

Pain Management - Agreement
San Francisco Department of Public Health – Primary Care

Purpose

The purpose of this agreement is to make clear what the patient can expect when they are prescribed controlled substances for pain such as: codeine, oxycodone, hydrocodone, Norco, morphine, Percocet, fentanyl, methadone, etc. This agreement describes what the patient can expect from their provider and what the provider expects from the patient.

Provider's Responsibilities

It is the provider's responsibility to assess the patient's pain and create/monitor a treatment plan that is safe and appropriate. The provider will make sure that the patient's treatment follows the laws about controlled substances and improves their health without causing serious harm.

Patient-Provider Agreement

The patient and the provider have agreed to the following with regard to their controlled substance prescription.

Monitoring and Expectations

The patient:

- Understands that the intent of pain medication is to increase function and quality of life while maintaining their safety. They understand that the medication will not completely take away their pain.
- Understands that chronic pain is complex and often needs multiple types of treatments. The treatment plan may include other things besides medication like group visits, visits to a specialist, acupuncture, massage, mindfulness, diagnostic tests, etc. The patient will work with their provider to develop a treatment plan and they agree to follow it.
- Will bring medications to visits when requested by their provider and will cooperate with random pill counts.
- Will be asked to do random urine testing for drugs at least yearly, and sometimes more often.
- Will make and keep appointments or contact their clinic if they need to reschedule.
- Understands that they are not able to switch primary care providers without going through the proper clinic procedure to switch providers.
- Understands that this agreement will be reviewed at least once a year. It may also be reviewed if the patient changes providers or breaks the agreement.

- Will take the medication only as prescribed.
- Will not take any other pain medications or other controlled substances without their provider's approval, including anti-anxiety medications in the class of medicines called benzodiazepines or prescription sleeping pills.

Information to Share with Providers

The patient:

- Will tell their provider if they get hurt, have a surgery, or otherwise have controlled substance prescribed by someone else such as a dentist or a surgeon.
- Will tell their provider about any personal and family history of addiction or substance use.
- (If applicable) Will tell their provider if they are pregnant or want to get pregnant.

Prescriptions and Refills

Prescriptions

The patient:

- Understands that the medications will be prescribed by their primary care provider according to the agreed upon schedule.
- Will guard their medicines like money or jewelry. The patient understands that lost, stolen, or damaged medicines will not be replaced.

Refills

The patient:

- Understands their prescriptions may not be refilled early. The patient may run out of medicines if they take more than prescribed.
- Understands that they need to give their primary care provider 7 days' notice for routine prescription refills so providers have time to review, refill and write prescription, if appropriate.
- Understands that refill requests are accepted during regular business hours only. Refills will not be processed during weekends, holidays, or by on-call providers.
- Understands that their pharmacy records will be reviewed, since their provider is required to do this under California State law.

Reasons Why Controlled Substances May No Longer be Prescribed (Terminated)

- Medicines are not helping, or they are causing harm to the patient.
- The provider determines that the patient is no longer a good candidate to continue the medication.

- The patient seeks or obtains any pain medication or other controlled substance from a source other than the medical provider who is signing this agreement, without prior approval.
- The patient gives, sells, or in any other way distributes prescribed medications to any other person(s).
- The patient forges or alters a prescription.
- The patient's medical condition changes or becomes worse in a way that their provider believes that continuing the medication presents a danger to the patient's well-being or safety.
- The patient's urine drug screen shows illicit drug use or unprescribed controlled substances.
- The patient's urine drug screen does not show prescribed medicines.
- The patient does not follow through on recommended medical treatments or evaluations.
- The patient behaves in a way that is disrespectful, aggressive and/or abusive to staff.
- The patients refuse to stop taking, or they begin taking prescribed medication that any one of their providers considers unsafe to use with any controlled substance which the patient is prescribed.
- Understands that if they develop addiction to the controlled substances they are being prescribed, these medications will be stopped. They might be offered addiction treatment like buprenorphine (also known as Suboxone) or they might be referred to an addiction treatment program like a methadone program.

Risks of opioid therapy (delete if not discussed)

- Death from accidental overdose (higher risk at higher dose)
- Addiction to pain pills
- Experiencing symptoms of withdrawal if pills are stopped abruptly
- Finding the pain pills no longer work for pain
- Worsening pain due to pain pills (especially with higher doses)
- Causing sleepiness or drowsiness, which could result in car or other accidents. NOTE: Sleepiness/overdose is more likely if the patient takes certain medicines, alcohol, or drugs (like benzodiazepines)
- Side effects like nausea, itchiness, constipation, confusion, breathing problems, and hormone or bone changes

Final Agreement

This agreement has been verbally reviewed the entirety of the controlled substance agreement with the patient and I have answered all questions regarding patient's responsibilities, provider's responsibilities, as well as risks and side effects of taking controlled medications.