

ECHO IDAHO: OPIOID ADDICTION AND TREATMENT

CDC Guidelines on Prescribing Opioids

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LEARNING OBJECTIVES

- Providers will use CDC prescribing guidelines for new opioid prescriptions.
- Identify and prescribe naloxone for high risk patients.
- Providers will establish and measure goals for pain and function

STEPS 1 - 3

WHO AND WHEN?

Step 1: Opioids are not first-line or routine therapy for chronic pain

--Use non-pharmacologic and nonopioid treatments

--Use opioid therapy if, only if, potential benefits outweigh risk.

Step 2: Establish treatment goals

Step 3: Discuss risk/benefits and responsibilities.

STEPS 4 - 7

HOW AND FOR HOW LONG?

Step 4: Start with immediate-release formulations

Step 5: Start low, go slow

--be *extra* mindful if increasing beyond 50MEDD

Step 6: If treating acute pain, limit to 3 days (max 7)

Step 7: Reassess frequently

-re-eval risk/benefit every 1-4 weeks with dose titration

-re-eval risk/benefit every 3 months for all long-term opioid patients

STEPS 8 - 12

ASSESS RISKS AND HARMS

Step 8: Continuously re-evaluate risk and adjust treatment plan accordingly

Step 9: Run a PDMP before starting opioids, and then at least every 3 months*

Step 10: Get a urine toxicology screen before initiation and at *least* annually

High risk → q3 months, Medium risk → q6 months, Low risk → q12 months

Step 11: Try to avoid benzodiazepine co-prescriptions whenever possible

Step 12: Arrange for medication-assisted treatment for patients with opioid use disorder

*Starting October 1, all Idaho providers must check a PDMP prior to *every* opioid and benzo prescription

CLARIFICATIONS

- CDC does not recommend tapering all patients on >50MEDD (or 90MEDD) across the board
- Individualized risk assessments are key

SUMMARY

CDC PRESCRIBING GUIDELINES

- Opioids are not intended as a stand-alone treatment for chronic pain.
- Create functional goals with your patient.
- Regular, individualized risk/benefit assessments are necessary.

REFERENCES

- https://www.cdc.gov/drugoverdose/pdf/prescribing/Guidelines_Factsheet-a.pdf
- <https://www.cdc.gov/drugoverdose/prescribing/guideline.html>

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<https://iecho.unm.edu/sites/uidaho/download.hns?i=51>