

ASIPP – Prescription Opioid Abuse in Chronic Pain

Ten-step process: An algorithmic approach for long-term opioid therapy in chronic pain.

STEP I	Comprehensive initial evaluation
STEP II	Establish diagnosis <ul style="list-style-type: none"> ◆ X-rays, MRI, CT, neurophysiologic studies ◆ Psychological evaluation ◆ Precision diagnostic interventions
STEP III	Establish medical necessity (lack of progress or as supplemental therapy) <ul style="list-style-type: none"> ◆ Physical diagnosis ◆ Therapeutic interventional pain management ◆ Physical modalities ◆ Behavior therapy
STEP IV	Assess risk-benefit ratio <ul style="list-style-type: none"> ◆ Treatment is beneficial
STEP V	Establish treatment goals
STEP VI	Obtain informed consent and agreement
STEP VII	Initial dose adjustment phase (up to 8-12 weeks) <ul style="list-style-type: none"> ◆ Start low dose ◆ Utilize opioids, NSAIDs and adjuvants ◆ Discontinue <ul style="list-style-type: none"> • Lack of analgesia • Side effects • Lack of functional improvement
STEP VIII	Stable phase (stable – moderate doses) <ul style="list-style-type: none"> ◆ Monthly refills ◆ Assess for four A's <ul style="list-style-type: none"> • Analgesia • Activity • Aberrant behavior • Adverse effect ◆ Manage side effects
STEP IX	Adherence monitoring <ul style="list-style-type: none"> ◆ Prescription monitoring programs ◆ Random drug screens ◆ Pill counts
STEP X	Outcomes <ul style="list-style-type: none"> ◆ Successful – continue <ul style="list-style-type: none"> • Stable doses • Analgesia, activity • No abuse, side effects ◆ Failed – discontinue <ul style="list-style-type: none"> • Dose escalation • No analgesia • No activity • Abuse • Side effects • Noncompliance