



# FOLLOWING PRESCRIBING GUIDELINES FOR OPIOIDS LIMITS MISUSE

90 Morphine Milligram Equivalent (MME) per day is the maximum suggested dose

There are now established guidelines for prescribing opioids for chronic pain.

**1** Opioids should **not be the first choice** for treating chronic pain.<sup>1</sup>



**2** Treatment goals should be established with the patient prior to starting opioid therapy.<sup>2</sup>



**3** Risks & benefits should be discussed with the patient prior to starting opioid treatment.<sup>3</sup>



## WHEN USING OPIOIDS TO TREAT CHRONIC PAIN:



### 90 MME

90 morphine milligram equivalents (MME) per day should be the **highest prescribed dose**.

Prescribe **immediate-release opioids** instead of ER/LA opioids.

Always use the **lowest effective dose**.<sup>4</sup>

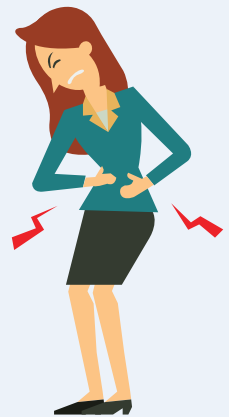
## WHEN USING OPIOIDS TO TREAT ACUTE PAIN:

### ≤3 days

The length of time opioids are typically needed for **acute pain**.

Acute pain can often be managed **without opioids**.<sup>5</sup>

**Follow-up to re-evaluate** risk factors; reduce dose or taper and discontinue if needed.<sup>6</sup>



Help keep our communities safe from prescription drug misuse with these five tips.



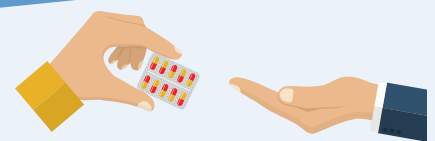
### Use PDMPs

Before prescribing, check prescription drug monitoring program (PDMP) data for **duplicate prescriptions and high dosages**.<sup>7</sup>



### Reduce risk

Discuss dose reduction: prescribing **50 MME per day doubles the overdose risk**.<sup>8</sup>



### Decrease diversion

Advise patients to **never sell prescription drugs** or share.<sup>8</sup>

### Screen for Depression with a PHQ9

There is a close association between chronic pain, depression and trauma.<sup>9</sup>

### TIPS

### Urine Drug Screening

Before prescribing get a UDS to assess the use of controlled prescription and illicit drugs.

#### SOURCES

<sup>1, 2, 3, 4, 6</sup> [cdc.gov/drugoverdose/pdf/guidelines\\_factsheet-a.pdf](https://www.cdc.gov/drugoverdose/pdf/guidelines_factsheet-a.pdf)  
<sup>5, 7</sup> <https://www.cdc.gov/mmwr/volumes/65/rr/rr6501e1.htm>  
<sup>8</sup> [cdc.gov/drugoverdose/pdf/calculating\\_total\\_daily\\_dose-a.pdf](https://www.cdc.gov/drugoverdose/pdf/calculating_total_daily_dose-a.pdf)

<sup>9</sup> [www.health.harvard.edu/mind-and-mood/depression\\_and\\_pain](http://www.health.harvard.edu/mind-and-mood/depression_and_pain)