

## CDC Chronic Pain *Opioid* Guidelines (Summary)

Adapted from American Addiction: The Opioid Epidemic by Mark Garofoli, PharmD, MBA, BCGP

### **Opioid Use Decision**

1. Non-Pharm, Non-Opioid, then Opioid
2. Treatment Goals
3. Risk Assessments & Side Effects

### **Type/Amount/Time of Opioid**

4. Immediate Release (IR) not Extended Release (ER)
5. MME  $\geq$  50/day: Use caution  
MME  $\geq$  90 avoid unless justified
4. Acute pain: Short duration
5. Re-evaluate 1 month, then every 3 months

### **Risk/Harms of Opioid Use**

8. Higher risk  $\rightarrow$  naloxone education/supply
9. PDMP initially + every 1-3 months
10. Urine Drug Screening/Testing initially + annually
11. Avoid combining opioids & sedatives (i.e. benzodiazepines, etc.)
12. Opioid Use Disorder: Offer Medication Assisted Therapy (MAT)

Reference(s):

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