



CHAMP Primary Care Physician Office Hours Notes

12.17.2021

Here were some selected notes from the PCP office hours on 12/17/21. There will be a video available of the session for viewing in the coming days if interested in viewing it. The notes below are some highlights, but the video goes into greater detail in all of these areas.

Also-our next PCP office hours will be moving to 11am PST from the current time of 1pm PST. Thus, our next meeting will be on: 1/21/22, 11am PST.

Topic of the Session: Considering Opioid Use Disorder in Patients with Chronic Pain

Pain and addiction have come from similar risk factors and are based on common neurobiology. When taking a pain history consider the following:

- get their pain story from the beginning
- get an idea of how people experience their opioids

Raising the issue with a patient on chronic opioids for pain is important but can be difficult. Phrases like: “I am worried about your safety and health over time” or “Lower doses are safer, and many patients have more energy after a taper” are some examples of places to start. *See presentation for additional examples.*

Once a diagnosis is established a clear rationale for switching to a med for OUD is important. Some of those reasons include:

- Medication treatment for OUD with buprenorphine or methadone is safer than high dose opioids
- Stabilizing the patient’s opioid systems allows for other forms of pain treatment

It is common for patients to be confused about this diagnosis and will often prompt a defensive response. Some responses include:

- Acknowledge that it is about what happened to them, not who they are
- “Many patients develop OUD as a result of pain treatment”
- *See presentation for additional suggestions*

If a diagnosis of OUD is made, switching to a med that treats OUD, such as Methadone or Buprenorphine is indicated. Tapering or using a low dose overlap of Buprenorphine are reasonable options for someone on chronic pain medications.

Lastly, learn to use additional non-opioid pain meds to address any ongoing pain issues, and reassure the patient that you will continue to work with them to help them address any ongoing issues.

Next CHAMP PC Office Hours: 1.21.2022 at 11am PST