



# *American Pain Foundation*

A united voice of hope and power over pain.



Tufts Health Care Institute

# Opioid Risk Management

**REMS**

**July 23<sup>rd</sup>, 2009**



# PATIENT EDUCATION

**What Methods Do (Should) Practitioners  
Use to Train Patients to Respect  
Opioids?**



# RISKS

- **Many of the REMS mentioned Risks (misuse, abuse, addiction, overdose, fatality) are associated with patient understanding and behaviors:**
  - Altering dosing
  - Combining medicines/alcohol
  - Not safely storing medicines
  - Sharing medicines
  - Not Understanding side effects
  - Not safely disposing of medicines



# Current Practice

- **Medicine Guides/Patient Information Inserts**
- **Prescriber Counseling**
- **Pharmacist Counseling**
- **Other reading material**
- **Monitoring patient understanding and behaviors**



# Key Principles of Patient Education

- 1. Utilize Multi-method/venue/setting Strategies**
- 2. Understand the variety in types of learners**
- 3. Educate the support system**
- 4. KISS but have detailed explanations available to share**



# Tools

- **FDA Patient Guide to Opioid Medicines**
- **PainSAFE Alliance**  
<http://www.nationalpainfoundation.org/articles/563/six-steps-to-safety>
- **Opioids911, [www.pain-topics.org](http://www.pain-topics.org)**
- **REMS generated products**



# Tools

- **Disease management systems and strategies**
- **Online Resources**
  - Reputable Online Information and Support Communities like APF's *Pain Aid* ([www.painfoundation.org](http://www.painfoundation.org)); National Pain Foundation online community ([www.nationalpainfoundation.org](http://www.nationalpainfoundation.org))
  - WARNING! Many online sources are dangerous





# PainSAFE Alliance

- **National Alliance and Public Health**
- ***Six Steps to SAFETY***
  - *Never take a prescription painkiller unless it is prescribed to you*
  - *Do not take pain medicine with alcohol*
  - *Do not take more doses than prescribed*
  - *Use of other sedative or anti-anxiety medications can be dangerous*
  - *Avoid using prescription pain killers to fall to sleep*
  - *Lock-up prescriptions painkillers*



# Community Collaboration Model

- **Wilkes County, N.C. Collaborative, Nabarun Dasgupta, UNC and RADARS**
  - Community organization collaboration planning in community responses, education and messaging, creating tools like a Patient Education DVD
  - Creates Community ownership of problem and solution: Patient education not just the role of the prescriber or pharmacist.



# Patient DVD

- *Patient responsibilities in pain management*
- Recognizing signs and symptoms of opioid overdose
- Importance of calling 911
- Rescue breathing
- Administering naloxone
- *Options for substance use disorders treatment*





**Thank You!**

