

Tennessee Chronic Pain Guidelines At a Glance

A. Key Principles When Considering Prescribing Opioids

<ul style="list-style-type: none"> • Use short-acting opioids
<ul style="list-style-type: none"> • Do not use methadone for pain
<ul style="list-style-type: none"> • Do not use oral/sublingual buprenorphine
<ul style="list-style-type: none"> • Avoid benzodiazepines with opioids
<ul style="list-style-type: none"> • Buprenorphine/naloxone combinations only for addiction

**Document any deviation from guidelines in medical record.*

B. Initiating Opioid Therapy

<ul style="list-style-type: none"> • Begin with a therapeutic trial
<ul style="list-style-type: none"> • Begin with lowest dose; titrate to effect
<ul style="list-style-type: none"> • Obtain informed consent prior to treatment
<ul style="list-style-type: none"> • Obtain written treatment agreement prior to prescribing <ul style="list-style-type: none"> ○ Policy on early refills/lost prescriptions ○ Safe storage of medication ○ Use of one pharmacy ○ Periodic/random drug tests ○ Periodic/random pill counts ○ Neonatal Abstinence Syndrome prevention/education ○ Reasons for discontinuing opioid treatment ○ Reasons for patient dismissal
<ul style="list-style-type: none"> • Not obligated to continue opioid therapy that has been initiated by another provider—need to justify; "if you write it you own it"
<ul style="list-style-type: none"> • Monitor for abuse, misuse or diversion

**Document any deviation from guidelines in medical record.*

C. Women's Health

<ul style="list-style-type: none"> • Discuss methods to prevent unintended pregnancy
<ul style="list-style-type: none"> • Obtain patient signature documenting education regarding risks and benefits of opioid treatment during pregnancy
<ul style="list-style-type: none"> • Obtain pregnancy test prior to initiation of opioids
<ul style="list-style-type: none"> • Document form of birth control at each visit
<ul style="list-style-type: none"> • Recommend long acting reversible contraceptive
<ul style="list-style-type: none"> • Refer pregnant patients to high risk obstetrician

**Document any deviation from guidelines in medical record.*