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LAFAYETTE
BONE & JOINT CLINIC

Dr. Trahan's Drug Policy: Please Read Carefully

Recently there have been new guidelines established for providers who prescribe opioids, also known as narcotics. The guidelines state that any physician other than a pain management physician may not prescribe opioids (narcotics) for any period greater than 90 days within a year. Any pain requiring opioids for a period greater than 90 days is considered chronic pain and must be treated by a pain management physician. This is being regulated by the centers for disease control and prevention (CDC) and the Louisiana State Board of Medical Examiners (LSBME).

The CDC developed the new guideline for prescribing opioids (narcotics) for chronic pain to help providers make informed prescribing decisions and improve patient care for those who suffer from chronic pain in outpatient settings. The guideline is not intended for patients who are in active cancer treatment, palliative care, or end-of-life care.

As a neurosurgeon Dr. Trahan provides both conservative and surgical treatments for a number of spine and brain diagnoses. Depending on your needs and medical issues, you may or may not require a prescription for opioids (narcotics) as a part of your treatment. In accordance with the new guidelines, we are making all of our patients aware that if opioids (narcotics) are required as a part of your treatment, we will not be able to prescribe these past 90 days of use. We will begin a weaning process over the 90-day period. If you do require opioids (narcotics) for more than the allowable 90 days, you will need to see treatment from a pain management doctor. We can submit a referral to your choice of physician.

These guidelines are being strictly enforced by the CDC and LSBME. This information can be verified on the website <http://www.lsbme.la.gov> under subchapter 8, Medications used in treatment of non-cancer-related chronic or intractable pain.

Dr. Trahan and staff are very aware of the danger of opioids (narcotics) if not used properly. We will be following the new guidelines in an effort to avoid these dangers. **By signing below, you are stating that you understand the guidelines and Dr. Trahan's drug policy.**

Signature: _____

Date: _____

Print Name: _____

PATIENT-PROVIDER AGREEMENT (PPA) FOR OPIOID TREATMENT

The use of opioids (morphine-like drugs) is only one part of the pain treatment. Opioids can be very useful but can also cause serious problems and are not always effective in the treatment of pain. The purpose of this agreement is to outline the safest manner to prescribe opioids.

The goals for using this medicine are:

- To improve daily functional activities and/or the ability to work.
- To decrease the intensity of pain

Provider Responsibilities:

- To explain to me the risks and benefits of using opioids (narcotics) for pain.
- To actively engage me in the creation, and periodic review, of a treatment plan for my pain.
- To explain alternative or complementary therapies for pain management.
- To check the Prescription Monitoring Program to see what medications I may be prescribed by other providers.
- To communicate with me any concerns regarding my use of opioid medications.
- If needed, and in collaboration with me, to work with other specialists to ensure I am receiving effective pain treatment. This may include referral to addiction treatment if opioids (narcotics) become a problem for me.
- To protect the confidentiality of my health care and prescriptions information to the extent authorized by law.

Patient Responsibilities:

I understand and commit to the following for the best treatment of my pain and the safest use of opioids (narcotics):

- ✓ Follow my treatment plan.
- ✓ Tell my provider all the medications that I take (including herbal remedies and over-the-counter medications).
- ✓ Communicate with my provider how I am doing, such as, daily functioning, pain level, and side effects.
- ✓ Obtain opioids (narcotics) from one provider (or provider group) only.
- ✓ Take medications exactly as prescribed.
- ✓ Not use medicine that has not been prescribed to me or use street drugs.
- ✓ Not use alcohol with this medicine unless my provider says it is safe to do so.
- ✓ Secure my medicine so no one else can take it. Safely dispose of unused medicine. Not share, sell or trade my medicine.
- ✓ My medicine will probably not be replaced if it is lost, stolen, damaged or used-up sooner than prescribed.
- ✓ Refills will be: 1) filled through the pharmacy 2) generally not available on an emergency basis.
- ✓ Bring medications in original bottle to every visit.

In the event I have problems taking opioid medication:

Taking opioids (narcotics) other than prescribed can result in serious complications including addiction and overdose. If it occurs that I demonstrate signs of misuse or addiction (i.e. take higher doses of opioids (narcotics) than prescribed, request refills prior to clinic visit, go to other providers to get opioids (narcotics)), my provider may require that I provide urine samples for toxicology screening at random times, even outside of regularly scheduled clinic appointments. Under these circumstances, I agree to participate in random toxicology screening. If complications arise as a result of taking my opioids (narcotics) that my provider does not feel comfortable treating, she or he may consult with other specialists and make appropriate referrals. Finally, if my provider believes the medications are causing more harm than help, she or he may stop the medication in a safe way (i.e. taper slowly and make referral to other providers).

I have been told about the possible risks and benefits of this medicine:

- The medicine may help my problem but may cause other problems like addiction, overdose and death.
- When I start this medicine, when my dose is increased or if I drink alcohol or use street drugs, I may not be able to think clearly. I could become sleepy and have an accident.
- I may get addicted to this medicine. This could cause personal and legal problems and problems at home or work.
- If I, or anyone in my family, has a history of drug or alcohol problems, I will have a higher chance of addiction to this medicine.
- If I take this medicine every day, my body will get used to it. I may get sick if I stop the medicine all at once.

I have talked about this agreement with my provider and I understand it. I had had an opportunity to ask questions about the potential benefits and risks of this medicine.

Patient Signature

Date

Provider's Signature

Date

Patient's receives a copy and a copy goes in the patient's medical chart.