

APRN Prescriber Resources

Pain Management

I. Opioid Prescribing Guidelines

A. National Guidelines

1. **CDC Guideline for Prescribing Opioids for Chronic Pain-United States, 2016:**

<https://www.cdc.gov/mmwr/volumes/65/rr/rr6501e1.htm>

2. **DEA Diversion -**

A manual prepared by the Drug Enforcement Administration, Office of Diversion Control, to help understand the Federal Controlled Substances Act and its implementing regulations as they pertain to the practitioner's profession:

[https://www.dea.gov/diversion.usdoj.gov/pubs/manuals/pract/index.html](https://www.dea.gov/diversion/usdoj.gov/pubs/manuals/pract/index.html)

3. **A Guide to Safe Use of Pain Medicine**

Information for consumers but may be helpful to prescribers as well:

<https://www.fda.gov/forconsumers/consumerupdates/ucm095673.htm>

4. **American Association of Nurse Anesthetists Chronic Pain Management Guideline:**

<http://www.aana.com/resources2/professionalpractice/Pages/Chronic-Pain-Management-Guidelines.aspx>

5. **CDC Prescribing Checklist:**

Checklist from the Centers for Disease Control and Prevention for prescribing opioids for chronic pain:

https://www.cdc.gov/drugoverdose/pdf/pdo_checklist-a.pdf

6. **WHY GUIDELINES FOR PRIMARY CARE PROVIDERS?**

https://www.cdc.gov/drugoverdose/pdf/Guideline_Infographic-a.pdf

7. **OPIOID CALCULATOR**

https://opioidcalculator.practicalpainmanagement.com/conversion_results

B. AZ Guideline

1. **Arizona Department of Health Services resources on opioid epidemic:** <http://www.azdhs.gov/prevention/womens-childrens-health/injury-prevention/opioid-prevention/index.php>

2. **Arizona Opioid Prescribing Guidelines**
<http://www.azdhs.gov/documents/audiences/clinicians/clinical-guidelines-recommendations/prescribing-guidelines/az-opioid-prescribing-guidelines.pdf>
3. **Arizona State Board of Pharmacy Controlled Substances Prescription Monitoring Program (PMP):**
<https://pharmacypmp.az.gov/>
4. **Advisory Opinions Specific to Controlled Substances/Pain Management for AZ APRNs**
<https://www.azbn.gov/media/1023/ao-controlled-substances-for-the-treatment-of-chronic-pain.pdf>
5. <https://www.azbn.gov/media/2348/ao-prescriber-use-of-the-cspmp.pdf>
6. <https://www.azbn.gov/media/2497/ao-prescribing-buprenorphine-and-or-providing-treatment-for-opioid-use-disorders.pdf>

II. Opioid Prescribing Resources

- A. **Opioid Risk Tools:**
 1. Simple, quick questionnaire assessments for men and women to assist the provider in the initiation of opioid treatment plan. Prescribing Practice Monitoring
 - a) <http://www.prescriberresponsibly.com/sites/default/files/pdf/risk/Opioid%20Risk%20Tool.pdf>
 - b) <https://www.drugabuse.gov/sites/default/files/files/OpioidRiskTool.pdf>
 - c) <https://www.opioidrisk.com>
- B. **Assessing Patient Risk When Prescribing Opioids**
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3200070/>
- C. **Opioid Prescriber Training/Support:**
 Website with guidelines, tips for smart practice, patient assessment guidance. CME also available:
<https://www.opioidrisk.com>
- D. **Opioid Hyperalgesia:**
 1. Article describing this phenomenon and its management for the provider managing chronic pain patients: https://oup.silverchair-cdn.com/oup/backfile/Content_public/Journal/ceaccp/14/3/10.1093/bjaceaccp/mkt045/2/mkt045.pdf?Expires=1502077792&Signature=UVP5bUVHLZHCX9TD77gaic7~dpJ2PTSGCjKLNyh7plHhzzCjG7p~QazubgQrlsWKLH7OK4sLeXosOp2KVUYhzzTvnNE2Avdg42D41qhu86mNahW3PDERu85Xb0mJu0m2opLYKp3amMDR0EoQWzqVxHHkEIBf8RthYLz4fVYFR9a1G1VqOHopkT7Y2khcQJ0U12D8O

[dzVtUEwm4Sq4Lu90QHpS~cylzxErNNqCgN3WLoKxw0KasvVRG
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X8eUHyvRY7TREK4n8NypSo6TN9a94yYGoEGh9BvEWXysqzhM
RWwBynyOXBbkq4mag7hBpzXfQqOsg_&Key-Pair-
Id=APKAIUCZBIA4LVPVW3Q](https://www.drugabuse.gov/sites/default/files/files/SamplePatientAgreementForms.pdf)

- E. **Examples of Controlled Substance/Opioid Agreements (Contracts)**
1. <https://www.drugabuse.gov/sites/default/files/files/SamplePatientAgreementForms.pdf>
 2. <http://www.aafp.org/fpm/2010/1100/fpm20101100p22-rt1.pdf>
- F. **CDC Prescribing Resources** (training, videos, patient resources)
<https://www.cdc.gov/drugoverdose/prescribing/resources.html>
- G. **Assessing Benefits and Harms of Opioid Therapy**
https://www.cdc.gov/drugoverdose/pdf/Assessing_Benefits_Harms_of_Opioid_Therapy-a.pdf
- H. **Managing Chronic Pain**
1. **CDC Nonopioid Treatments for Chronic Pain:**
Infographic on alternatives to opioid prescriptions with specific recommendations for common conditions such as low back pain, migraine, neuropathic pain, etc.:
https://www.cdc.gov/drugoverdose/pdf/nonopioid_treatments-a.pdf
 2. **Narcan Protocol(s):** Prescriber information as well as patient education materials for the prescribing and administration of intranasal spray Narcan. This information could be used to develop a practice protocol.
 - (1) <https://www.narcan.com/pdf/NARCAN-Prescribing-Information.pdf>
 - (2) <http://prescribetoprevent.org/wp2015/wp-content/uploads/naloxone-access.pdf>
- I. **Screening tools for behavioral and addictions**
1. **SAMHSA** Links to evidence based screenings, guidelines, and brief intervention recommendations for alcohol and substance abuse patients. <https://www.samhsa.gov/node/93153>
 2. **MedScape Screening Tests for Depression**
<http://emedicine.medscape.com/article/1859039-overview>
 3. **Pfizer PHQ Screeners** www.phqscreeners.com
 4. **American Society of Addiction Medicine** Public policy statement: Definition of Addiction <https://www.asam.org/quality-practice-definition-of-addiction>
- J. **Governor Ducey Substance Abuse Task Force Substance Abuse Recommendations**, 2016: Comprehensive publication, includes Adult ,

children, pregnant women and neonate prevention and treatment recommendations

http://substanceabuse.az.gov/sites/default/files/files/substance_abuse_task_force_final_0.pdf

III. Pediatric Pain Management

- A. **Prevention and Management of Procedural Pain in the Neonate: An Update:** COMMITTEE ON FETUS AND NEWBORN and SECTION ON ANESTHESIOLOGY AND PAIN MEDICINE January 2016 AAP Policy Statement:
<http://pediatrics.aappublications.org/content/early/2016/01/22/peds.2015-4271>
- B. **AAP Pain Management in Children – Bibliography –includes complementary and alternative therapies:**
<https://www.aap.org/en-us/about-the-aap/Committees-Councils-Sections/Section-on-Integrative-Medicine/Pages/Pain-Management.aspx>
- C. **AAP Policy and Publications on pain management in children -** Multiple resources on a variety of pediatric pain management – including anesthesia. Also includes information on opioid withdrawal in pediatric patients:
<https://www.aap.org/en-us/about-the-aap/Committees-Councils-Sections/Anesthesiology-Pain-Medicine/Pages/Policy-Statements.aspx>
- D. **AAP Recommends Steps to Control Pain, Stress in Pediatric Emergency Care:** <https://www.aap.org/en-us/about-the-aap/aap-press-room/pages/AAP-Recommends-Steps-to-Control-Pain-Stress-in-Pediatric-Emergency-Care.aspx>
- E. **AAP: Newborns, Especially Premies, Experience Too Much Pain During Routine Procedures:** <https://www.aap.org/en-us/about-the-aap/aap-press-room/pages/AAP-Newborns-Especially-Premies-Experience-Too-Much-Pain-During-Routine-Procedures.aspx>
- F. **Stanford Children’s review of Neonatal Abstinence Syndrome:** causes, treatment and symptoms:
<http://www.stanfordchildrens.org/en/topic/default?id=neonatal-abstinence-syndrome-90-P02387>
- G. **Guidelines for Identifying Substance-Exposed Newborns:** a publication of The Arizona Statewide Task Force on Preventing Prenatal Exposure to Alcohol and Other Drugs:
<http://azprenatal.wixsite.com/taskforce>
- H. **Web link to the American Academy of Pediatrics (AAP) Committee on Substance Use and Prevention** with resources, policy statements, and

clinical reports. <https://www.aap.org/en-us/about-the-aap/Committees-Councils-Sections/substance-use/Pages/keyresources.aspx>

- I. **Training options for pediatric providers** via a grant PCSS-O
<https://www.aap.org/en-us/about-the-aap/Committees-Councils-Sections/substance-use/Pages/PCSS-O.aspx>

IV. **Pregnancy and Lactation**

- A. **Sedating Drugs & Breastfeeding
Sizing up the Pregnancy and Lactation Labeling Rule:
Understanding Challenges and Opportunities**
Wolters Kluwer Clinical Drug information white paper on the FDA's new Pregnancy & Lactation Labeling Rules. A comprehensive white paper & overview of the PLLR and potential benefits for its use in practice when prescribing medications to pregnant or lactating women, and in prescribing medications that may affect fertility or unintended pregnancy:
<http://www.wolterskluwercdi.com/sites/default/files/documents/white-papers/cdi-pregnancy-lactation-labeling-whitepaper.pdf>
- B. **New Drug Labels on Pregnancy, Lactation Inform Prescribing**
Medscape interview with two NP presenters at AANP 2016 annual conference. Article content focuses on the use and benefits of the new Pregnancy & Lactation Labeling Rule (PLLR) and it's application with patients. <http://www.medscape.com/viewarticle/865520>
- C. **ACOG's recent committee opinion on Opioid Use and MAT in pregnancy.**
<https://www.acog.org/Resources-And-Publications/Committee-Opinions/Committee-on-Obstetric-Practice/Opioid-Use-and-Opioid-Use-Disorder-in-Pregnancy>

GENERAL RESOURCES

- V. **Professional Organizations**
 - A. American Academy of Nurse Practitioners
<https://www.aanp.org/>
 - B. American Association of Critical Care Nurses
<https://www.aacn.org/>
 - C. American Nurses Association
<http://nursingworld.org/>
 - D. Arizona Nurse Practitioner Council

<https://arizonanp.enpnetwork.com/>

- E. Arizona Nurses Association
<http://www.aznurse.org/>
- F. American Nurses Credentialing Center
<http://www.nursecredentialing.org/>
- G. National Association of Pediatric Nurse Practitioners
<https://www.napnap.org/>
- H. National Organization of Nurse Practitioner Faculties
<http://www.nonpf.org/>
- I. The Southern Arizona Advanced Practice Nurse/Nurse Practitioner Society
<https://tucsonnp.enpnetwork.com/>
- J. Pediatric Nursing Certification Board
<https://www.pncb.org/>
- K. Sigma Theta Tau Nursing Honor Society
<http://www.nursingsociety.org/>
- L. Society of Critical Care Medicine
<http://www.sccm.org/Pages/default.aspx>
- M. Northern Arizona Provider Group
<https://arizonanp.enpnetwork.com/nurse-practitioner-news/115221-northern-arizona-provider-group->

VI. **Other Resources**

- A. Agency for Healthcare Policy and Research
<https://www.ahrq.gov/professionals/clinicians-providers/index.html>
- B. British Medical Journal Clinical Evidence
<http://www.clinicalevidence.org/x/index.html>
- C. Drug Enforcement Agency (DEA)
<https://www.dea.gov/index.shtml>
- D. Evidence-based Decision Making
<https://www.evidencebased.net/>
- E. Arizona Dept of Health Services
<http://www.azdhs.gov/>

- F. Nursing Service Organization (NSO) -- Malpractice
<http://www.nso.com/>
- G. The Cochrane Collaboration and Library
<http://www.cochranelibrary.com/>
- H. Trauma.org (non-profit organization)
<http://www.trauma.org/>
- I. UpToDate (clinical resource)
<https://www.uptodate.com/contents/search>
- J. Pub Med
<https://www.ncbi.nlm.nih.gov/pubmed/>
- K. Medscape
<http://www.medscape.com/>

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