

Opioid and Pain Management Policy

In light of increasing knowledge and attention paid to the safety and regulation of pain medications, Integrative Rheumatology has updated its policy with the goal of prioritizing patient safety and quality of care. To best meet these goals, Integrative Rheumatology will no longer prescribe pain medications including tramadol for long term use. Our policy will be implemented as follows:

- **New Prescriptions:**
 - No new long-term prescriptions for tramadol, hydrocodone, or other opioid medications will be provided.
 - Providers may prescribe opioid pain medications for acute pain management for up to 7 days with 1 refill once yearly.
 - Prescriptions for non-steroidal anti-inflammatory drugs (NSAIDs) such as meloxicam, diclofenac, and Celebrex will not be affected.
- **Chronic Prescriptions:**
 - Many patients require tramadol and other chronic narcotic medications as a part of their care plan.
 - For patients that are **NEW** to Integrative Rheumatology:
 - Providers may offer a 7-day supply of their chronic pain medication with 1 refill along with a referral to a local pain management clinic.
 - Providers may offer a 30-to-60-day plan to taper off of the medication.
 - For **ESTABLISHED** patients of Integrative Rheumatology:
 - ***Chronic pain medications (Tramadol, Hydrocodone, etc.) will be refilled as normal until Friday, June 30, 2023.*** No further chronic refills will be offered after this date but patients will be eligible to receive management of acute pain as described above.
 - Providers may offer a 30-to-60-day plan to taper off of the medication.
 - Providers may offer a referral to a local pain management clinic for all patients who require ongoing therapy.
 - Prescriptions for non-steroidal anti-inflammatory drugs (NSAIDs) such as meloxicam, diclofenac, and Celebrex will not be affected.

Our office will continue to prescribe muscle relaxers (e.g. cyclobenzaprine, methocarbamol, etc.), medications used for nerve pain (e.g. gabapentin, Lyrica) and antidepressants used for chronic pain and chronic fatigue (e.g. Cymbalta, amitriptyline, nortriptyline). Below is a list of medications that will fall under the new policy. *This is NOT a comprehensive list of medications.* If you have a question about whether your prescription will be affected, please call the office and ask to speak with one of the clinical staff.

Examples of the medications that will be **restricted** include, but are not limited to the following:

- Tramadol
- Oxycodone
- Hydrocodone
- Oxymorphone
- Hydromorphone
- Fentanyl
- Morphine
- Methadone
- Buprenorphine