

Treatment of Acute Pain Resources & Reminders

Four out of 5 new heroin users start as prescription drug users and the longer a person uses opioids, the greater the risk of forming an addiction¹. If the 1st opioid prescription is for a 5-day supply, the chance of continued opioid use after 1 year is 10% and with a 10 day supply, the rate doubles to 20%². Care1st Health Plan Arizona recognizes that managing acute pain with opioids is complicated and challenging. Our Pharmacy Department is here to help link you to resources.

IMPORTANT REMINDERS:

1. The Arizona Controlled Substances Prescription Monitoring Program database should be checked prior to prescribing opioids and quarterly or as indicated.
2. E-Prescribe to reduce errors, diversion and improve patient safety.
3. When prescribing opioids for acute pain, counsel patients that:
 - Sharing with others is illegal
 - Medications should be stored securely
 - Medications should be disposed of properly when the pain has resolved
 - Use caution driving or with other activities requiring alertness
4. For a list of Arizona drug disposal or drop box locations, see: http://www.acpa.net/arizona_drug_disposal_locations.aspx
5. If pain persists beyond the anticipated treatment duration, then re-evaluate the patient including the potential for misuse. Consider the use of non-opioids such as antidepressants (SNRIs, bupropion, TCAs, SSRIs), anti-inflammatory drugs (NSAIDs, salicylates, COX-2 inhibitor), anti-convulsants, topical pain or non-medication options such as physical therapy, chiropractic care or CBT.
6. To enroll a Care1st member in Care Management, call 1-866-560-4042 (TTY/TDD: 711). For additional tips, see the Arizona Opioid Prescribing Guidelines: <http://www.azdhs.gov/documents/audiences/clinicians/clinical-guidelinesrecommendations/prescribing-guidelines/az-opioid-prescribing-guidelines.pdf>
7. Care1st has providers that excel in the delivery of service for Integrated Pain Management. Spectrum Healthcare Group, a Center of Excellence in pain management, is available to support members needing this type of specialty care. For additional details: <https://www.spectrumhealthcare-group.com/>

REFERENCES:

1. Lankenau SE, Teti M, Silva K, Jackson Bloom J, Harocopos A, Treese M. Initiation into prescription opioid misuse amongst young injection drug users. *Int J Drug Policy*. 2012;23(1):37-44.
2. Shah A, Hayes, CJ, Martin BC, Centers for Disease Control and Prevention's Morbidity and Mortality Weekly Report (MMWR) . March 17, 2017. Accessed at https://www.cdc.gov/mmwr/volumes/66/wr/mm6610a1.htm#F1_up on 10/5/17.