Pain

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Disclosure Information

- Dr. Saberski has indicated that he has no financial relationships to disclose.
Prescribing Opioid Medications

- Use of chronic controlled substances in chronic pain management is acceptable in appropriate clinical situations.

- However, there are a number of risks associated with these medications, which have been well documented and include addiction, overdose, and death.

- Careful monitoring is required to maximize safety when prescribing opioid medications.
This is not a lecture on how to pick the right opioid

- This is a liability discussion for providers that write prescription for controlled substance
  - What needs to be in the medical record
    - An understanding of your medical decision making and judgment
New Connecticut Laws

- New Connecticut (CT) laws limit initial prescriptions to a 7 day supply for adults. Exceptions are allowed for patients with chronic pain or acute pain that will last beyond 7 days with appropriate chart and prescription (Rx) documentation.

- The law also requires that the associated risks of addiction and overdose be explained to the patient before prescribing controlled substances for the first time.
Practical Aspects of Prescribing Opioids for Chronic Pain

OBJECTIVES:
1. Establish the legitimacy for opioid use
2. Define the pain history, physical exam and documentation
3. Review risk assessment tools
4. Develop a process for monitoring opioid use; urine drug screening
5. Manage non-compliance
Pain

- An unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage
Types of Pain

- Acute pain – there is always tissue damage (nociceptive model of pain)
- Chronic pain – there may not be any tissue damage
- Psychogenic pain – there is no tissue damage
The Sub-Types of Pain

- Acute Pain
  - Normal protective
  - Nociceptive model
    - Somatic
      - Superficial & deep
    - Visceral
- Chronic Pain
  - Maladaptive
    - Biopsychosocial model
- Psychogenic Pain
  - Maladaptive
    - Biopsychosocial model
Acute Pain is Different Than Chronic Pain

- It is important to remember that the management of chronic pain is very different than the management of acute pain.


**Acute Pain**
- Glutamate
- Nociceptor Terminal
- NMDA
- AMPA
- Mg²⁺
- Na⁺
- K⁺

**Chronic Pain**
- Closed K⁺ Channel
- Guanyl Synthase
- Substance P
- K⁺
- Ca²⁺
- Nitric Oxide Synthase
- c-fos Gene Expression
- PKC
- NO
- NK-1
Biopsychosocial Model of Pain

Source: Yale School of Medicine pain management seminars
Establishing Legitimacy for Opioids: Document Legitimacy

Managing Chronic Intractable Pain
When You Prescribe Opioids

- Legitimate medical diagnoses
  - Acute
  - Malignant
  - Chronic benign
- Addiction cannot be in the differential diagnosis
Now That You Have Your Legitimate Diagnosis, What Must You Do?

- Document history & physical examination
  - Sets the foundation for controlled substance use
History & Physical Examinations are Important Tools Because:

- There is no routine clinical test that measures pain or determines source of pain.
- There is no radiological or laboratory test that shows job dissatisfaction, marital discord, financial distress, alcoholism, drug addiction, etc.
Location of Pain
Quantifying Pain

- Numerical Rating Scale (NRS)
- Visual Analogue Scale (VAS)
  - Quantify pain with a Visual Scale
  - Use the same scale
  - Ask the same way
Quantifying Function:

Functional Status:
- What’s a typical day like?
- Do you work?
- What’s the most active thing you do?
- Do you ever stay in bed all day?
- Do you get any exercise?
- How have these things changed over the past weeks/months/years?
- What would you like to be able to do?
Chronic Pain History Should Include:

Does pain interfere with anything?
- Walking?
- Mood?
- Sleep?
- Quality of life?
- Relationships
- Sex life?
Chronic Pain History

- Goals need to be clear and written into the medical record and periodically need to be reviewed.
Opioid Risk Assessment

- Each patient must be screened to assess his or her risk status
- A full medical and personal Hx.
- Administration of a risk questionnaire or interview
- Review of any documented evidence that may exist of any type of aberrant behavior known
- To indicate a potentially increased risk to the patient, if chronic opioid management is utilized as part of that patient’s treatment plan
Opioid Risk Assessment and Informed Consent

- Opioid medications can interact with many medications, including:
  - Other prescribed controlled substances (i.e., benzodiazepines)
  - Anti-depressants
  - Medical marijuana
  - Other common medications
Opioid Risk Assessment

- If you think opioids would be beneficial for your patient for the management of their pain you must do an assessment and determine risk:
  - Screener and Opioid Assessment for Patients with Pain-Revised (SOAPP-R)
  - Opioid Risk Tool (ORT)
  - Sleep Apnea
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<tr>
<td>SCORING TOTALS</td>
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**ADMINISTRATION**
- On initial visit
- Prior to opioid therapy

**SCORING (RISK)**
- 0–3: low
- 4–7: moderate
- ≥8: high
Risk Should Be Stratified by ORT or SOAPP-R and Morphine Milliequivalents/day (MEQ/day)

- Low risk – < 50 mg. MEQ, ORT = 0-3
- Mod. Risk – 50-90 mg. MEQ, ORT = 4-7
- High risk – >90 mg. MEQ, ORT >8
<table>
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<tr>
<th>RISK GROUP</th>
<th>ORT Score / SOAPP Score</th>
<th>MEQ / MED*</th>
<th>ABERRANT BEHAVIOR</th>
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<tr>
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<td>4 – 7 / ≥ 7</td>
<td>60 – 120</td>
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<tr>
<td>High</td>
<td>≥ 7 / ≥ 7</td>
<td>&gt; 120</td>
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Suspicious behaviors, including:
- self-escalation of dose
- doctor-shopping, with documentation on Connecticut's Prescription Drug Monitoring Program (CT PDMP)
- indications / symptoms of illegal drug use
- evidence of diversion
- other documented misuse or abuse
- a notable change in affect or behavior pattern
New CT Law - PMP

- By CT state law the Prescription Monitoring Program must be checked prior to the first prescription if the Rx. is for more than 3 days of meds.

- CT laws also require that the PMP must be checked every 3 months for patients on chronic meds.
Prescription Monitoring Programs:

- In Massachusetts you must check the PMP every time an opioid script is written

- In Connecticut, every 90 days
Before Writing for Opioids

- Make it clear, only the prescribing doctor can increase or change Rx
  - There can only be one prescribing doctor
  - You will check urine drug screens
  - You will check the state data base
  - You may do pill counts
Routine Urine Drug Testing (UDT)

It is “best practice” when providing pain management and opiate therapy – such testing can help to identify:

- Drugs of abuse
- Prescribed medication, compliance
- Absence of prescribed medication
- Detect substances that could result in adverse events; drug-drug interactions
- Illicit or unsanctioned medicines
Frequency for UDT Testing

- Frequency for UDT testing should be stratified by individual patient risk profile.

- All patients should be tested with the initiation of controlled substance treatment (i.e. - with first practice visit) and then:
  - Low risk – 2x/12 mo.
  - Moderate risk – 1-2x/6 months
  - High risk – 1-3x/3months
Point of Care Testing

- Point-of-Care (POC) or “in-office” testing that is done in the office using any number of types of immunoassay testing.

- Oral swabbing
  - when cannot void
Point of Care Testing

- Initial tests are generally done with immunoassays.
  - RISKS:
    - False negatives due to cut-offs for test sensitivity
    - False positive due to cross re-activity with other drugs.
Confirmatory Testing

- Unexpected findings
  - Analysis using gas chromatography/mass spectroscopy (highly sensitive and specific) to identify specific compounds.
Confirmatory Testing

- When confirmatory testing requested, the clinician must document the rationale supporting the definitive UDT, and all tests ordered must be documented in the patient’s medical record as well.
Confirmatory Testing

- UDT should be sent for confirmation for all new patients (first-time visit) and when:
  - There are inconsistencies in UDT with prescribed meds
  - To confirm patient is taking the medications on their list
  - To check for illicit medications – all patients with moderate or high risk should be periodically tested for illicit medications
  - A prescribed medication is not included in standard POC
Protecting the Public and Your Patient

- Dangerous to mix opioid with illicit substance
  - Zero tolerance for illicit substance
    - Marijuana is potentially dangerous
    - Alcohol is potentially dangerous
Abnormal Urine Drug Screen

- Must be documented in the medical record
- Documentation should also include what action is being taken
- Losing medical legitimacy for opioids
If Non-Compliant…What Do You Do?

- You must stop prescribing opioid
  - Don’t abandon the patient
  - Develop an alternate care plan
    - Manage the patient with non-opioids
      - Physical Therapy / Occupational Therapy
    - Refer to pain management
    - Refer for detoxification
Writing an Opioid Script….Secrets

- Full name
- Address
- Birth date
- Date script written
  - Date script can be filled
  - Date the script should last
Opioid Dose

- Adjust dose up and down based on response
- High doses of opioid
  - > 100 mg MEQ/day
- Low doses of opioid
  - < 100 mg MEQ/day
Morphine Equivalents

- Add up the potency of all the opioids and convert to MEQ/day
  - Use a table
  - Use an application
    - Calculate the total MME per day for all opioids using an opioid dose calculator. Web-based opioid dose calculators are widely available for both PC and mobile devices.
Goals for Effective Chronic Pain Care

- Reducing reliance on the health care system (less ER and emergency doctors visits) increased function and/or return to work; maintaining Activities of Daily Living (ADLs); 50% or more reduction in pain

- Taking the edge off, 10% improvement, good pain relief for 1 hour are never sufficient reasons to continue opioid
Opioids for Chronic Pain

- Not curative care
- Symptomatic care
  - May be managing for years to come
  - Always ask if such treatment safe for decades
    - Never provide a treatment that cannot be used long term
Life Stage Appropriate Therapy

- Young
- Old
- Active addiction
- Hx of addiction
- Working
- Child bearing
- Heavy machinery
- Driving
Guidelines: Chronic Benign Pain Management

- Use medications known to be safe for decades?
  - **Limited options**
    - Opioids
    - Anticonvulsants
    - Some antidepressants
    - Behavioral care
    - Physical modalities
How to Prescribe Opioids for Benign Pain

- **Time contingent use**
  - Do not let pain dictate use of pain med
  - Take on a set schedule
    - Minimize or no use of breakthrough Rx for pain
PRN for Function (not pain)

- Preservation of activity
  - Predictable
  - Minimal use
  - Examples:
    - Physical Therapy
    - Getting out of bed in the morning
    - Dancing at a wedding
When Opioids Work Great for ~1 Hour

- Never a reason to continue Rx
  - Euphoric effect
  - Energy effect
  - Hyperalgesic effect
    - Consider opioid induced hyperalgesia
How to Gauge Success

- 50% or greater reduction in pain
- Increased function
- Compliance
- Not impaired
- Using as directed
- Not using alcohol or other illicit substance including marijuana
Summary: Treatment (Tx) Chronic Benign Pain

- The riddle of chronic benign pain cannot be solved with the nociceptive model alone; must consider the biopsychosocial model.

- Before you treat chronic benign pain realize that the course you choose may be for a lifetime of care; choose wisely.

- When you treat, be sure you can measure success or failure: pain scales, diagrams, sketches, digital photography, function.
Summary: Tx Chronic Benign Pain

- If you choose to manage with long-term use of pharmaceuticals make sure your choices are safe for decades to come; do a risk assessment.

- For all medication the patient and doctor should be clear on the rules of engagement, especially for opioids; have a written agreement that spells out the Dos & Don’ts.

- Be sure what you prescribe is life stage appropriate; sensitive to age, sex, and activity.

- Consider the benefits of a time-contingent prescribing when choosing to use opioids for chronic benign pain.
Summary: Tx Chronic Benign Pain

- Write scripts with good until dates…helps you easily know if there is request for early refills…and saves lots of time.

- Titrate dose upward to achieve clinical effect, but recognize that opioids alone are unlikely to improve clinical function; engage following the biopsychosocial profile.

- Avoid “pro re nata” (PRN) for pain….but can use extra doses specifically for a particular function
Summary: Tx Chronic Benign Pain

- The principle goal of chronic pain management for benign disease is functional.

- Most guidelines suggest that the total MEQ dose for benign disease be kept at 100 mg or less as long as goals achieved.
Summary: Tx Chronic Benign Pain

- Zero tolerance for mixing opioid with alcohol and marijuana…..a liability to any opioid prescriber.
- Urine drug screens, checking the state data base and pill counts
- Instead of discharge from your practice for misuse of opioids you change management….to a safer management.
TECHNOLOGY CAN HANDICAP
CHOOSE WISELY
THE END

Yale University
Further Reading

3. Federation of State Medical Boards of the United States, Inc. Model policy for the use of controlled substances for the treatment of pain. Available at http://tinyurl.com/as5f5am.
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