

WHAT WE WILL DO:

- 1 Review the state's online prescription drug monitoring program (PDMP) to ensure that you are receiving controlled substances for your pain medication from only one provider and pharmacy before every office visit.
- 2 Explain to you the risks and benefits of taking opioids for pain.
- 3 Help set treatment goals with you and monitor your progress.
- 4 Only supply prescriptions during scheduled office visits. No refills will be given outside of regular appointments. Early refills will not be given.
- 5 Help schedule regular appointments for refills and make sure you have enough opioids to last until your next appointment.
- 6 Ensure availability of scheduled and appropriate refills.
- 7 Work with your insurance so you don't go without opioids because of information they need.
- 8 Work with other providers you see to treat you safely and effectively.
- 9 Make your treatment as safe as possible and check regularly for side effects.
- 10 Stick with you through pain treatment. Our goal is to help you manage your pain, whether opioids work for you or not.
- 11 Report serious concerns of drug misuse to authorities, if needed.
- 12 Help you get treatment if you become addicted to opioids.
- 13 Connect you with other treatment options for your pain as needed.
- 14 Educate you on the safe disposal of unused opioids.

Patient's Printed Name

Provider Signature

Date

References:

- Guidelines for Chronic Use of Opioid Analgesics. Federation of State Medical Boards. April 2017. https://www.fsmb.org/Media/Default/PDF/Advocacy/Opioid%20Guidelines%20As%20Adopted%20April%202017_FINAL.pdf
- National Institute on Drug Abuse. Sample Patient Agreement Forms. <https://www.drugabuse.gov/sites/default/files/files/SamplePatientAgreementForms.pdf>
- American Academy of Family Physicians. Controlled Substance Refill Program: Patient Agreement Form. 2010. <http://www.aafp.org/fpm/2010/1100/fpm20101100p22-rt1.pdf>
- American Academy of Pain Medicine. Agreement on Controlled Substances Therapy for Chronic Pain Treatment. 2013. <http://www.painmed.org/files/agreement-on-controlled-substances-therapy.pdf>

Prescriber and Patient Treatment Agreement Chronic Pain Management



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We want to ensure that you and your caregivers have clear communication and safe, effective procedures when you use opioid/chronic pain management medications. **Our goal is to treat your pain in the safest, most effective way possible.** Together, we will discuss the goals of your treatment with opioid therapy, including benefits and potential risks.

Opioid medications are not the only option for treating chronic pain. Other options can include:

- Non-opioid medications
- Counseling, relaxation training, hypnosis, meditation
- Chiropractic care, massage, acupuncture, physical therapy, exercise
- Other medical procedures (surgery, etc.)

Potential risks of taking opioid medication for chronic pain:

- **Dependence:** Your body could adapt to the medication and you could experience withdrawal if it is stopped too quickly.
- **Addiction:** You could experience behaviors like loss of control over drug use, compulsive use, cravings, and continued use despite harm or consequences.
- **Overdose and death**
- **Other side effects:** You could experience constipation, itching, nausea, vomiting, sedation, lightheadedness, leg swelling, water in lungs, breathing trouble, mental slowing, loss of coordination, and decreased sex drive and testosterone.

Potential benefits of taking opioid medication for chronic pain:

- Opioids can be effective for relieving pain and improving your ability to function in daily life. However, there is limited information on the benefits of taking opioids to manage chronic pain, except for cancer. Complete elimination of pain from long term opioid treatment is not expected.

If you feel you are having difficulty with addiction to opioid treatment, consider the following:

- Visit the Substance Abuse and Mental Health Services Administration (SAMHSA) website for general information about recovery: <http://media.samhsa.gov/MAT-Decisions-in-Recovery>
- Find a provider to assist your recovery: visit <https://www.samhsa.gov/find-help> or call **1-800-662-HELP (4357)** for guidance
- Speak with us or your current healthcare provider for assistance on recovery.

WHAT YOU NEED TO DO:

- 1 Arrive on time and keep all scheduled appointments with your provider.
- 2 Bring your opioids in original containers to all appointments and allow the medication to be counted.
- 3 Tell your provider about all medicines you take and update your complete medication list at every office visit.
- 4 Provide samples for random testing when requested by your provider. If results are unsatisfactory, you may forfeit the right to continue receiving controlled substances, including opioids.
- 5 Agree to a specialist evaluation if your provider is concerned about a substance abuse problem.
- 6 Sign a release form allowing your provider to speak to all other providers you see if needed.
- 7 Get all controlled substance prescriptions (like opioids, Xanax, and Ativan) from the provider who signs on the back or the provider covering in his/her absence.
- 8 Fill your controlled substance prescriptions at only one pharmacy. Your provider will talk to the pharmacist about your medicine.

Pharmacy Name: _____

Phone Number: _____

- 9 Keep your medications secure. If your medication is lost or stolen, it will not be replaced until your next appointment and may not be replaced at all.
- 10 Ask your provider or pharmacist if you have any questions or concerns about taking your medications as directed.
- 11 Report worrisome side effects to your provider soon after noticing them.
- 12 Follow through on other treatment options as discussed with your provider to help with chronic pain (e.g., physical or occupational therapy, counseling or mental health services, neurology, and orthopedics).
- 13 Report emergency department prescriptions to your provider in writing within 48 hours.
- 14 Do not drive a car or operate machinery if your opioids cause drowsiness, dizziness, loss of coordination, or unclear thinking. Using alcohol or benzodiazepines (like Valium or Xanax) can make this worse.
- 15 Do not share, sell, or exchange your opioids or take anyone else's medicine.
- 16 Do not use illegal or street drugs, including marijuana.
- 17 Do not stop your opioids suddenly because you may have withdrawal symptoms.
- 18 Understand that opioid medications are only part of chronic pain treatment and that they do not work for everyone. Work with your provider to follow treatments for pain in addition to opioids.
- 19 Dispose of your unused opioids in a safe manner.

I understand that I must follow these rules or I will not be prescribed opioids. I understand the risks of taking opioids.

Patient Signature

Date