

**1. Safer Prescribing guidelines and resources:**

- a. 2016 CDC opioid prescribing guidelines:
  - i. Guideline document: <http://www.cdc.gov/mmwr/volumes/65/rr/rr6501e1.htm>
  - ii. Fact sheet (brief summary of the guidelines):  
[http://www.cdc.gov/drugoverdose/pdf/guidelines\\_factsheet-a.pdf](http://www.cdc.gov/drugoverdose/pdf/guidelines_factsheet-a.pdf)
  - iii. Resource page (educational materials for patients and providers):  
<http://www.cdc.gov/drugoverdose/prescribing/resources.html>
- b. Medical Board of California Guidelines:  
[www.mbc.ca.gov/Licensees/Prescribing/Pain\\_Guidelines.pdf](http://www.mbc.ca.gov/Licensees/Prescribing/Pain_Guidelines.pdf)
- c. Southern Oregon Guidelines (excellent toolkits that include resources for difficult conversations, non-opioid options, group and behavioral visits, tapering, risk screening tools, etc.):  
[www.southernoregonopioidmanagement.org/opioid-prescribing-guidelines-2/introduction/](http://www.southernoregonopioidmanagement.org/opioid-prescribing-guidelines-2/introduction/)
- d. Sample guidelines for clinics, EDs, pharmacies and dental offices:  
[www.partnershiphp.org/Providers/HealthServices/Pages/Managing-Pain-Safely.aspx](http://www.partnershiphp.org/Providers/HealthServices/Pages/Managing-Pain-Safely.aspx)
- e. CURES registration:  
<https://cures.doj.ca.gov/registration/confirmEmailPnDRegistration.xhtml>
- f. Opioid equivalent calculator: Free smartphone and web app:  
[www.nyc.gov/html/doh/html/mental/MME.html](http://www.nyc.gov/html/doh/html/mental/MME.html)
- g. SUD Screening & Assessment Instruments Database  
<http://lib.adai.washington.edu/instruments/>
- h. Urine Drug Testing (see page 44-46)  
[www.southernoregonopioidmanagement.org/app/content/uploads/2014/04/OPG\\_Guidelines.pdf?3b9360](http://www.southernoregonopioidmanagement.org/app/content/uploads/2014/04/OPG_Guidelines.pdf?3b9360)

**2. Increase use of Naloxone**

- i. *Patient education resource:*  
[www.chcf.org/~media/MEDIA%20LIBRARY%20Files/PDF/N/PDF%20NaloxoneOpioidSafetyPatients.pdf](http://www.chcf.org/~media/MEDIA%20LIBRARY%20Files/PDF/N/PDF%20NaloxoneOpioidSafetyPatients.pdf)
- ii. *Provider education resource:*  
[www.chcf.org/~media/MEDIA%20LIBRARY%20Files/PDF/N/PDF%20NaloxoneOpioidSafetyProviders.pdf](http://www.chcf.org/~media/MEDIA%20LIBRARY%20Files/PDF/N/PDF%20NaloxoneOpioidSafetyProviders.pdf)

**3. Expanding the use of Medication-Assisted Treatment (MAT)**

- i. SAMHSA buprenorphine guidelines: [http://buprenorphine.samhsa.gov/Bup\\_Guidelines.pdf](http://buprenorphine.samhsa.gov/Bup_Guidelines.pdf)
- ii. Online buprenorphine trainings  
[http://buprenorphine.samhsa.gov/training\\_main.html](http://buprenorphine.samhsa.gov/training_main.html)
- iii. Providers' Clinical Support System for Opioid Therapies: <http://pcss-o.org/>

Detailed tools from Southern Oregon Guidelines:

### Flowcharts

**Guidelines Flowchart** ([Download](#)) – A one-page flowchart for evaluating and treating complex chronic non-cancer pain

**Tapering Flowchart** ([Download](#)) – A one-page flowchart for tapering

**Five Step Approach to Treating Patients with Chronic Complex Non-Cancer Pain (CCNP)** ([Download](#)) – Two-page summary of recommendations for managing patients on chronic opioids (new or established)

### Assessment Tools

**Patient Health Questionnaire (PHQ-4)** ([Download](#)) – screening tool for depression and anxiety

**STOP BANG** ([Download](#)) – STOP BANG helps evaluate the risk of respiratory depression with opioids

### Aberrancy Screening

**Urine Drug Screen (UDS) Frequently Asked Questions** ([Download](#)) – UDS helps monitor for unexpected licit and illicit drugs that may be present in your patient’s urine

### Patient-Provider Communication

**Patient Treatment Agreements** ([Download](#)) – Example treatment agreements (“pain contracts”) for office use

**Medical Risks of Long-term Opioid Use** ([Download](#)) – This patient education handout helps providers explain to patients the wide range of medical risks of long-term opioid use

### Assessing Progress

**Graded Pain and Function** ([Download](#)) – A functional assessment of daily pain and its interference with activities of daily living

**Oswestry Low-Back Pain Disability Questionnaire** ([Download](#)) – The Oswestry questionnaire is considered the gold standard of low back functional outcome tools used to measure a patient’s permanent functional disability

**Opioid Dose Calculator** ([Download](#)) – An Excel spreadsheet tool to help calculate opioid doses and find Morphine Equivalent Doses (MED) for commonly used opioids

### Additional Tools

**Chronic Pain Treatment Checklist** ([Download](#)) – A checklist to help ensure compliance with these guidelines

**Metabolism Data for Common Medications** ([Download](#)) – This table gives the metabolic rates and expected urine drug screening results for common pain medications and other drugs

**Behavioral Health Risks Screening Tool** ([Download](#)) – This screening tool is for pregnant women and women of child bearing age to assess behavioral and environmental risk factors