

Informational Guide Regarding Opioids

Several states have implemented new requirements or recommended guidelines in efforts to address the opioid crisis. These mandates vary state-to-state and are evolving. To assist you in fulfilling these requirements, this Guide offers tips and resources for your reference. While no national prescribing guidelines currently exist, certain states may now specify opioid prescribing guidelines. Additionally, some states have implemented specific prescribing guidelines related to minor patients.

Disclaimer: Because federal, state and local law varies by location and situation and changes over time, this information is not to serve legal advice and is purely for educational purposes. Contact your state board or local attorney to determine your specific state requirements.

Patient Education Tips

1. Explain alternatives to opioids with your patients and encourage them to use pain relievers such as acetaminophen, ibuprofen and naproxen for their pain management.
2. If you elect to prescribe opioids, explain expectations for opioid therapy and work closely with your patient to set pain management goals. Discuss the risks and benefits of taking opioids, including the dangers of taking opioids with other prescription opioids, alcohol, and other forms of medications such as benzodiazepines, muscle relaxants, and hypnotics.
3. Consider both verbal and written education. To support this effort, sample documents can be found on our website. To access: On the navigation menu, click on “Informed Consent and Documents.”
Under Office and Clinical Documents, click on the “Opioid Resources” heading.
 - *Patient Acknowledgement Regarding Opioid Use*
 - Opioid Factsheet from the CDCAdditional resources to share with your patient are also available through www.mouthhealthy.org, or www.cdc.gov.
4. Some states have implemented specific prescribing and informed consent guidelines related to minor patients being prescribed opioids. Remember to contact your state board to determine if there are specific requirements related to minor patients.

General Considerations

1. Limit the quantities of opioids, and utilize the lowest strength of opioid to manage the anticipated pain level. Use caution when prescribing opioids to adolescent patients. While no national prescribing guidelines currently existing, certain states may now specify opioid prescribing guidelines.
2. Some states have implemented specific prescribing guidelines related to minor patients.
3. Consider use of anti-inflammatories for pain control in our post-operative patients.

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4. Register and consult your state PDMP before prescribing opioids to a new patient; or if you have any question or suspicion of potential abuse. Inform your patients that you will consult the state PDMP before prescribing them opioids.
5. Avail yourself of courses on pain management and opioid abuse. Some states are now mandating CE hours specific to pain management/opioids.
6. Document the reason for prescribing opioids to any patient and your discussion of the risks and benefits of taking opioids for pain management.

Resources Regarding Opioids

The following public resource documents are located on our website for your reference.

On the navigation menu, click on “Informed Consent Forms and Documents.”

Under Office and Clinical Documents, click on the “Opioid Resources” heading to download:

- Patient Acknowledgment Regarding Opioid Use
- Opioid Factsheet from the CDC
- Opioid Prescribing: Acute and Postoperative Pain Management
- HHS Resource
- SAMHSA Opioid Overdose Prevention Toolkit

Contact your state department of public health and/or your state board for more information on laws specific to your state, including any state specific CE requirements.

The following websites provide general information and resources regarding opioids:

- www.hhs.gov/opioids
- www.aaoms.org (Opioid Prescribing: Acute and Postoperative Pain Management (AAOMS White Paper 2017))
- www.fda.gov
- www.ada.org
- www.drugabuse.gov

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