

PAIN MANAGEMENT TOOLKIT

PROVIDER RESOURCES

Treatment Guidelines

- Chronic opioid therapy in Chronic Noncancer Pain includes level of evidence to support risk stratification, opioid management plans, dose titration, monitoring, management of side effects, and interventions. Jpain.org
- Management of Opioid Therapy for Chronic Pain Clinical Practice Summary Guidelines developed by VA/DoD. Includes useful information for assessment of response, criteria for referral for addiction specialty, and indications for discontinuation. VA.gov
- A statement from the American Academy of Pain Medicine (AAPM) regarding use of opioids for the treatment of chronic pain. Includes mention of patient consent, and random urine drug screening. Painmed.org
- Chronic Pain Medical Treatment Guidelines with Medical Treatment Utilization Schedule (MTUS) 2009 includes non-drug modalities Dir.ca.gov
- "Common Elements in Guidelines for Prescribing Opioids for Chronic Pain" [CDC Guidelines](http://CDC.Guidelines)
- Neuropathic pain quick reference guide includes treatment algorithm. Nice.org.uk
- SAMHSA's TIP 40 Clinical Guidelines for the Use of Buprenorphine in the Treatment of Opioid Addiction Buprenorphine.samhsa.gov
- SAMSHA recently released an update to the [Federal Guidelines for Opioid Treatment Programs](http://Federal.Guidelines.for.Opioid.Treatment.Programs). These have been updated to reflect current best practices based on current evidence and the health care delivery environment.

Risk Screeners

- [Drug Screening Tool](#) – A web based screening tool provided by NIDA that aids clinicians to identify risky substance abuse use in their adult patients, with resources to assist the clinicians in providing patient feedback and arranging for specialty care.
- [Partners Against Pain - Pain Management Tools for HCP](#) – A webpage that includes assessment forms, pain assessment scales, drug abuse screening tools, aberrant drug-related behavior assessment tools, pain treatment forms, and pain diary forms that healthcare providers may utilize to aid in diagnosing and treating pain in their patients.
- [Screener and Opioid Assessment for Patients with Pain \(SOAPP\)](#) – A brief tool to facilitate assessment and planning for chronic pain patient being considered for long-term opioid treatment. (Also available in Spanish.)
- [Current Opioid Misuse Measure \(COMM\)](#) – A tool to help clinicians identify whether a patient, currently on long-term opioid therapy, may be exhibiting aberrant behaviors associated with misuse of opioid medications. (Also available in Spanish.)
- Opioid risk Tool (ORT) – Questionnaire to assess risk of addiction with scoring to be used prior to opioid therapy. Prescriberresponsibly.com
- A fact sheet bibliography created by SAMHSA-HRSA Center for Integrated Health Solutions about SBIRT (Screening, Brief Intervention, and Referral to Treatment). ICSI.org

- Free technical assistance guide for SBIRT Integration.Samsha.gov
- The TROUP study evaluating possible flags for opiate misuse. [PubMed Link](#)

Opioid calculators

- [DOH MME Calculator](#) – Morphine Equivalent Calculator calculates the dosage of common opioids as equivalent to 1 mg of morphine (Morphine Milligram Equivalent, MME).
- [Practical Pain Management - Opioid Calculator](#) – Calculate an opioid starting dose for an opioid-naïve patient or perform an opioid conversion-dose calculation.
- [Opioid Equivalents Guide](#)– A step-by-step guide to converting/rotating between opioids, including fentanyl patches on Medscape.

Drug & Herbal Information

- [Analgesic Side Effects Matrix](#) – A matrix that compares side effects of common pain medications (APAP, ASA, NSAIDs, Toradol, tramadol, and opioids).
- A table that identifies many of the important pathways involved in analgesic metabolism and may be a useful reference for determining drug interactions. Painmed.org
- [Herbal Therapies for Pain](#) – A scientific review of the efficacy, adverse effects, and drug interactions of various herbal products used to relieve pain.

References

- [AHRQ Effectiveness and Risks of Long-Term Opioid Treatment of Chronic Pain](#) – Research findings on comparative effectiveness and harms of opioid therapy for chronic pain focusing on long-term outcomes. The report answers key questions that clinicians have about a given treatment.
- [Responsible Opioid Prescribing: A Clinician's Guide](#) – A handbook that offers clinicians effective strategies for reducing the risk of addiction, abuse and diversion of opioids that they prescribe for their patients in pain. It can be purchased via the Federation of State Medicaid Boards website at the link provided. You can see the table of contents and read the first chapter at no charge on the FSMB website. The full price is \$16.95, which includes shipping and the ability to earn up to 7.25 AMA PRA Category 1 credits at no additional charge.
- [Evidence Based Practices Substance Use Database](#) – A tool to help treatment providers make informed decisions about which science-based practices are most appropriate in which circumstances and for which individuals.
- [ESP Physician Referral Tool](#) – The Emerging Solutions in Pain (ESP) Referral Network is a geographic listing of specialists in pain management that primary care and other multidisciplinary clinicians can access to search for pain specialists in their local or regional area for questions concerning their chronic pain patients. Site registration required.
- [ESP Patient Referral Tool](#) – The ESP Patient Referral Tool allows primary care physicians and specialists to efficiently and effectively categorize potential pain patients prescribed to long-term opioid therapy into one of three groups for referral strategies. Site registration required.

- [Electronic versions of the Action Kit contents](#) – The New York City department of health and mental hygiene provides opioid analgesic action kit for both providers and patients. This kit for providers include, prevention misuse of opioid analgesic as well as non-opioid approaches to pain management. It also has MME, Morphine Milligram Equivalent calculator, Morbidity and Mortality Weekly Report. Naloxone for overdose prevention report and many other useful updates and reviews regarding opioid misuse.
- “Identifying Risky Opioid Prescribing Practices” is a document prepared for the California Worker’s Compensation Board August 2012. The objective of this study was to search for information on opioid prescribing guidelines and attempts to evaluate the guidelines to inform the development of screening criteria for assessing opioid prescribing risk. [DiR.ca.gov](#)
- [National Institute on Drug Abuse \(NIDA\)](#) NIH site for tools and resources for health professionals and patients on drug abuse and addiction. Opioid prescribing resources includes 2-hour course how to transition patients from opioid therapy. DrugFacts include statistics and are published on a wide range of topics i.e. Hallucinogens, e-Cigarettes.
- Information to assist with pain management with substance abuse comorbidities. Useful tables for risk factors and behavioral predictors for addiction and approach for harm reduction. [Paindr.com](#)
- Educational monograph on use of urine drug testing with guidance on interpretation [Ccoe.rbhs.rutgers.edu](#)
- Genetic testing to explain ineffective or high opioid use discussed. [Pain Medicine News April 2013](#)
- [Naloxone Access: A Practical Guideline for Pharmacists](#) offers useful information concerning patient selection for naloxone, description of various formulations including atomizer vendors, state laws and FAQ.
- [Opioid Prescribing Stats](#) CDC Vital signs outlines the problem, what can be done, states that have been successful to decrease rates and statewide statistics.
- [Guide to Interpret Serum Opiate Levels](#) – Reference developed by Jeffrey Fudin to assist with predicting serum concentrations based on pharmacokinetic differences between agents.

State Regulations

- New York State Regulations related to electronic prescribing of controlled substances as of March 27, 2013. [Health.ny.gov](#)
- 2013 NYC Emergency Department Discharge Opioid Prescribing Guidelines – Guidelines released by the NYC Department of Health and Mental Hygiene in January 2013 providing recommendations for opioid analgesic prescribing to patients being discharged from the emergency department. [Nyc.gov](#)
- [Legislation and Regulations by State](#) – This site provides a state-by-state list of all pain-related legislation and regulations, with links provided under each state.
- [Map of Prescription Drug Monitoring Programs](#) – A map that depicts which states have a Prescription Drug Monitoring Program (PDMP). By clicking on a state with a PDMP, you will gain access to contact information for that state’s PDMP and substance abuse treatment system (Single State Agency), as well as contact information for the Addiction Technology Transfer Center (ATTC) Regional Center that provides services for that state.
- [Naloxone Training Sessions](#) links to OASAS Addiction Treatment Centers in NY that are offering free training for patients, family members and public.

Educational Programs/Resources

- [Opioid/Pain Modules](#) developed by SUNY for New York State Medicaid Prescriber Education Program. They are quick reads which key messages for Non-Cancer Pain management: 1. Pain Classification, assessment and treatment algorithm, 2. Short term trial of short-acting opioids, substance use risk assessment tools, safety checklist and opioid review, and 3. Long-acting opioids. Morphine-Equivalent Dose. Discontinuing therapy.
- [Long Acting Opioid REMS CME](#) – The free REMS educational program is sponsored by PainEDU and consists of 3 one-hour activities which focus on safe and effective management with ER/LA opioids in accordance with FDA Blueprint. Contents prepared by Naum Shaparin MD and Kevin Zacharaff MD of Montefiore.
- [COPE-REMS Online Interactive Course](#) – A free continuing medical education online interactive course offered through the University of Washington’s School of Medicine, that is aimed at opioid prescribing providers and other care managers who are involved in treating patients with chronic non-cancer pain. Course content covers opioid safety requirements as described by the FDA in its 2012 approval of a Risk Evaluation and Mitigation Strategy (REMS) for long-acting and extended-release opioids. This course provides a maximum of 4.0 AMA PRA Category-1 credits, and includes a pretest; 6 chapters of audiovisual content; a post-test for those desiring CME credit, and a comprehensive resources section.
- [Interactive Pain Management Course](#) – An online, interactive case-based pain assessment/management CE course provided by PainEDU for physicians, nurses, pharmacists and psychologists.
- [NIDA Opioid and Pain Management CMEs](#) – Two CME training modules (Safe Prescribing for Pain, 1.25 CME/CE credits; Managing Pain Patient Who Abuse Rx Drugs, 1.75 CME/CE credits) developed by NIDA and Medscape Education that provide practical guidance for physicians and other clinicians in screening pain patients for substance use disorder risk factors before prescribing, and in identifying when patients are abusing their medications. NIDH modules are unaccredited and do not provide any credits.
- [BU Safe and Effective Opioid Prescribing for Chronic Pain CMEs](#) – A free 3 hour online training module developed by Boston University to help Massachusetts providers meet the state mandated requirements for CMEs in pain management and end of life care. Boston University School of Medicine designates this material for a maximum of 5.25 AMA PRA Category 1 credits.
- [ACP Safe Opioid Prescribing Online CME](#) – A free online training program launched by the American College of Physicians to educate clinicians about safety and efficacy when prescribing opioids. Upon completion of the six half-hour webcasts, clinicians will receive a Safe Opioid Prescribing Certificate.
- [Substance Use SBIRTmentor CME](#) – An online training program that utilizes the SBIRT (Screening, Brief Intervention and Referral to Treatment) program, which is an early intervention for people with risky alcohol or other drug use designed to provide systematic screening, brief interventions for behavior change using motivational interviewing, and referral to community services or formal addiction treatment. This course will teach you how to improve patient outcomes by identifying substance use behaviors and determining a patient’s level of risk related to alcohol and other drug use.
- [The Opioid Crisis: Guidelines and Tools for Improving Chronic Pain Management CME](#) – An online interactive activity that examines the best-practices and universal precautions for treating chronic pain and reviews the guidelines for assessing patients, developing a comprehensive treatment plan, initiating an opioid trial and regimen, monitoring patients and strategies to manage the risk of opioid abuse, overdose, and diversion. This course provides 2.0 CME credits.
- [ESP CE Resources](#) – A collection of free CE resources from Emerging Solutions in Pain (ESP) that focus on patient assessment for the risk of opioid misuse, abuse and addiction, patient monitoring throughout the treatment plan, and best practices for clinicians to optimize pain patient care.

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- [PRIMED SAFE Opioid Prescribing Modules](#) – An educational activity that includes 6 free self-study modules for CME/CE credits which focus on the safe prescribing of ER/LA opioid analgesics.
- [The Clinical Assessment of Substance Use Disorders](#) – An interactive educational module via the NIDA to aid clinicians in the identification, assessment, and referral of patients with substance abuse disorders.
- [OpioidRisk.com](#) – An online environment that enables pain management providers to better manage co-morbid substance misuse and addiction or risk for addiction in patients suffering from pain. This website is for clinicians who treat pain and who want more training, information and communication about topics in the interface of pain and addiction medicine, including primary care physicians, resident physicians, nurse practitioners, and others who treat pain.
- [ESP Tool Kit III](#) – A comprehensive resource from ESP to assist pain management clinicians with assessing, monitoring, and protecting their practices. It offers new modules, updated content, and more information designed to address today's critical issues.
- An FDA presentation on the requirement of the Risk Evaluation and Mitigation Strategy (REMS) program. [FDA.gov](#)
- [CE/CME Providers by State](#) – A database on all approved REMS CE/CME vendors that can be searched by state.
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PATIENT RESOURCES

- 2014 ACPE Resource Guide to Chronic Pain Medication & Treatment – A consumer guide created by the American Chronic Pain Association (ACPE) to keep patients with chronic pain well informed about their medications (PDF format). [TheACPA.org](#)
- [ACPE Consumer Guide to Chronic Pain Medication & Treatment](#) (Video) – A consumer guide created by the American Chronic Pain Association (ACPE) to keep patients with chronic pain well informed about their medications.
- [Partners Against Pain - Tools for Patients and Caregivers](#) – A webpage for patients and caregivers that includes a glossary of key terms in pain management, pain assessment scales, pain tracking/management forms, and support/informational brochures.
- [Learn About Your Pain](#) – A comprehensive website and educational tool for patients, caregivers, and the general public who want to learn more about specific diseases and disorders that are associated with chronic pain.
- [Electronic versions of the Action Kit contents](#) -- The New York City department of health and mental hygiene provides Opioid Analgesic Action Kit. This kit includes educational bulletin in many different languages such as Russian, Chinese and Spanish.
- [U.S. Pain Foundation website - Empowering Us All to Live Fulfilling Lives](#) Advocacy group with free membership. Includes educational webinars, information about support groups, and events.
- Safe Disposal of Unused Medicines includes: frequently asked Q&A, list of meds safe for disposal by flushing and information about disposal in household trash. [FDA](#)
- [My Old Meds](#) video teaches 4-step in-home disposal method.

- [Get Naloxone Now](http://getnaloxonenow.org/INFO-ON-HOW-TO-ADMINISTER-NALOXONE.pdf) is an online resource to train people how to respond to opioid-associated overdose emergency. Includes information on how to administer naloxone by various routes. <http://getnaloxonenow.org/INFO-ON-HOW-TO-ADMINISTER-NALOXONE.pdf>
- [Drug4Real](#) An interactive online prevention program that teaches adolescents about the influence of alcohol and drugs and strengthens their commitment to avoid taking these substances.
- Video for teens about drug abuse <http://www.smartmovessmartchoices.org/animated-video>
- [NIDA for Teens](#) has tools for school and peer initiatives related to drug abuse. Online quiz to test knowledge on drug abuse <http://teens.drugabuse.gov/quiz/national-drug-facts-week/take-iq-challenge/2014>
- [Teen Toolkit](#) developed by Ohio State University College of Pharmacy includes presentation and visual aids targeting grades 8-12.
- [Above the Influence](#) is an online program of the Partnership for Drug-Free Kids. Site includes a quiz to help teens better understand their response to peer pressure. <http://abovetheinfluence.com/how-are-you-doing/>