

# Provider Guide

Resources for preventing opioid misuse and promoting safety in your community.

Little things have never mattered so much.





# They don't call it an epidemic lightly.

Each day in the United States, an estimated 115 Americans die from an opioid overdose.<sup>1</sup>  
In 2019, 24.1% of adults reported receiving a prescription opioid in Bernalillo County.<sup>2</sup>

You are on the front lines and our community needs you. This guide offers options recommended by your colleagues and the community that encourage patient safety.

**One conversation can make the difference. It's time to have that conversation now.**

## STEP UP.

### Step Up. Less is more.

Reduce access, reduce risk. Little things can save a life.

### 1. Maximize your non-opioid prescription and alternative treatment options.

Management of chronic pain is never a one-size-fits-all affair. Opioids can be helpful and effective medications, but physical therapy and non-opioid pharmacological treatment should be considered first line when appropriate.

### 2. Make the Prescription Drug Monitoring Program (PDMP) review a regular and universal practice.

Ensure that you and your staff are consistently updating the PDMP to reflect the medications you're prescribing and to check other patient history.

Click below for the NIH National Center for Complementary and Integrative Health and the American Academy of Family Physicians Pain Management Toolkit.

[NCCIH](#)

[Pain Management Toolkit](#)

Report on and track the safety of prescriptions in your community.

[Check the PDMP](#)

### 3. Screen patients appropriately for Opioid Use Disorder.

If you believe your patient may have an opioid use disorder, consult the DSM V diagnostic criteria and the Opioid Risk Tool (ORT).

[CDC Training Module](#)

[Opioid Risk Tool](#)

### 4. Provide tapering and transition plan options.

Make it clear to your patients that the goal is to stop taking opioids as quickly and safely as possible, whether that means tapering off or transitioning to a different treatment. The plan should include treatment goals and a proposed end date. “Start low and go slow” is the best rule.

The CDC has a very useful tapering guide. Click below for quick access.

[CDC Tapering Guide](#)

### 5. Emphasize open communication with patients about safe usage, storage and disposal of opioid medications.

Speak to patients without judgement. Opioid use disorder can happen to anyone and there are things that we can all do to try and stay safe.

Review our patient checklist as a good starting point.

[Patient Checklist](#)

### 6. Provide appropriate resources for patients with Opioid Use Disorder.

Facilitate or offer evidence-based Medication Assisted Treatment in addition to appropriate behavioral health treatment for patients with correctly diagnosed Opioid Use Disorder (based on appropriate diagnostic criteria and screening).

Please click below for resources about DATA waivers and Medication Assisted Treatment.

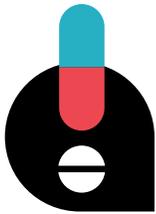
[NM Waiver Training](#)

[SAMHSA Guidelines](#)

### 7. Provide Naloxone and medication assisted treatment resources.

Don't forget to co-prescribe Naloxone with opioid medications. Explain that a co-prescription is required by law under certain circumstances and make sure patients know to call 911 in addition to administering Naloxone in case of an emergency.

# Resources and Tools



**Remember to always remind patients to:**

1. Keep medications secure to keep others safe.
2. Don't share unused medications with family or friends.
3. Dispose of unused medications safely.

## Prescribing Guidelines

There are many tools available to help you manage chronic pain in your opioid dependent/tolerant patients and in patients who might be developing a use disorder. Academic detailing is one way that we can help our community providers. Academic Detailing encourages community members to discuss safe opioid use with unbiased, non-commercial evidence-based information. Please [contact us](#) at BCCHC if you are interested in becoming involved.



Click below for resources related to treatment.

**Treatment Resources**

See the latest resources available from the CDC and SAMHSA to guide your prescribing process.

**CDC Prescribing Guidelines**

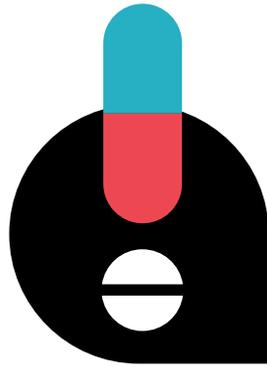
What is academic Detailing? Click below for the link to the National Resource Center for Academic Detailing.

**NARCAD**

## References

<sup>1</sup> Wide-ranging online data for epidemiologic research (2017) Atlanta, GA: CDC, National Center for Health Statistics; Available at <http://wonder.cdc.gov>

<sup>2</sup> New Mexico Community Survey Findings Sheet (2019) Accessed via: <http://www.nmprevention.org/Evaluation-Reports.html>



[LittleThingsNM.org](http://LittleThingsNM.org)