Panel Discussion: Pain Sciences and Practice

Opioid Crisis

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Advancing better practices for pain management

CDC 2016 Guidelines* for Opioids in Chronic Pain

1. Opioids are not 1st line therapy
2. Establish Goals for Pain and Function
3. Discuss Risks and Benefits
4. Use Immediate-release opioids when starting
5. Use the lowest effective dose
6. Prescribe short durations for acute pain
7. Evaluate benefits and harms frequently
8. Use strategies to mitigate risk
9. Review PDMP Data
10. Use Urine Drug Testing
11. Avoid Concurrent Opioid and BZD Prescribing
12. Offer treatment for opioid use disorder

** Excludes: active cancer, palliative care, and end-of-life*

CDC Guideline for Prescribing Opioids for Chronic Pain http://www.cdc.gov/drugoverdose/prescribing/guideline.html

Access issues

Limitations

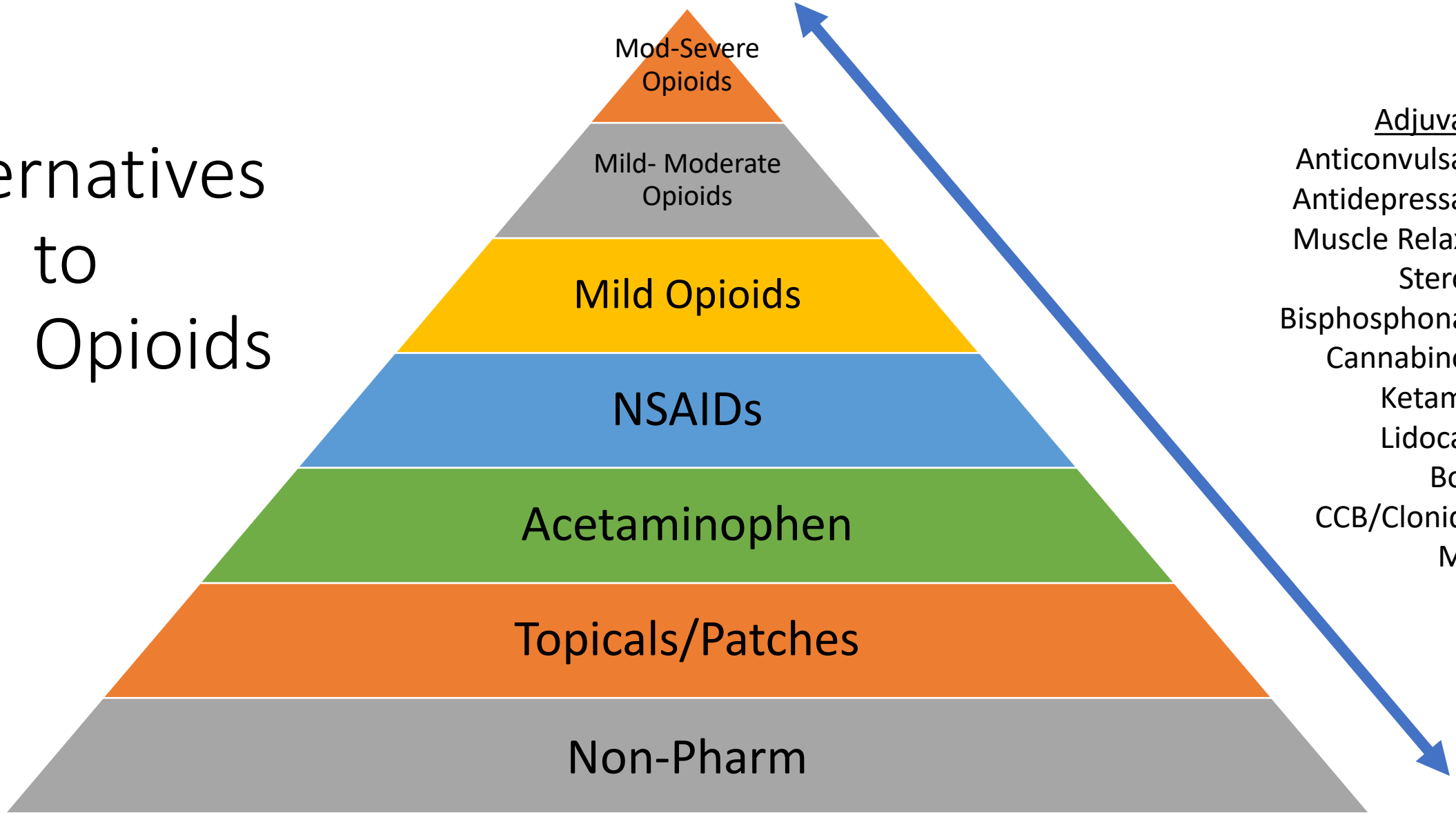
- Some pharmacy chains no longer filling scripts for acute pain greater than 7 days
- There are also limits on the total oral morphine equivalent (OME)
- May override BUT requires pre-authorization.

Drug Shortages

- There is a reduction in amount of opioids that being manufactured
- A recent study demonstrated that parenteral-opioid shortages were linked to worse pain control in palliative-care patients

Haider A, Qian Y, Lu Z et al. JAMA Oncol. 2019 Mar 21

Alternatives to Opioids



Adjuvants
Anticonvulsants
Antidepressants
Muscle Relaxers
Steroids
Bisphosphonates
Cannabinoids
Ketamine
Lidocaine
Botox
CCB/Clonidine
MISC

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Consider Abuse-Deterrent Formulations

Brand Name	Generic	Abuse Deterrent Mechanism
Arymo ER	Morphine	Crush/ extraction resistant
Embeda ER	*Morphine/ Naltrexone*	*Agonist-Antagonist*
Hysingla ER	Hydrocodone	Crush/ extraction resistant
Morphabond	Morphine	Crush/ extraction resistant
Opana ER	Oxymorphone HCl	Crush/ extraction resistant
Oxaydo	Oxycodone	Crush/ extraction resistant
Targiniq ER	*Oxycodone/Naloxone*	*Agonist-Antagonist*
Troxyca ER	*Oxycodone/Naltrexone*	*Agonist-Antagonist*
Vantrela ER	Hydrocodone	Crush/ extraction resistant
Xtampza ER	Oxydocone	Crush/ extraction resistant
Zohydro ER	Hydrocodone	Crush/ extraction resistant