

# Outline for Follow-up Evaluation of Chronic Pain Patients on Controlled Substances

**Current pain details** (PQRST: provokes, quality, radiates, severity, time)

**Progress toward patient's goals** (work/home/social interpersonal/recreation, improvement of pain and functional status)

**Level of adherence** to pain evaluation and management plan (including psych, therapy, lifestyle)

## Medications

Current include adjuvants, movement to long-acting opioids, progress with taper, avoidance of benzodiazepines

Adverse effects

Assessment for "red flag" drug-taking behavior, see written treatment agreement

## Physical exam

## Updated imaging, other tests

## Urine comprehensive drug screening (DRUG COMP)

once every six months (absence of illicit or non-prescribed medications; presence of and compliance with prescribed medications)

## Check opioid registry (e.g., MAPS)

## Assessment

**Plan** (Refine shared goals for functional improvement: work/home/social interpersonal/recreation)

Medical management (adjust medications, stop ineffective meds including opioids)

Psychiatric management

Lifestyle interventions

Physical modalities

Family involvement

Follow-up

## Treatment agreement (contract)

Placed in medical record

Item placed in Problem List

## *Consider referral for comprehensive chronic pain management if:*

- evidence of addiction behavior
- failure to progress toward goals
- escalating or excessive opioid needs
- poor psychological adjustment
- buprenorphine (Suboxone®) management