



# ECHO Idaho: Opioid Addiction and Treatment TeleECHO™ Session

*Evaluating the  
Patient with  
Chronic Pain*



The speaker has no significant financial conflicts of interest to disclose.

# Learning Objectives

- **Taking a Pain History**
- **Functional Assessment**
- **Establishing a Pain Diagnosis**
- **Pain Tracker**

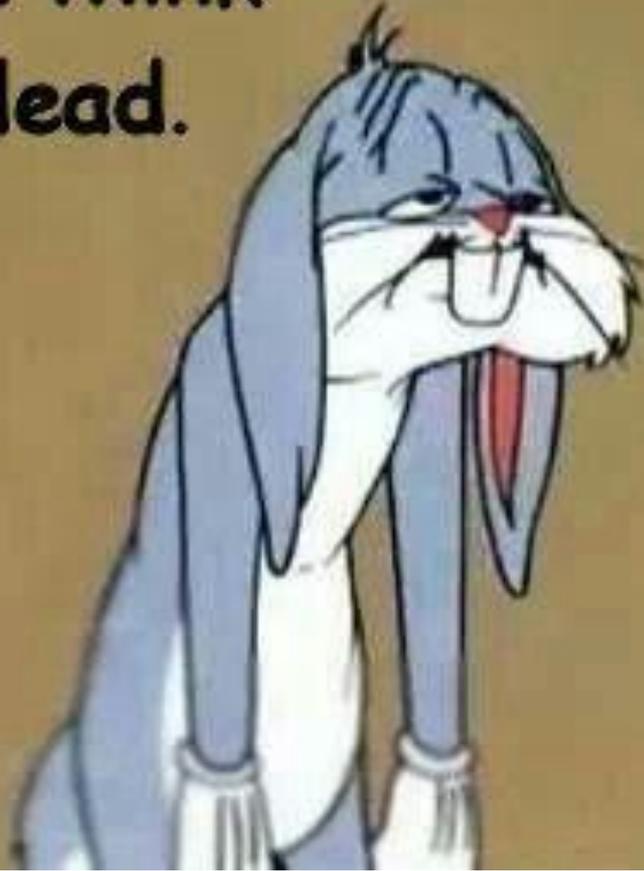
I took a  
pain pill....



Why are  
you  
STILL  
HERE??



If I woke up in the morning  
and nothing hurt,  
I would think  
I was dead.



-Misty

# **Guidelines for the Chronic Use of Opioid Analgesics**

**Adopted as policy by the Idaho State Board of Medicine  
September 2017**

[https://bom.idaho.gov/BOMPortal/BOM/PDF%20FORMS/BO  
M%20Guidelines%20for%20the%20Chronic%20Use%20of%20  
Opioid%20Analgesics.pdf](https://bom.idaho.gov/BOMPortal/BOM/PDF%20FORMS/BO<br/>M%20Guidelines%20for%20the%20Chronic%20Use%20of%20<br/>Opioid%20Analgesics.pdf)



# HOW TO EVALUATE A PATIENT WITH CHRONIC PAIN

- Medical history and physical examination targeted to the pain condition
  - Nature and intensity of the pain
  - Current and past treatments, including interventional treatments, with response to each treatment
- Underlying or co-existing diseases or conditions, including those which could complicate treatment (i.e. obesity, renal disease, sleep apnea, COPD, etc.)
- Effect of pain on physical and psychological functioning
- Personal and family history of substance use disorder
- History of psychiatric disorders (bipolar, ADD/ADHD, sociopathic, borderline, major depressive disorder), post-traumatic stress disorder (PTSD). OPIATE RISK TOOL
- Review of the PDMP results
- Obtain consultation with other clinicians when applicable
- Urine, blood or other types of biological samples and diagnostic markers
- Analysis of risks vs benefits of various treatments and discussion with patient

Date \_\_\_\_\_

Patient Name \_\_\_\_\_

## OPIOID RISK TOOL<sup>®</sup>

		Mark each box that applies	Item Score If Female	Item Score If Male
1. Family History of Substance Abuse	Alcohol	[ ]	1	3
	Illegal Drugs	[ ]	2	3
	Prescription Drugs	[ ]	4	4
2. Personal History of Substance Abuse	Alcohol	[ ]	3	3
	Illegal Drugs	[ ]	4	4
	Prescription Drugs	[ ]	5	5
3. Age (Mark box if 16 – 45)		[ ]	1	1
4. History of Preadolescent Sexual Abuse		[ ]	3	0
5. Psychological Disease	Attention Deficit Disorder	[ ]	2	2
	Obsessive Compulsive Disorder Bipolar Schizophrenia			
	Depression	[ ]	1	1
<b>TOTAL</b>		[ ]		

**Total Score Risk Category**

Low Risk 0 – 3

Moderate Risk 4 – 7

High Risk  $\geq 8$



**Ice cream or  
tramadol?**

**Tough choice!**

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# PAIN TRACKING

About the Author

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Welcome to Paintracking.com, the companion website to the book, [Paintracking: Your Personal Guide to Living Well with Chronic Pain](#) by Deborah Barrett.

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A free webinar on the paintracking approach is available through the [Portland Fibromyalgia-ME/CFS Group](#).

## **Mission statement:**

Paintracking is devoted to helping individuals with chronic pain to improve by understanding their experience. This is not a commercial site. If you would like to support the Paintracking Project, including the “paintracker” application, please consider [supporting this site](#).



# Key Points

- **Taking a Pain History**
- **Functional Assessment**
- **Establishing a Pain Diagnosis**
- **Pain Tracker**