Pain Management and Opioids: Balancing Risks and Benefits
Bio: John F. Manfredonia, DO, FACOFP, FAAHPM, HMDC

“Dr. John” Manfredonia is board-certified in both family medicine and hospice/palliative medicine (HPM) with 20 years of experience as a HPM Physician. He is a Fellow in both the American Academy of Hospice and Palliative Medicine (AAHPM) and the American College of Osteopathic Family Physicians. He is currently a national physician education consultant with Seasons Hospice and Palliative Care. Dr John was formerly National Medical Director for Kindred at Home, formerly, Gentiva Health Services, one of the largest multi-state hospice & home healthcare organizations in the US. Past responsibilities have been a hospice medical director for a hospice with an average daily census of 300+ with an eleven bed free-standing in-patient unit. He is the Past President of the Hospice Medical Director Certification Board. He previously served six years on the Board of Directors of the AAHPM. He is the past chair of the AAHPM’s Intensive Board Review Course and Medical Director Courses. He is a contributing author to the Hospice Medical Director Manual and former Associate-Editor for Palliative Care-FACS. He is past vice-chair of the American Osteopathic Association Council on Palliative Care Issues. He formerly practiced family medicine and obstetrics and was family medicine residency director in Tucson, Arizona.

DISCLOSURE: Dr. Manfredonia has nothing to disclose.
Presented by AOA, a member of the Collaborative for Risk Evaluation and Mitigation Strategy (REMS) Education (CO*RE), nine interdisciplinary organizations working together to improve pain management and prevent adverse outcomes.

This activity is supported by an independent educational grant from the Opioid Analgesic REMS Program Companies (RPC). Please see this document for a list of REMS Program Companies. This activity is intended to be fully compliant with the Opioid Analgesic REMS education requirements issued by the U.S. Food and Drug Administration.
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NO CO*RE FACULTY HAS ANY RELEVANT FINANCIAL RELATIONSHIPS
BY THE END OF THIS SESSION YOU WILL BE ABLE TO

- Describe the *pathophysiology of pain* as it relates to the concepts of pain management.
- Accurately *assess* patients in pain.
- Develop a safe and effective pain *treatment plan*.
- Identify evidence-based *non-opioid options* for the treatment of pain.
- Identify the risks and benefits of *opioid therapy*.
- *Manage* ongoing opioid therapy.
- Recognize behaviors that may be associated with *opioid use disorder*.
WHY ARE WE HERE?
CO*RE STATEMENT

Misuse, abuse, diversion, addiction, and overdose of opioids in the United States have created a serious public health epidemic.

When prescribed well, and used as prescribed, opioids can be valuable tools for effective pain management.

There is potential for unintended consequences of inadequately managed pain from far-reaching prescribing restrictions.

This course is in alignment with the FDA Opioid Analgesics REMS Education Blueprint.

This course does not advocate for or against the use of opioids. We intend to help healthcare providers manage pain without putting vulnerable patients at risk for misuse or opioid use disorder. The goal is to keep our patients, our communities, and ourselves SAFE.
PRESCRIBING PATTERNS AND OPIOID-RELATED DEATHS

SOURCE: CDC Opioid Overdose Death data, IQVIA opioid prescribing data, Sullum J
# DEA SCHEDULED DRUGS

<table>
<thead>
<tr>
<th>SCHEDULE</th>
<th>DESCRIPTION</th>
<th>EXAMPLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>High potential for abuse; no currently accepted medical use</td>
<td>Heroin, LSD, cannabis, ecstasy, peyote</td>
</tr>
<tr>
<td>II</td>
<td>High potential for abuse, which may lead to severe psychological or physical dependence</td>
<td>Hydromorphone, methadone, meperidine, oxycodone, fentanyl, morphine, opium, codeine, hydrocodone combination products</td>
</tr>
<tr>
<td>III</td>
<td>Potential for abuse, which may lead to moderate or low physical dependence or high psychological dependence</td>
<td>Products containing ≤ 90 mg codeine per dose, buprenorphine, benzphetamine, phendimetrazine, ketamine, anabolic steroids</td>
</tr>
<tr>
<td>IV</td>
<td>“Low potential” for abuse</td>
<td>Alprazolam, benzodiazepines, carisoprodol, clonazepam, clorazepate, diazepam, lorazepam, midazolam, temazepam, tramadol</td>
</tr>
<tr>
<td>V</td>
<td>Low potential for abuse</td>
<td>Cough preparations containing ≤ 200 mg codeine/100 ml</td>
</tr>
</tbody>
</table>

Complete list of products covered under the Opioid Analgesic REMS available at: [https://opioidanalgesicrems.com/RpcUI/products.u](https://opioidanalgesicrems.com/RpcUI/products.u)
FENTANYL AND FENTANYL ANALOGUES

OD deaths from fentanyl and fentanyl analogues, such as carfentanil, have increased 540% in three years.

Street fentanyl is illegally manufactured; it is generally NOT a diverted pharmaceutical product.

Two causes of fentanyl OD death: opioid-induced respiratory depression and rigid chest wall syndrome; higher or repeated doses of naloxone are required to reverse a fentanyl overdose.

Fentanyl is also found in heroin, cocaine, and methamphetamine.

Photo source: New Hampshire State Police Forensic Laboratory
RISKS VERSUS BENEFITS

RISKS

- Misuse, diversion, and addiction
- Abuse by patient or household contacts
- Interactions with other meds and substances
- Risk of neonatal abstinence syndrome
- Inadvertent exposure/ingestion by household contacts, especially children
- Life-threatening respiratory depression
- Overdose, especially as ER/LA formulations contain more MME than IR

BENEFITS

- Analgesia
  - Reliable pain control
  - Quick analgesia (particularly with IRs)
- Continuous, predictable (with ER/LAs)
- Improved function
- Improved quality of life

CHAPTER 1
PAIN
THE NEUROMECHANISMS OF PAIN

Peripheral Pain Modulators:
- Serotonin
- Histamines
- Prostaglandins
- Cytokines
- Bradykinin
- Substance P
- Others

1. Injury
2. Transmission along mixed fiber neurons (modulation occurs)
3. Transmission along spine up to brain (modulation occurs)
4. Perception in the brain (modulation occurs)
5. Descending pathway (down regulation)

Descending Neurotransmitters:
- Serotonin
- Norepinephrine
- Endogenous opiates
- Others
Feeling physical pain is vital for survival; pain is the body’s early warning system.

With thanks to Allan Basbaum and David Julius, University of California, San Francisco
OPIOID RECEPTOR LOCATIONS
TYPES OF PAIN

**NOCICEPTIVE / INFLAMMATORY**
- Pain in response to an injury or stimuli; typically acute
- Postoperative pain, sports injuries, arthritis, sickle cell disease, mechanical low back pain

**NOCIPLASTIC**
- Pain that arises from altered nociceptive function; typically chronic
- Fibromyalgia, irritable bowel syndrome, non-specific low back pain

**NEUROPATHIC**
- Pain that develops when the nervous system is damaged; typically chronic
- Post-herpetic neuralgia, trigeminal neuralgia, distal polyneuropathy, CRPS, neuropathic low back pain

**MIXED TYPES (NOCICEPTIVE / NEUROPATHIC)**
- Primary injury and secondary effects

Possible development of chronic pain after an acute injury.
What about Psychogenic Pain

- Amplification of Pain
  - Contributory Co-morbidities
    - Depression
    - Anxiety
    - Post-traumatic Stress Disorder
    - Substance Abuse
    - Psychiatric Illness

The above conditions are factors to be considered in the assessment and treatment of pain but should never contribute the dismissal of a complaint of pain.
THE BIOPSYCHOSOCIAL SPIRITUAL CONTEXT OF PAIN

BIOLOGICAL
- Sleep/fatigue
- Inflammation
- Gender
- Nutritional status
- Conditioning
- Previous pain experience

SOCIAL
- Work status
- Intimacy
- Relationships
- Finances
- Family

PSYCHOLOGICAL
- Resilience
- Anxiety
- ACEs*
- Grief
- Catastrophizing
- Depression
- Existential issues
- Suffering
- Spiritual distress
- Values

SPIRITUAL
- Religious faith

Experience of Pain

*ACEs = Adverse Childhood Experiences

Empathy from HCP
**PAIN CATASTROPHIZING**

<table>
<thead>
<tr>
<th>Item</th>
<th>Not at all</th>
<th>To a slight degree</th>
<th>To a moderate degree</th>
<th>To a great degree</th>
<th>All the time</th>
</tr>
</thead>
<tbody>
<tr>
<td>I worry all the time about whether the pain will end</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>I feel I can’t go on</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>It’s terrible and I think it’s never going to get any better</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>It’s awful and I feel that it overwhelms me</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>I feel I can’t stand it anymore</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>I become afraid that the pain will get worse</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>I keep thinking of other painful events</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>I anxiously want the pain to go away</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>I can’t seem to keep it out of my mind</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>I keep thinking about how much it hurts</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>I keep thinking about how badly I want the pain to stop</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>There’s nothing I can do to reduce the intensity of the pain</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>I wonder whether something serious may happen</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

“Tell me about your pain…”

Listen for rumination, feelings of hopelessness, or anticipation of negative outcomes.

These feelings are important to identify because they can prolong and intensify pain; or lead to higher levels of suffering and altered perception of pain.

If identified, shift to “tell me about your life.”

WORDS MATTER: LANGUAGE CHOICE CAN REDUCE STIGMA

“If you want to care for something, you call it a flower; if you want to kill something, you call it a weed.”

—Don Coyhis

<table>
<thead>
<tr>
<th>Commonly Used Term</th>
<th>Preferred Term</th>
</tr>
</thead>
<tbody>
<tr>
<td>Addiction</td>
<td>Substance use disorder (SUD) [from the <em>DSM-5®</em>]</td>
</tr>
<tr>
<td>Drug-seeking, aberrant/problematic behavior</td>
<td>Using medication not as prescribed</td>
</tr>
<tr>
<td>Addict</td>
<td>Person with substance use disorder (SUD)</td>
</tr>
<tr>
<td>Clean/dirty urine</td>
<td>Positive/negative urine drug screen</td>
</tr>
</tbody>
</table>


“If you want to care for something, you call it a flower; if you want to kill something, you call it a weed.”

—Don Coyhis
# WORDS MATTER: DEFINITIONS

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Misuse</strong></td>
<td>Use of a medication in a way other than the way it is prescribed</td>
</tr>
<tr>
<td><strong>Abuse</strong></td>
<td>Use of a substance with the intent of getting high</td>
</tr>
<tr>
<td><strong>Tolerance</strong></td>
<td>Increased dosage needed to produce a specific effect</td>
</tr>
<tr>
<td><strong>Dependence</strong></td>
<td>State in which an organism only functions normally in the presence of a substance</td>
</tr>
<tr>
<td><strong>Diversion</strong></td>
<td>Transfer of a legally controlled substance, prescribed to one person, to another person for illicit (forbidden by law) use</td>
</tr>
<tr>
<td><strong>Withdrawal</strong></td>
<td>Occurrence of uncomfortable symptoms or physiological changes caused by an abrupt discontinuation or dosage decrease of a pharmacologic agent</td>
</tr>
<tr>
<td><strong>MME</strong></td>
<td>Morphine milligram equivalents; a standard opioid dose value based on morphine and its potency; allows for ease of comparison and risk evaluations</td>
</tr>
<tr>
<td><strong>Chronic non-cancer pain (CNCP)</strong></td>
<td>Any painful condition that persists for ≥ 3 months, or past the time of normal tissue healing, that is not associated with a cancer diagnosis</td>
</tr>
</tbody>
</table>

**SOURCES:**
HOW IS PAIN RESOLVED?
Pain Scales

- We should be familiar with the 10-point scale
- We also know some pts insist on 12+ points
PAIN ASSESSMENT

DESCRIPTION OF PAIN

Location
Intensity
Quality
Onset/duration
Variations/patterns/rhythms

WHAT RELIEVES THE PAIN?

WHAT CAUSES OR INCREASES THE PAIN?

EFFECTS OF PAIN ON PHYSICAL, EMOTIONAL AND PSYCHOSOCIAL FUNCTION

PATIENT’S CURRENT LEVEL OF PAIN AND FUNCTION

PAST MEDICAL AND TREATMENT HISTORY

NONPHARMACOLOGIC STRATEGIES AND EFFECTIVENESS

PHARMACOLOGIC STRATEGIES AND EFFECTIVENESS

RELEVANT ILLNESSES

PAST AND CURRENT OPIOID USE

• Query your state’s Prescription Drug Monitoring Program (PDMP) to confirm patient report
• Contact past providers and obtain prior medical records
• For opioids currently prescribed, note the opioid, dose, regimen, and duration
• Determine whether the patient is opioid-tolerant

GENERAL EFFECTIVENESS OF CURRENT PRESCRIPTIONS
**PRESCRIPTION DRUG MONITORING PROGRAMS (PDMPs)**

PDMPs are state-run, electronic databases that track controlled substance prescriptions in a state.

<table>
<thead>
<tr>
<th>PDMP DATABASES</th>
<th>BENEFITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Provide a full accounting of the controlled substance prescriptions filled by a patient</td>
<td>• Identify potential drug misuse/abuse</td>
</tr>
<tr>
<td>• Nearly all are available online 24/7</td>
<td>• Discover existing prescriptions not reported by patient</td>
</tr>
<tr>
<td>• Required in most states; know your state laws</td>
<td>• Opportunity to discuss with patient</td>
</tr>
<tr>
<td></td>
<td>• Determine if patient is using multiple prescribers/pharmacies</td>
</tr>
<tr>
<td></td>
<td>• Identify drugs that increase overdose risk when taken together</td>
</tr>
</tbody>
</table>
OBTAIN A COMPLETE SOCIAL AND PSYCHOLOGICAL HISTORY

SOCIAL HISTORY

Employment, cultural background, social network, relationship history, legal history, and other behavioral patterns

PSYCHOLOGICAL HISTORY

Screen for:

- Mental health diagnoses, depression, anxiety, PTSD, current treatments
- Alcohol, tobacco, and recreational drug use
- History of adverse childhood experiences
- Family history of substance use disorder and psychiatric disorders
- Depression and anxiety can be predictors of chronic pain
Key Teaching Points

• Pain should be systematically and continually assessed

• Patient reports of pain should be believed
  • With a reasonable amount of skepticism

• Pain is both a physical and whole person issue
  • Addressing pain means addressing all aspects

Empathy - can aid or hinder management
PHYSICAL EXAM AND ASSESSMENT

Seek objective data

Conduct physical exam and evaluate for pain

Order diagnostic tests (appropriate to complaint)

General: vital signs, appearance, and pain behaviors

Musculoskeletal exam
- Inspection
- Gait and posture
- Range of motion
- Palpation
- Percussion
- Auscultation
- Provocative maneuvers

Neurologic exam

Cutaneous or trophic findings

PAIN ASSESSMENT TOOL BOX

http://core-reams.org/opioid-education/tools/

Pain Assessment Tools
- BPI or 5 A’s

Functional Assessment
- SF-36, PPS, Geriatric Assessment

Pain intensity, Enjoyment of life, General activity
- PEG

Childhood Trauma Questionnaire
- ACE

Assessment in Advanced Dementia
- PAINAD

Psychological Measurement Tools (PHQ-9, GAD-7, etc.)
CHAPTER 4
CREATING THE PAIN TREATMENT PLAN
COMPONENTS OF A MULTIMODAL TREATMENT PLAN FOR PAIN

All Staff Working as a Treatment Team

Physical & Occupational Therapy

Cognitive Behavioral Therapy

Pharmacotherapy
PAIN MANAGEMENT GOALS AND TREATMENT OPTIONS: A MULTIMODAL APPROACH

COGNITIVE BEHAVIORAL THERAPY
- Behavioral modification
- Meditation
- Cognitive restructuring

INTERVENTIONAL TREATMENTS
- Nerve blocks
- Steroid injections
- Stimulators
- Trigger point injections

PHYSICAL TREATMENTS
- Exercise
- Acupuncture
- Movement therapies
- Manual treatments

PHARMACOTHERAPY
- NSAIDS
- Antidepressants
- Opioids
- Cannabinoids
- Anticonvulsants
- Topicals (e.g., lidocaine)

Reduce Pain

Cultivate Well-Being

Self-care

Provider care

Restore Function

Improve Quality of Life

Cultivate Well-Being
EVIDENCE-BASED NONPHARMACOLOGIC TREATMENTS

What is appropriate for your patient?

- Tai Chi
- Yoga
- CBT and ACT
- Acupuncture
- PT/OT/aquatic
- Mindfulness meditation
- OMT
- Massage therapy
- Chiropractic
- Neuromodulation or surgical approaches (in some situations)

CBT = cognitive behavioral therapy; ACT = acceptance commitment therapy; OMT = osteopathic manipulative therapy
PHARMACOLOGIC TREATMENTS BY TYPE OF PAIN

NOCICEPTIVE / INFLAMMATORY
- Antihistamine
- IR opioids
- Nerve blocks
- NSAIDs
- Topical / transdermal

NOCIPLASTIC
- Anticholinergic
- Anticonvulsants
- TCAs and SNRIs
- Other serotonin agents

NEUROPATHIC
- Anticonvulsants
- IR and ER/LA opioids
- Nerve blocks
- TCAs and SNRIs
- Transdermal opioids

CONTINUE EFFECTIVE NONPHARMACOLOGIC OPTIONS
POTENTIAL SITES OF ACTION FOR ANALGESIC AGENTS

Pain perception requires brain activity, however pain can be blocked in the periphery.

Peripherally Mediated Pain:
• Acetaminophen
• Antihistamines
• NSAIDs
• Opioids
• Topical anesthetics

Centrally Mediated Pain:
• Alpha-2 agonists
• Anticonvulsants
• Ca\(^+\) channel antagonists
• NMDA RAs
• Opioids
• TCA/SNRI antidepressants
# DRUG CHARACTERISTICS TO CONSIDER BEFORE PRESCRIBING

<table>
<thead>
<tr>
<th>Route of administration</th>
<th>Formulation</th>
<th>Strength</th>
<th>Dosing interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>Key instructions</td>
<td>Specific drug interactions</td>
<td>MOA*</td>
<td>Product-specific safety concerns</td>
</tr>
<tr>
<td>(indications, uses, contraindications)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Specific information about product conversions, if available</td>
<td>Use in opioid-tolerant patients</td>
<td>Relative potency to morphine</td>
<td></td>
</tr>
</tbody>
</table>

*MOA = Mechanism of action

Opioid product information available at [https://opioidanalgesicrems.com/RpcUI/products.u](https://opioidanalgesicrems.com/RpcUI/products.u)
CONSIDER AN OPIOID ONLY WHEN:

Potential benefits are likely to outweigh risks

Patient has failed to adequately respond to non-opioid and nonpharmacological interventions

Patient has neuropathic or nociceptive pain that is moderate to severe

Begin as a therapeutic trial

**OPIOID MISUSE RISK ASSESSMENT TOOLS**

http://core-rem.s.org/opioid-education/tools/

<table>
<thead>
<tr>
<th>TOOLS FOR PATIENTS CONSIDERED FOR OPIOID THERAPY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ORT-OUD</strong> Opioid Risk Tool</td>
</tr>
<tr>
<td><strong>SOAPP®</strong> Screener and Opioid Assessment for Patients with Pain</td>
</tr>
<tr>
<td><strong>DIRE</strong> Diagnosis, Intractability, Risk, and Efficacy score</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TOOLS FOR SUBSTANCE USE DISORDER</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CAGE-AID</strong> Cut down, Annoyed, Guilty, Eye-Opener tool, Adapted to Include Drugs</td>
</tr>
<tr>
<td><strong>RAFFT</strong> Relax, Alone, Friends, Family, Trouble</td>
</tr>
<tr>
<td><strong>DAST</strong> Drug Abuse Screening Test</td>
</tr>
<tr>
<td><strong>CTQ</strong> Childhood Trauma Questionnaire</td>
</tr>
<tr>
<td><strong>ACEs</strong> Adverse Childhood Experiences</td>
</tr>
</tbody>
</table>
A CLOSER LOOK AT THE ORT-OUD

Opioid Risk Tool – OUD (ORT-OUD)

This tool should be administered to patients upon an initial visit prior to beginning or continuing opioid therapy for pain management. A score of 2 or lower indicates low risk for future opioid use disorder; a score of ≥ 3 indicates high risk for opioid use disorder.

<table>
<thead>
<tr>
<th>Mark each box that applies</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family history of substance abuse</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alcohol</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Illegal drugs</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Rx drugs</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Personal history of substance abuse</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alcohol</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Illegal drugs</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Rx drugs</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Age between 16-45 years</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Psychological disease</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ADD, OCD, bipolar, schizophrenia</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Depression</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>

**Scoring:**

- **≤ 2:** low risk
- **≥ 3:** high risk

### OPIOID SIDE EFFECTS AND ADVERSE EVENTS

<table>
<thead>
<tr>
<th>SIDE EFFECTS</th>
<th>ADVERSE EVENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Respiratory depression</td>
<td>Death</td>
</tr>
<tr>
<td>Opioid-induced constipation (OIC)</td>
<td>Addiction</td>
</tr>
<tr>
<td>Myoclonus (twitching or jerking)</td>
<td>Overdose</td>
</tr>
<tr>
<td>Sedation, cognitive impairment</td>
<td>Hospitalization</td>
</tr>
<tr>
<td>Sweating, miosis, urinary retention</td>
<td>Disability or permanent damage</td>
</tr>
<tr>
<td>Allergic reactions</td>
<td>Falls or fractures</td>
</tr>
<tr>
<td>Hypogonadism</td>
<td></td>
</tr>
<tr>
<td>Tolerance, physical dependence, hyperalgesia</td>
<td></td>
</tr>
</tbody>
</table>

Prescribers should report serious AEs and medication errors to the FDA:
https://www.fda.gov/media/76299/download
or 1-800-FDA-1088
OPIOID-INDUCED RESPIRATORY DEPRESSION

MORE LIKELY TO OCCUR:

• In elderly, cachectic, or debilitated patients
• If given concomitantly with other drugs that depress respiration (such as benzodiazepines)
• In patients who are opioid-naïve or have just had a dose increase
• Opioids are contraindicated in patients with respiratory depression or conditions that increase risk

HOW TO REDUCE RISK:

• Ensure proper dosing and titration
• Do not overestimate dose when converting dosage from another opioid product
  – Can result in fatal overdose with first dose
• Avoid co-prescribing benzodiazepines
• Instruct patients to swallow tablets/capsules whole
  – Dose from cut, crushed, dissolved, or chewed tablets/capsules may be fatal, particularly in opioid-naïve individuals
TRANSDERMAL/TRANSMUCOSAL DOSAGE FORMS

Do not cut, damage, chew, or swallow

Prepare skin: clip (not shave) hair and wash area with water

Rotate location of application

Do not apply buccal film products if film is cut, damaged, or changed in any way -- use the entire film

Note that metal foil backings are not safe for use in MRIs

Monitor patients with fever for signs or symptoms of increased opioid exposure

Note that exertion or exposure to external heat can lead to fatal overdose
FOR SAFER USE: KNOW DRUG INTERACTIONS, PK, AND PD

CNS depressants can potentiate sedation and respiratory depression

Opioid use with MAOIs may increase respiratory depression
   Certain opioids with MAOIs can cause serotonin syndrome

Many opioids can prolong QTc interval, check the PI; methadone requires extra caution

Some ER/LA products rapidly release opioid (dose dump) when exposed to alcohol
   Some drug levels may increase without dose dumping

Opioid use can reduce efficacy of diuretics
   Inducing release of antidiuretic hormone

Drugs that inhibit or induce CYP enzymes can increase or lower blood levels of some opioids
OPIOIDS AND CYP450 ENZYME INTERACTIONS

Metabolism of several commonly used opioids occurs through the cytochrome P450 system

Be aware of potential inhibitors (e.g., macrolides, azole antifungals) and inducers (e.g., carbamazepine)

Genetic and phenotypic variations in patient response to certain opioids

Refer to product-specific information in the drug package insert before prescribing

### DRUG INTERACTIONS COMMON TO OPIOIDS

<table>
<thead>
<tr>
<th>Other CNS Depressants</th>
<th>Partial Agonists* or Mixed Agonist/Antagonists †</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Increased risk of respiratory depression, hypotension, profound sedation, or coma</td>
<td>• Avoid concurrent use with full opioid agonist</td>
</tr>
<tr>
<td>• Reduce initial dose</td>
<td>• May reduce analgesic effect and/or precipitate withdrawal</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Skeletal Muscle Relaxants</th>
<th>Anticholinergic Medication</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Concurrent use may enhance neuromuscular blocking action and increase respiratory depression</td>
<td>• Concurrent use increases risk of urinary retention and severe constipation</td>
</tr>
<tr>
<td></td>
<td>• May lead to paralytic ileus</td>
</tr>
</tbody>
</table>

*Buprenorphine †pentazocine, nalbuphine, butorphanol
SPECIAL POPULATIONS
OLDER ADULTS

RISK FOR RESPIRATORY DEPRESSION

- Age-related changes in distribution, metabolism, excretion; absorption less affected

ACTIONS

- Monitor
  - Initiation and titration
  - Concomitant medications (polypharmacy)
  - Falls risk, cognitive change, psychosocial status
- Reduce starting dose to 1/3 to 1/2 the usual dosage in debilitated, non-opioid-tolerant patients
- Start low, go slow, but GO
- Routinely initiate a bowel regimen
- Patient and caregiver reliability/risk of diversion

Neonatal opioid withdrawal syndrome is a potential risk of opioid therapy. Given this potential risk, clinicians should:

- Discuss family planning, contraceptives, breast feeding plans with patients
- Counsel women of childbearing potential about risks and benefits of opioid therapy during pregnancy and after delivery
- Encourage minimal/no opioid use during pregnancy, unless potential benefits outweigh risks to fetus
- Refer to a high-risk OB/Gyn who will ensure appropriate treatment for the baby

- Perform universal screening to avoid neonatal abstinence syndrome

- For women using opioids on a daily basis, ACOG recommends methadone or buprenorphine

ACOG = American College of Obstetricians and Gynecologists
CHILDREN AND ADOLESCENTS

HANDLE WITH CARE: JUDICIOUS & LOW-DOSE USE OF IR FOR BRIEF THERAPY

THE SAFETY AND EFFECTIVENESS OF MOST OPIOIDS ARE UNESTABLISHED

- Pediatric analgesic trials pose challenges
- Transdermal fentanyl approved in children ≥ 2
- Oxycodone ER dosing changes for children ≥ 11

ER/LA OPIOID INDICATIONS ARE PRIMARILY LIFE-LIMITING CONDITIONS

WHEN PRESCRIBING ER/LA OPIOIDS TO CHILDREN:

- Consult pediatric palliative care team or pediatric pain specialist or refer to a specialized multidisciplinary pain clinic

OTHER POPULATIONS NEEDING SPECIAL TREATMENT CONSIDERATIONS

- Persons with sleep disorders or sleep-disordered breathing (sleep apnea)
- Persons with dementia/nonverbal patients
- Persons with obesity
- Persons with renal/hepatic impairment
- Persons with psychiatric disorders
- Persons at end-of-life
- Persons with substance use disorder
WHEN TO CONSIDER A TRIAL OF AN OPIOID

Case: 95 y/o patient in a long-term care facility has osteoporosis with ongoing pain from vertebral compression fractures, complicated by multiple chronic conditions making her bedbound. Family requests pain management.

Recommendation:

• Evaluate for interventional options, though these are likely contraindicated as is oral bisphosphonate therapy
• Consider non-opioid medications for pain
• If those do not relieve pain, conduct risk assessment, obtain informed consent from the patient or responsible party, and start low-dose opioid pain management
INFORMED CONSENT

When initiating a pain treatment plan, confirm patient understanding of informed consent to establish:

- Analgesic and functional goals of treatment
- Expectations
- Potential risks
- Alternatives
- Patient’s understanding
- Patient’s decision
PATIENT PROVIDER AGREEMENT (PPA)

REINFORCE EXPECTATIONS FOR APPROPRIATE AND SAFE OPIOID USE

- Clarify treatment plans and goals
- One prescriber
- Consider one pharmacy
- Safeguards
  - Do not store in medicine cabinet
  - Keep locked (medication safe)
  - Do not share or sell
- Instructions for disposal when no longer needed
- Prescriber notification for any event resulting in a pain medication prescription

- Follow-up plan
- Monitoring
  - Random UDT and pill counts
- Refill procedure
- Identify behaviors indicating need for discontinuation
- Exit strategy
- Signed by both
PPA NONADHERENCE

Behavior outside the boundaries of agreed-on treatment plan

- Unsanctioned dose escalations or other noncompliance with therapy on 1 or 2 occasions
- Unapproved use of the drug to treat another symptom
- Openly acquiring similar drugs from other medical sources
- Multiple dose escalations or other noncompliance with therapy despite warnings
- Prescription forgery
- Obtaining prescription drugs from nonmedical sources

Any of these behaviors merits investigation: proceed with caution
CHAPTER 5
MANAGING PATIENTS ON OPIOID ANALGESICS
INITIATING OPIOIDS

- Begin a therapeutic trial with an IR opioid
- Prescribe the lowest effective dosage
- Use caution at any dosage, but particularly when:
  - Increasing dosage to ≥ 50 morphine milligram equivalents (MME)/day
  - Carefully justify a decision to titrate dosage to ≥ 90 MME/day
- Always include dosing instructions, including daily maximum
- Be aware of interindividual variability of response
- Have PPA, baseline UDT, and informed consent in place
- Co-prescribe naloxone (if indicated) and bowel regimen
- Re-evaluate risks/benefits within 1 – 4 weeks (could be as soon as 3 – 5 days) of initiation or dose escalation
- Re-evaluate risks/benefits every 3 months; if benefits do not outweigh harms, optimize other therapies and work to taper and discontinue

There are differences in benefit, risk and expected outcomes for patients with chronic pain and cancer pain, as well as for hospice and palliative care patients.
ONGOING AND LONG-TERM MANAGEMENT OF PATIENTS ON OPIOID ANALGESICS

PERIODIC REVIEW OF PAIN

- Is the patient making progress toward functional goals?
- Reset goals if required or indicated; develop reasonable expectations
- Monitor for breakthrough pain
- Review adverse events/side effects at each visit
  - Evaluate bowel function
  - Screen for endocrine function as needed
  - Report adverse events to the FDA website
  - Implement opioid rotation, as indicated

Prescribers should report serious AEs and medication errors to the FDA:
https://www.fda.gov/media/76299/download
or 1-800-FDA-1088
ONGOING AND LONG-TERM MANAGEMENT OF PATIENTS ON OPIOID ANALGESICS

MONITORING FOR SAFETY

- Check PDMP (when clinically indicated or legally mandated)
- Use urine drug testing (UDT)
- Reassess risk of SUD and/or OUD
- Monitor adherence to the treatment plan
  - Medication reconciliation
  - Evaluate for nonadherence

DISCONTINUING AND TAPERING

- When is opioid therapy no longer necessary?
MONITORING PAIN AND SUBSTANCE USE DISORDER

**PAIN – 5 A’s**

- Analgesia
- Activity/Function
- Aberrant/Problematic behavior, not present
- Adverse events
- Affect

**SUD – 5 C’s**

- Control, loss of
- Compulsive use
- Craving drug
- Continued use
- Chronic problem
WHEN TO MOVE FROM IR TO ER/LA OPIOIDS

**PRIMARY REASONS**
- Maintain stable blood levels (steady state plasma)
- Longer duration of action
- Multiple IR doses needed to achieve effective analgesia
- Poor analgesic efficacy despite dose titration
- Less sleep disruption

**OTHER POTENTIAL REASONS**
- Patient desire or need to try a new formulation
- Cost or insurance issues
- Adherence issues
- Change in clinical status requiring an opioid with different pharmacokinetics
- Problematic drug-drug interactions
### CONSIDERATIONS FOR CHANGE FROM IR TO ER/LA OPIOIDS

<table>
<thead>
<tr>
<th>DRUG AND DOSE SELECTION IS CRITICAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Some ER/LA opioids or dosage forms are only recommended for opioid-tolerant patients</td>
</tr>
<tr>
<td>• ANY strength of transdermal fentanyl or hydromorphone ER</td>
</tr>
<tr>
<td>• Certain strengths/doses of other ER/LA products (check drug prescribing information)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MONITOR PATIENTS CLOSELY FOR RESPIRATORY DEPRESSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Especially within 24 – 72 hours of initiating therapy and increasing dosage</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>INDIVIDUALIZE DOSAGE BY TITRATION BASED ON EFFICACY, TOLERABILITY, AND PRESENCE OF AEs</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Check ER/LA opioid product PI for minimum titration intervals</td>
</tr>
<tr>
<td>• Supplement with IR analgesics (opioid and non-opioid) if pain is not controlled during titration</td>
</tr>
</tbody>
</table>

EMERGENCE OF OPIOID-INDUCED HYPERALGESIA

• An increased sensitivity to pain
• Usually occurs at high MME dosages and over long periods of time
• A physiological phenomenon that can happen to anyone
• Consider this explanation if:
  • Pain increases despite dose increases
  • Pain appears in new locations
  • Patient becomes more sensitive to painful stimuli
  • Patient is not improving in the absence of underlying cause progression

OPIOID TOLERANCE

If opioid tolerant, still use caution at higher doses

Patients considered opioid tolerant are taking at least

- 60 mg oral morphine/day
- 25 mcg transdermal fentanyl/hour
- 30 mg oral oxycodone/day
- 8 mg oral hydromorphone/day
- 25 mg oral oxymorphone/day
- An equianalgesic dose of another opioid

Also use caution when rotating a patient on an IR opioid to a different ER/LA opioid

Products restricted to opioid tolerant individuals include transdermal fentanyl (Duragesic) and hydromorphone (Exalго).

SOURCE: The Opioid Analgesics Risk Evaluation & Mitigation Strategy product search
https://opioidanalgesiccrems.com/RpcUI/products.u
**OPIOID TOLERANCE VERSUS PHYSICAL DEPENDENCE**

**TOLERANCE**
- Occurs when increased dose is needed to maintain the functional status no longer achieved by current dose
- CNS and respiratory depression can develop with dose increase

**PHYSICAL DEPENDENCE**
- Occurs when an organism only functions normally in the presence of the substance
- Abrupt discontinuation or dosage decrease causes uncomfortable symptoms of withdrawal

Both **tolerance** and **physical dependence** are physiological adaptations to chronic opioid exposure and **DO NOT** equal addiction or opioid use disorder
OPIOID ROTATION

DEFINITION

A change from an existing opioid regimen to another opioid with the goal of improving therapeutic outcomes or to avoid AEs attributed to the existing drug.

RATIONALE

Used when differences in pharmacologic or other effects make it likely that a switch will improve outcomes.

- Effectiveness and AEs of different mu-opioids vary among patients.
- Patient tolerant to first opioid might have improved analgesia from second opioid at a dose lower than calculated from an Equianalgesic Dosing Table (EDT).

EQUIANALGESIC DOSING TABLES (EDT)

Many different versions:
- Published
- Online
- Online interactive
- Smart-phone apps

Vary in terms of:
- Equianalgesic values
- Whether ranges are used
- Which opioids are included: May or may not include transdermal opioids, rapid-onset fentanyl, ER/LA opioids, or opioid agonist-antagonists
### START WITH AN EDT FOR ADULTS

<table>
<thead>
<tr>
<th>DRUG</th>
<th>EQUIANALGESIC DOSE</th>
<th>USUAL STARTING DOSE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Morphine</strong></td>
<td>10 mg 30 mg</td>
<td>2.5 - 5 mg SC/IV q3 - 4hr (1.25 - 2.5 mg) 5 - 15 mg q3 - 4hr (IR or oral solution) (2.5 - 7.5 mg)</td>
</tr>
<tr>
<td><strong>Oxycodone</strong></td>
<td>NA 20 mg</td>
<td>NA                  5 - 10 mg q3 - 4hr (2.5 mg)</td>
</tr>
<tr>
<td><strong>Hydrocodone</strong></td>
<td>NA 30 mg</td>
<td>NA                  5 mg q3 - 4hr (2.5 mg)</td>
</tr>
<tr>
<td><strong>Hydromorphone</strong></td>
<td>1.5 mg 7.5 mg</td>
<td>0.2 - 0.6 mg SC/IV q2 - 3hr (0.2 mg) 1 - 2 mg q3 - 4hr (0.5 - 1 mg)</td>
</tr>
</tbody>
</table>
MU-OPIOID RECEPTORS AND INCOMPLETE CROSS TOLERANCE

MU-OPIOIDS BIND TO MU RECEPTORS

MANY MU RECEPTOR SUBTYPES

Mu-opioids produce subtly different pharmacologic responses based on distinct activation profiles of mu receptor subtypes

MAY HELP EXPLAIN:

Interpatient variability in response to mu-opioids

Incomplete cross tolerance among mu-opioids
GUIDELINES FOR OPIOID ROTATION

Calculate equianalgesic dose of new opioid from EDT

REDUCE CALCULATED EQUIANALGESIC DOSE BY 25% – 50%*

SELECT % REDUCTION BASED ON CLINICAL JUDGMENT

CLOSER TO 50% REDUCTION IF PATIENT
- Is receiving a relatively high dose of current opioid regimen
- Is elderly or medically frail

CLOSER TO 25% REDUCTION IF PATIENT
- Does not have these characteristics
- Is changing route of administration

*75% – 90% reduction for methadone
GUIDELINES FOR OPIOID ROTATION (continued)

IF SWITCHING TO METHADONE:

• Standard EDTs are less helpful in opioid rotation to methadone

• For opioid tolerant patients, methadone doses should **not** exceed 30 – 40 mg/day upon rotation
  
  • Consider inpatient monitoring, including serial EKG monitoring

• For opioid-naïve patients, do **not** give methadone as an initial drug

IF SWITCHING TO TRANSDERMAL:

• **Fentanyl**: calculate dose conversion based on equianalgesic dose ratios included in the drug package insert
GUIDELINES FOR OPIOID ROTATION: SUMMARY

<table>
<thead>
<tr>
<th>VALUES FROM EDT*</th>
<th>PATIENT OPIOID VALUES</th>
<th>SOLVE FOR X</th>
<th>AUTOMATICALLY REDUCE DOSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Value of current opioid</td>
<td>24–hr dose of current opioid</td>
<td>Equianalgesic 24–hr dose of new opioid</td>
<td>By 25% – 50%†</td>
</tr>
<tr>
<td>Value of new opioid</td>
<td>X amount of new opioid</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Frequently assess initial response

Titrate dose of new opioid to optimize outcomes

Calculate supplemental rescue dose used for titration at 5% – 15% of total daily dose‡

* If switching to transdermal fentanyl, use equianalgesic dose ratios provided in PI
† If switching to methadone, reduce dose by 75% – 90%
‡ If oral transmucosal fentanyl used as rescue, begin at lowest dose irrespective of baseline opioid
BREAKTHROUGH PAIN (BTP)

PATIENTS ON STABLE ATC OPIOIDS MAY EXPERIENCE BTP

- Due to disease progression or a new or unrelated pain
  - Target cause or precipitating factors
- Dose for BTP: Using an **IR, 5% – 15%** of total daily opioid dose, administered at an appropriate interval
- **Never use ER/LA for BTP**

CONSIDER ADDING

- PRN IR opioid trial based on analysis of benefit versus risk
  - There is a risk for aberrant/problematic drug-related behaviors
  - High-risk: Add only in conjunction with frequent monitoring
    - and follow-up
  - Low-risk: Add with routine follow-up and monitoring
- Consider non-opioid drug therapies and nonpharmacologic treatments
ABUSE-DETERRENT FORMULATION (ADF) OPIOIDS

• Response to growing non-medical-use problem
• An ER/LA opioid with properties to meaningfully deter abuse, even if they do not fully prevent abuse
  - Less likely to be crushed, injected, or snorted
• Consider as one part of an overall strategy
• Mixed evidence on the impact of ADF on misuse
• Overdose is still possible if taken orally in excessive amounts
• These products are expensive with no generic equivalents
URINE DRUG TESTING (UDT)

- Urine testing is done **FOR** the patient, not **TO** the patient
- Helps to identify drug misuse/addiction
- Assists in assessing and documenting adherence

CLINICAL CONSIDERATIONS

- Recommend UDT before first prescription (baseline) then intermittently, depending on clinical judgment and state regulations
- Document time and date of last dose taken
- Be aware of possible false positives or negatives
- Clarify unexpected results with the lab before confronting patient to rule out poor specimen or error
## SCREENING VERSUS CONFIRMATORY UDTS

<table>
<thead>
<tr>
<th></th>
<th>SCREENING (Office-based)</th>
<th>CONFIRMATORY (Send to lab)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Analysis technique</strong></td>
<td>Immunoassay</td>
<td>GC-MS or HPLC</td>
</tr>
<tr>
<td><strong>Sensitivity</strong></td>
<td>Low or none when testing for semi-synthetic or synthetic opioids</td>
<td>High</td>
</tr>
<tr>
<td><strong>Specificity</strong></td>
<td>Varies (can result in false positives or false negatives)</td>
<td>High</td>
</tr>
<tr>
<td><strong>Turnaround</strong></td>
<td>Rapid</td>
<td>Slow</td>
</tr>
<tr>
<td><strong>Other</strong></td>
<td>Intended for a drug-free population, may not be useful in pain medicine</td>
<td>Legally defensible results</td>
</tr>
</tbody>
</table>

GC-MS = gas chromatograph-mass spectrometry; HPLC = high-performance liquid chromatography
## WINDOWS OF SPECIFIC DRUG DETECTION

<table>
<thead>
<tr>
<th>Drug</th>
<th>How soon after taking drug will there be a positive drug test?</th>
<th>How long after taking drug will there continue to be a positive drug test?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cannabis/pot</td>
<td>1 – 3 hours</td>
<td>1 – 7 days</td>
</tr>
<tr>
<td>Crack (cocaine)</td>
<td>2 – 6 hours</td>
<td>2 – 3 days</td>
</tr>
<tr>
<td>Heroin (opiates)</td>
<td>2 – 6 hours</td>
<td>1 – 3 days</td>
</tr>
<tr>
<td>Speed/uppers (amphetamine, methamphetamine)</td>
<td>4 – 6 hours</td>
<td>2 – 3 days</td>
</tr>
<tr>
<td>Angel dust/PCP</td>
<td>4 – 6 hours</td>
<td>7 – 14 days</td>
</tr>
<tr>
<td>Ecstasy</td>
<td>2 – 7 hours</td>
<td>2 – 4 days</td>
</tr>
<tr>
<td>Benzodiazepine</td>
<td>2 – 7 hours</td>
<td>1 – 4 days</td>
</tr>
<tr>
<td>Barbiturates</td>
<td>2 – 4 hours</td>
<td>1 – 3 weeks</td>
</tr>
<tr>
<td>Methadone</td>
<td>3 – 8 hours</td>
<td>1 – 3 days</td>
</tr>
<tr>
<td>Tricyclic antidepressants</td>
<td>8 – 12 hours</td>
<td>2 – 7 days</td>
</tr>
<tr>
<td>Oxycodone</td>
<td>1 – 3 hours</td>
<td>1 – 2 days</td>
</tr>
</tbody>
</table>

SOURCE:  [http://www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/InVitroDiagnostics/DrugsofAbuseTests/ucm125722.htm](http://www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/InVitroDiagnostics/DrugsofAbuseTests/ucm125722.htm)
EXAMPLES OF OPIOID METABOLISM

POPpy SEEDS

CODEINE → MORPHINE

HYDROCODONE → HYDROMORPHONE

OXYCODONE → OXYMORPHONE

6-MAM* → HEROIN

$T_{1/2}=25 - 30$ Min

$T_{1/2}=3 - 5$ Min

*6-MAM=6-Monoacetylmorphine
### REASONS FOR DISCONTINUING OPIOIDS

#### PAIN LEVEL DECREASE IN STABLE PATIENTS
- One or two episodes of increasing dose without prescriber knowledge
- Sharing medications
- Unapproved opioid use to treat another symptom (e.g., insomnia)

#### INTOLERABLE AND UNMANAGEABLE AEs
- Use of illicit drugs or unprescribed opioids
- Repeatedly obtaining opioids from multiple outside sources
- Prescription forgery
- Multiple episodes of prescription loss
- Diversion

#### NO PROGRESS TOWARD THERAPEUTIC GOALS
- Pain level decrease in stable patients
- Intolerable and unmanageable AEs

#### MISUSE OR ABERRANT BEHAVIORS
Even at prescribed doses, opioids carry the risk of misuse, abuse, opioid use disorder, overdose, and death.
TAPER DOSE WHEN DISCONTINUING

- No single approach is appropriate for all patients

- May use a range of approaches from a slow 10% dose reduction per week to a more rapid 25% – 50% reduction every few days

- To minimize withdrawal symptoms in patients physically dependent on opioids, consider medications to assist with withdrawal (clonidine, NSAIDs, antiemetics, antidiarrheal agents)

- If opioid use disorder or a failed taper, refer to an addiction specialist or consider opioid agonist therapy

- Counseling and relaxation strategies needed
CONSULTING A PAIN SPECIALIST

• Appropriate when you feel you cannot provide the level of care needed

• First ensure you have a reliable specialist to refer to

• To find a pain specialist in your area:
  • Consult with state boards
  • Consult with colleagues
  • Use online resources
  • Consult payment source

• Prior to referral, contact the specialist and ask what is needed for referral
Adequately DOCUMENT all patient interactions, assessments, test results, and treatment plans.
CHAPTER 6

EDUCATING YOUR PATIENTS AND THEIR CAREGIVERS
COUNSEL PATIENTS ABOUT PROPER USE

- Take opioid as prescribed
- Adhere to dose regimen
- Use least amount of medication necessary for shortest time
- Do not abruptly discontinue or reduce dose; taper safely to avoid withdrawal symptoms
- Properly handle missed doses
- Notify HCP if pain is uncontrolled
- Manage side effects
- Inform HCP of ALL meds being taken
- Never share or sell opioids: can lead to others’ deaths, against the law
- Use caution when operating heavy machinery and driving

Read the opioid drug package insert received from the pharmacy every time an opioid is dispensed
What You Need to Know About Opioid Pain Medicines

This guide is for you! Keep this guide and the Medication Guide that comes with your medicine so you can better understand what you need to know about your opioid pain medicine. Go over this information with your healthcare provider. Then, ask your healthcare provider about anything that you do not understand.

What are opioids?
Opioids are strong prescription medicines that are used to manage severe pain.

What are the serious risks of using opioids?
- Opioids have serious risks of addiction and overdose.
- Too much opioid medicine in your body can cause your breathing to stop – which could lead to death. This risk is greater for people taking other medicines that make you feel sleepy or people with sleep apnea.
- Addiction is when you crave drugs like opioid pain medicines because they make you feel good in some way. You keep taking the drug even though you know it is not a good idea and bad things are happening to you. Addiction is a brain disease that may require ongoing treatment.

- Take your opioid medicine exactly as prescribed.
- Do not cut, break, chew, crush, or dissolve your medicine. If you cannot swallow your medicine whole, talk to your healthcare provider.
- When your healthcare provider gives you the prescription, ask:
  - How long should I take it?
  - What should I do if I need to taper off the opioid medicine (slowly take less medicine)?
- Call your healthcare provider if the opioid medicine is not controlling your pain. Do not increase the dose on your own.
- Do not share or give your opioid medicine to anyone else. Your healthcare provider selected this opioid and the dose just for you. A dose that is okay for you could cause an overdose and death for someone else. Also, it is against the law.
- Store your opioid medicine in a safe place where it cannot be reached by children or stolen by family or visitors to your home. Many teenagers like to experiment with pain medicines. Use a lock-box to keep your opioid.

Risk Factors for Opioid Abuse:
- You have:
  - a history of addiction
  - a family history of addiction

CLICK TO DOWNLOAD

PROVIDE ANTICIPATORY GUIDANCE ON OPIOID SIDE EFFECTS AND ADVERSE EVENTS

- Respiratory depression: most serious
- Opioid-induced constipation (OIC): most common
- Sexual dysfunction and other endocrine abnormalities
- Tolerance, physical dependence, hyperalgesia
- Allergic reactions
- Sedation, cognitive impairment
- Falls and fractures
- Sweating, miosis, urinary retention
- Hypogonadism
- Myoclonus (twitching or jerking)
- Addiction in vulnerable patients
- Overdose and death
WARN PATIENTS

Never break, chew, crush, or snort an opioid tablet/capsule, or cut or tear patches or buccal films prior to use
• May lead to rapid release of opioid, causing overdose and death
• If patient is unable to swallow a capsule whole, refer to drug package insert to determine if appropriate to sprinkle contents on applesauce or administer via feeding tube

Use of CNS depressants or alcohol with opioids can cause overdose and death
• Use with alcohol may result in rapid release and absorption of a potentially fatal opioid dose, known as “dose dumping”
• Use with other depressants such as sedative-hypnotics (benzodiazepines), anxiolytics, or illegal drugs can cause life-threatening respiratory depression
OPIOID-INDUCED RESPIRATORY DEPRESSION

If not immediately recognized and treated, may lead to respiratory arrest and death

More likely to occur in opioid naïve patients during initiation or after dose increase

Instruct patients/family members to:
• Screen for shallow or slowed breathing
• Deliver naloxone
• CALL 911

Instructions may differ if patient is on hospice or near end of life

Greatest risk: when co-prescribed with a benzodiazepine
SIGNS OF OVERDOSE POISONING  CALL 911

• Person cannot be aroused or awakened or is unable to talk
• Any trouble with breathing, heavy snoring is warning sign
• Gurgling noises coming from mouth or throat
• Body is limp, seems lifeless; face is pale, clammy
• Fingernails or lips turn blue/purple
• Slow, unusual heartbeat or stopped heartbeat
NALOXONE

What it is:

- An opioid antagonist administered intranasally (most common) or parenterally
- Reverses acute opioid-induced respiratory depression but will also reverse analgesia; may precipitate acute opioid withdrawal
- No abuse potential

What to do:

- Discuss an overdose plan with patients
- Consider offering a naloxone prescription to all patients prescribed opioids; some states require co-prescribing
- Involve and train family, friends, partners, and/or caregivers in the proper administration of naloxone
- Check to see if pharmacy dispenses it
- Check expiration dates and replace expired naloxone
- In the event of known or suspected overdose call 911 and administer naloxone
NALOXONE OPTIONS

- Available as auto-injector, intramuscular injection, or nasal spray
- Cost and insurance coverage vary
- Make use of tutorial videos to demonstrate administration
- Store at room temperature
- Dispose of used containers safely

Trade names are used for identification purposes only and do not imply endorsement.

SOURCE: FDA Information About Naloxone,
SAFE OPIOID STORAGE AND DISPOSAL

STEP 1: MONITOR
• Note how many pills are in each prescription
• Keep track of dosage and refills
• Make sure everyone in the home knows

STEP 2: SECURE
• Keep meds in a safe place (locked cabinet or box)
• Store away from children, family, visitors, and pets
• Encourage parents of your teen’s friends to secure their prescription

STEP 3: DISPOSE
• Discard expired or unused meds
• Consult drug package insert for best disposal method

Request for More Pain Medication

Is it Progression of their Disease?

Opioid Tolerant

Chemical Coping

OR
WHERE AND HOW TO DISPOSE OF UNUSED OPIOIDS

Authorized Collection Sites

• Use the DEA disposal locator website to find sites near you:
  https://apps.deadiversion.usdoj.gov/pubdispsearch
• Search Google Maps for "drug disposal nearby"

Options

• Drug take-back days (local pharmacies or local law enforcement)
• Flush
  • Fold patch in half so sticky sides meet, then flush
• Trash (mix with noxious element)

Mail-Back Packages

• Obtain from authorized collectors

CHAPTER 7
UNDERSTANDING OPIOID USE DISORDER (OUD)
WHAT IS THE RISK FOR MY PATIENT?

- Risk of opioid use disorder in patients on chronic opioid therapy (COT) for chronic non-cancer pain (CNCP) is up to 26%.
- Risk is always highest with past history of substance use disorder (SUD) or psychiatric comorbidity.

WHAT IS ADDICTION?

OFFICIAL ASAM DEFINITION:
Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry. This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviors.

PRACTICAL DEFINITION:
Addiction is the continued use of drugs or activities, despite knowledge of continued harm to one’s self or others.
SUBSTANCE USE DISORDER: DSM-5 CRITERIA

1. Tolerance*
2. Withdrawal*

LOSS OF CONTROL
3. Using larger amounts and/or for longer periods
4. Inability to cut down on or control use
5. Increased time spent obtaining, using, or recovering
6. Craving/compulsion

USE DESPITE NEGATIVE CONSEQUENCES
7. Role failure at work, home, school
8. Social, interpersonal problems
9. Reducing social, work, recreational activity
10. Physical hazards
11. Physical or psychological harm

* Not valid if opioid is taken as prescribed

SOURCE: APA. Diagnostic and Statistical Manual of Mental Disorders (DSM-5). 2013

• 2 – 3 = mild
• 4 – 5 = moderate
• ≥6 = severe
PAIN, OUD, AND OPIOIDS

The DSM-5 criteria for opioid use disorder may be misleading in the context of prescribed opioids for the treatment of pain.

Harm may be masked under these conditions.

Clinical judgement is key.
WORDS MATTER

Physical dependence or tolerance → Doesn’t necessarily equal → OUD/ addiction → Doesn’t necessarily equal → Aberrant/ problematic behavior
OPIOID RECEPTORS IN THE BRAIN: RELATIONSHIP TO ANALGESIA, OUD, AND WITHDRAWAL

1. Periaqueductal gray (pain center)
2. Nucleus accumbens (reward center)
3. Locus coeruleus (physical dependence/withdrawal center)
THE CYCLE OF SUBSTANCE USE DISORDER

NEUROTRANSMITTERS

- Dopamine
- Opioid peptides
- Corticotropin-releasing factor
- Dynorphin
- Glutamate
EVERYONE IS VULNERABLE, BUT WHO IS MOST VULNERABLE TO OPIOID MISUSE OR OUD?

- Those with low hedonic tone
- Those with psychiatric comorbidities
- Those with a genetic predisposition to substance abuse (family history)

The probability of long-term opioid use increases most sharply in the first days of therapy, particularly after 5 days or 1 month of opioids has been prescribed.
TREATMENT OF OPIOID USE DISORDER

- Medication options for addiction treatment (MAT)
  - Methadone (Schedule II)
  - Buprenorphine (Schedule III)
  - Naltrexone (not a controlled substance)
- Supplementary psychosocial and recovery support services
  - Housing, childcare, support groups, employment services
- Temporal considerations
  - Frequency of administration (daily versus long-acting formulations)
  - Length of treatment
    - No recommended time period for treatment
    - Patients who discontinue and resume risk overdose and death
TREATING PAIN IN THE PATIENT WITH OUD

• Remember that untreated pain is a trigger for relapse
• Must address *both* pain and opioid use disorder
• Avoid other potentially problematic medications
• Consider a multidisciplinary pain program

• Consider buprenorphine for both pain and OUD
• Consider using opioids that do not metabolize to other prescribed medications
• Enlist patient’s family/significant other to secure and dispense opioids
• Recommend an active recovery program
• Remember to use UDT, PDMP, pill counts, PPA

OPIOID ANALGESICS WITH BENZODIAZEPINES, NICOTINE, AND ALCOHOL

• More than 30% of opioid overdoses involve benzodiazepines (BZDs); both are CNS depressants (avoid concurrent prescribing)

• Nicotine and alcohol use are risk factors for misuse of prescribed opioids

• Nicotine users are co-prescribed BZDs and muscle relaxants (MRs) with opioids to a greater extent than non-nicotine users

BUPRENORPHINE

- If using for pain, you don’t need a waiver
- If using to treat OUD, you need a waiver
- The most commonly prescribed pharmacotherapy for the treatment of OUD
- Partial mu-agonist with “plateau effect” for respiratory depression
- Good efficacy and safety profile
- FDA-approved buprenorphine products for pain:
  - Butrans: 7-day transdermal patch
  - Belbuca: buccal mucosal film; BID dosing
REFERRALS AND TREATMENT CENTERS

ASAM, SAMHSA, and AAAP are all helpful referral resources.

ASAM resources: https://www.asam.org/resources/resource-links
SAMHSA locator: https://findtreatment.samhsa.gov/locator
AAAP locator: https://www.aaap.org/patients/find-a-specialist/
Our session stops here, but your review continues…

For detailed information, prescribers can refer to prescribing information available online via DailyMed at

www.dailymed.nlm.nih.gov or
https://opioidanalgesicrems.com/RpcUI/products.u

Please visit the CO*RE Tools Repository
http://core-rems.org/opioid-education/tools/
Thank you for completing the post test for this CO*RE session.

Your participation in this test allows CO*RE to report de-identified numbers to the FDA.

Strong test participation will demonstrate that clinicians have voluntarily engaged with this important material and are committed to patient safety and improved outcomes.

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