



PATIENT EDUCATION GUIDELINES FOR OPIOID MEDICATIONS

Neighborhood Health Center (NHC) uses evidence-based practices and follows community standards in the treatment of chronic pain. This includes but is not limited to:

1. **No opioid medication will be prescribed on the first visit.** This includes Tramadol which NHC treats as an opioid medication.
2. All records from previous prescribers must be reviewed before opioid medications will be considered. This may take at least 30 days.
3. There are many reasons opioid medications are not prescribed. Including but not limited to:
 - Current use of marijuana.
 - If in the past, opioid medications were stopped or not used due to treatment concerns.
 - Violation of a medication agreement in the past.
 - Participation in a methadone treatment program.
 - Current use of other medications such as benzodiazepines (Valium, Xanax, Klonopin, etc.) or Ambien.
4. You may be asked to give a Urine Drug Screen (UDS) at any time. Failure to do a UDS when asked will result in opioid medications not being prescribed. If you decline UDS, non-opioid methods can still be used to help manage pain.
5. All patients on chronic opioid medications will have to sign an opioid agreement and follow that agreement. Including but not limited to:
 - Bringing your pain medications to each visit with your PCP (even empty pill bottles).
 - Face to face visits are required for all refills of opioid medications. Refills are not done over the phone or on a same day appointment.
6. The decision to use controlled medications is based on a variety of factors. Most chronic pain is treated without the use of opioid medications. Chronic opiate medication is NOT indicated for fibromyalgia, headaches, and chronic back pain.
7. The decision whether or not to treat with opioid medication is one your provider will make after careful and thoughtful review of your records and current health concerns. This decision is based on NHC guidelines which were developed in line with current evidence based practices and community standards of care.
8. There are a wide variety of ways to treat and manage chronic pain. Your provider will work with you to develop a plan to treat your chronic pain. This may include: exercise, physical therapy, mental health treatment, and weight loss.
9. Patients are expected to be active participants in their health and management of their pain.



PATIENT EDUCATION GUIDELINES FOR SPECIAL CONSIDERATION MEDICATIONS

Neighborhood Health Center (NHC) is dedicated to prescribing medications in a safe, evidence based manner that is consistent with community standards of care. There are several medications that require further assessment before they are prescribed.

This includes medications such as Benzodiazepines (Valium, Ativan, and Xanax), stimulants (Adderall, Ritalin), and sedative-hypnotics (Ambien, Lunesta), as well other medications.

To ensure patient safety the following guidelines are followed:

1. Medications, such as those listed above **will not be prescribed on the first visit.**
2. All records from previous treatment providers must be reviewed before these medications will be considered. This may take at least 30 days. (this includes PCP, mental health, addictions treatment, specialist care, and so forth)
3. There are many reasons these type medications are not prescribed. Including:
 - If in the past, the medication you are requesting was stopped or not used due to treatment concerns.
 - Violation of a medication agreement in the past.
 - Safety concerns due to use of other medications or substances.
4. You may be asked to give a Urine Drug Screen (UDS) at any time. Failure to do a UDS when asked will result in these medications not being prescribed.
5. All patients on these medications will have to sign a medication agreement and follow that agreement which includes:
 - Informing your Primary Care Provider of any medication prescribed by a different provider. Obtaining similar or controlled medications from a different provider may be considered a violation of the agreement.
 - Face to face visits are required for refills of medication covered by the agreement. Refills are not done over the phone or on a same day appointment.
6. The decision of what medications are best for you is one your provider will make after careful and thoughtful review of your records and current health concerns. Decisions are based on NHC guidelines that were developed based on current evidence based practice and community standards of care.
7. As with any treatment it is important to be an active participant in your health. Your provider will work with you to develop a treatment plan to address your health goals. In addition to medications, exercise, weight loss, behavior change, therapy, and other treatments may be recommended.