Treatment of Acute Pain
Resources & Reminders

4 out of 5 new heroin users start as prescription drug users and the longer a persons uses opioids, the greater the risk of forming an addiction\(^1\). If the 1st opioid prescription is for a 5 day supply, the chance of continued opioid use after 1 year is 10% and with a 10 day supply, the rate doubles to 20\(^\circ\)\(^2\).

Arizona Complete Health-Complete Care Plan recognizes that managing acute pain with opioids is complicated and challenging. Our Pharmacy Department is here to help link you to resources.

**IMPORTANT REMINDERS:**

1. The Arizona Controlled Substances Prescription Monitoring Program database should be checked prior to prescribing opioids and quarterly or as indicated.
2. E-Prescribe to reduce errors, diversion and improve patient safety
3. When prescribing opioids for acute pain, counsel patients that:
   - Sharing with others is illegal
   - Medications should be stored securely
   - Medications should be disposed of properly when the pain has resolved
   - Use caution driving or with other activities requiring alertness
4. For a list of Arizona drug disposal or drop box locations, see: [http://www.acpa.net/arizona_drug_disposal_locations.aspx](http://www.acpa.net/arizona_drug_disposal_locations.aspx)
5. If pain persists beyond the anticipated treatment duration, then re-evaluate the patient including the potential for misuse. Consider the use of non-opioids such as antidepressants (SNRIs, bupropion, TCAs, SSRIs), antiinflammatory drugs (NSAIDs, salicylates, COX-2 inhibitor), anti-convulsants, topical pain or non-medication options such as physical therapy, chiropractic care or CBT.
6. To enroll a Complete Care Plan member in Care Management, call 1-888-788-4408.


**REFERENCES:**