

Resources

<https://familydoctor.org/condition/chronic-pain/>

<https://medlineplus.gov/chronicpain.html>

<https://www.aafp.org/about/policies/all/pain-management-opioid.html>

Centers for Disease Control and Prevention (CDC)

<https://www.cdc.gov/drugoverdose/opioids/index.html>

<https://www.cdc.gov/drugoverdose/pdf/aha-patient-opioid-factsheet-a.pdf>

Substance Abuse and Mental Health Services Administration (SAMHSA)

<https://store.samhsa.gov/product/Rx-Pain-Medications-Know-the-Options-Get-the-Facts-/SMA17-5053-10>

GenerationRX

https://generationrx.org/wp-content/uploads/2017/09/checkopioids2017_09_12.pdf

American Hospital Association

<https://www.aha.org/factsheet/2018-02-20-prescription-opioids-what-you-need-know>

Safe Disposal of Opioids

<https://www.colorado.gov/pacific/cdphe/colorado-medication-take-back-program>



Questions to Ask WMC

- ✓ What may be causing my pain?
- ✓ Will my pain go away?
- ✓ What is the best way to treat my pain?
- ✓ How long should I take any prescribed medications?
- ✓ Are alternative therapies like acupuncture and massage therapy a good option for me?
- ✓ What lifestyle changes should I consider to help manage my pain?
- ✓ How can I reduce my risk of potential side effects from the medication?

✓ _____

✓ _____

✓ _____



OPIOIDS AND PAIN MANAGEMENT



This information is compiled from various sources, some of which are the American Academy of Family Physicians' familydoctor.org, Harvard Health Publishing, the CDC, SAMHSA and the Mayo Clinic.

This brochure provides some basic information about pain, pain management and opioids, but may not apply to everyone.

Talk to your medical provider today to get more information on this health topic.

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What is Pain?

Nerves in your body send signals to the brain that let it know the body has been hurt. There are two types of pain. Acute pain is a response to injury that improves as your body heals. Chronic pain lasts for months or years and impacts the way you live your life.

Treating Chronic Pain

Although medication is sometimes necessary, there are many other treatments for chronic pain. Physical and occupational therapy, exercise, an anti-inflammatory diet, acupuncture, relaxation techniques, massage, and sleep improvement have all been shown to help improve chronic pain.



Options at



HeartMath: Proven to help with pain management, HeartMath is an evidence-based program that uses biofeedback to scientifically monitor your emotional and physical health. In our HeartMath program you will learn more about your emotional and physical health, how to use the program, techniques, and tools.

Health Coaching: Want to learn more about healthy eating, exercise, stress management, and healthy living? Your health coach works with you and your medical provider to support you in identifying and working towards your goals by providing you with the education, tools, and support you need.

Behavioral Health: Chronic pain can affect your mental health which can lead to experiencing more pain. Talking to a behavioral health practitioner can help break the cycle.

What are Opioids?

Opioids are a class of drugs that are related to the poppy plant. Opioids work in the brain. One of their main effects is to block pain signals between your brain and your body. They can also cause feelings of pleasure and can be addictive. Most prescription opioids are used to reduce pain.



Some common prescription opioids are oxycodone, morphine, fentanyl, hydrocodone, and codeine. Percocet, Norco and Vicodin are other common medications that contain opioids. Heroin is an illegal opioid drug. Opioids are also sometimes called narcotics.

Risks and Potential Side Effects of Opioids

Opioids are addictive and can lead to an overdose. The risk is greater when opioids are used for a long time. Overdose can happen even when you take your medication the way it is prescribed. **You and your PCP will complete a Controlled Substance Agreement to keep you safe.**

Opioids can cause you to stop breathing and die. Other potential risks are:

- Tolerance: the same dose may not give you as much pain relief over time
- Physical Dependence: you may have unpleasant symptoms if you stop taking opioids.
- You may experience more pain
- Constipation
- Nausea, vomiting, dry mouth
- Sleepiness
- Mood changes
- Dizziness
- Lack of energy
- Itching

Staying Safe

Your risk is higher to experience side effects, overuse and misuse, or issues due to taking opioids if you also:

- Have a history of substance abuse or overdose
- Have medical conditions such as reduced kidney or liver function
- Have mental health conditions (depression, anxiety, PTSD)
- Combine opioids with other medications and/or alcohol and/or marijuana
- Sleep apnea
- Are 65 years old or older
- Are Pregnant

Visits, Refills, and More

Providers at WMC will review and sign a **Controlled Substance Agreement** to be completed one time. The Agreement includes or refers to the following:

- WMC is part of the Colorado Prescription Drug Monitoring Program (PDMP). The tool allows providers to verify prescriptions filled when refills are requested.
- Refill schedules are between 30-90 days, and are filled at in-office visits. No refills are available over the phone.
- Providers may randomly test using urine, blood, or oral drug testing. The cost of the random screening ranges \$175-\$200. This cost is lower than many healthcare facilities and tests only the most important substances to WMC Providers.

Naloxone Prescriptions

WMC's Clinical Pharmacist is available to meet with patients and families for Naloxone prescriptions. These visits are billed to insurance and in many cases are low-cost for the patient. Copays, coinsurance, and deductibles apply.

