

AGREEMENT FOR USE OF NARCOTICS FOR NON MALIGNANT PAIN

AT A CERTAIN TIME DURING YOUR TREATMENT YOU MAY BE PRESCRIBED NARCOTICS AS PART OF YOUR MEDICAL TREATMENT. IF YOU ARE PRESCRIBED NARCOTICS (STRONG PAIN MEDICATIONS) THESE REGULATIONS WILL APPLY TO YOU. THE NON-COMPLIANCE OF THESE RULES MAY CAUSE YOUR IMMEDIATE DISCHARGE FROM OUR PRACTICE.

Rationale: The use of narcotics for acute or chronic pain not due to cancer is controversial. Problems can arise from narcotic use. These problems can be medical, psychological, or social. Because of the dangers of narcotic use, these medications should be used only under special circumstances. Strict guidelines must be followed to minimize the risk.

What narcotics are used for: Narcotics can cause annoying **side effects** such as itching, nausea and constipation. More dangerous side effects include drowsiness (as severe as coma), depression of breathing (as severe as respiratory arrest), and mental changes confusion, euphoria or psychosis). There is a well-known potential for narcotic medications to be abused. There is a potential for the development of **tolerance** in which a constant dose of narcotics starts producing less and less effect. There is a potential for the development of **dependence**, in which symptoms such as nausea, sweating, cramps, anxiety, pain and other disagreeable sensations occur when the narcotic medication is not taken. When used properly, narcotics are excellent pain relieving medication. When used improperly, there is significant danger.

What narcotics is NOT use for:

1. ***Insomnia.*** Although narcotics can cause drowsiness, especially in higher doses, they are **NOT** good sleeping aids. This is because they alter the sleeping cycles and may actually worsen sleeping difficulties. If you are having difficulty sleeping, a medication specifically designed to help you will be prescribed. The only time it is appropriate to take narcotics near bed time is if the medication is being taken for pain relief.
2. ***Anxiety.*** The mental effects of narcotics may blunt the awareness of symptoms of anxiety. However, this is a side effect of the narcotic. If you are having feelings of restlessness, anxiousness, or nervousness, then these symptoms should be evaluated, because they may be sign of something else going on. There are much better treatments for anxiety than narcotics. These include other medications, as well as the use of counseling and relaxation techniques.
3. ***Depression.*** The mental effects of narcotics may blunt the feeling of depression. Narcotics do not make depression better. The effects of narcotics on sleep cycles may actually worsen the depression. If you are having feelings of sadness, loss of motivation, loss of interest in usual activities, loss of appetite, or feeling of hopelessness, then these symptoms should be evaluated. There are much better treatments for depression than narcotics. These include medications specifically designed to help depression, as well as the use of counseling, relaxation, and other psychological techniques.

Why the difference is important: If narcotics are used appropriately, then they are excellent pain relieving medications. If they are used for conditions other than those for which they are designed, then they are not good medications. For many reasons, inappropriate use of narcotics must be avoided. They may not be effective and can actually be harmful. It is very important to understand the symptoms are being treated with narcotics and which symptoms should be treated with other medication.

Rules and Informed Consent: The agreement between the patient and *Central Florida Pain & Rehab Clinic* is for the purpose of establishing agreement between Doctor and Patient on clear conditions for the prescription and use of pain controlling medications prescribed by the Doctor for the Patient. Doctor and Patient agree that this Agreement is an essential factor in maintaining the trust and confidence necessary in a doctor/patient relationship.

The patient agrees to and accepts the following conditions for the management of pain medication prescribed by the Doctor for the Patient:

1. Narcotics will be used to treat pain that improve with medication. They will not be used for pain that do not respond to medication.
2. Narcotics will not be used to treat insomnia, anxiety or depression. If these symptoms are present, they will be treated by other means.
3. Careful records of narcotic use will be made. These include time; dose of medication, symptoms the medications is being taken for, including pain relief and side effects.
4. Patients taking narcotics have to follow up with the doctor on monthly basis for a review of his/her medications.
5. Pain medications prescriptions will be obtained only from this clinic. This includes "muscle relaxants" If prescriptions are obtained from any other physician or clinic, this clinic must be notified within three working days. Unless special arrangements are made, all sedatives and anti-anxiety medications will be obtained only from this clinic. They will be obtained only at the time of the visit to the clinic. Prescriptions cannot be obtained after hours or during weekends.
6. The patient understand that if he/she is running low of his/her pain medications is his/her responsibility to call the office and set up an appointment for medication refills a few days prior to the due date.
7. The purpose for using narcotics for chronic non-cancer pain is to improve function. Your level function will be assessed periodically to verify that the medication is helping.
8. Psychological evaluation may be performed prior to initiating chronic therapy and will be repeated at intervals. This is to make sure that:
 - a) No psychological problems are developing from the narcotic therapy.
 - b) There is no undiagnosed anxiety problem that would be better managed with a different treatment.
 - c) There is no undiagnosed depression problem that would be better managed with a different medication.
 - d) To verify that the narcotic medication is improving the level of functioning.
9. Lost or stolen prescriptions and /or medications will not be replaced until the patient is due for his new refill and they will only be refill with a detail police report and with the doctor's agreement. This will not apply for repetitive cases.
10. The medication must not be given to anyone except the person for whom it is prescribed.

11. Narcotic induced drowsiness and/or impairment of judgment, reflexes, etc, can make driving and automobile, operating heavy machinery, or performance of other tasks dangerous both to the individual as well as to other members of the community. Patient agrees not to perform any of the previous activities until his/her ability to perform then has been evaluated.
12. Patient understands and agrees that if for any reason the doctor needs to exchange his/her medication, he/she must bring the bottle with the remaining pills in order to get a new prescription.
13. Patients should not combine narcotics with alcohol or any illegal controlled substances, including marijuana, cocaine, etc.
14. Patient agrees to use the medication at a rate no greater than the prescribed rate and that use of the medication at greater rate will result in the patient being without medication for a period of time.
15. The rationale and the more common side effects of narcotic therapy are on the first page of this document. It is recognized that even with careful use of narcotics, side effects can occur. These side effects include medical, psychological, and social problems. The potential risks of narcotic therapy must be understood in order to make an informed decision to participate in this type of treatment. If alternate forms of treatment become available, there should be investigated for appropriateness.
16. The physician has the full permission of the patient to obtain any information concerning the use of the prescribed drug, any other prescription drug, or any non-prescription drug. The physician may obtain any information concerning any behavioral aspect relevant to the use of the opiate drug. This information may be obtained from persons including but not limited to: the dispensing pharmacist, other pharmacist, law enforcement officials, family members, immediate supervisor at work, and/or important source of information.
17. The physician has the full permission of the patient to perform or authorize performance of random drug level testing.
18. Patient agrees to use _____ Pharmacy, located at _____ Phone number _____ for medications. If patient changes pharmacy for any reason, the patient agrees to notify the doctor at the time he or she receives the prescription, and the patient will advise the new pharmacy of his/her prior pharmacy's address and telephone number.

Failure to follow these rules can result in life-threatening conditions. If these rules are not followed, then we will not continue prescribing narcotics.

A copy of this contract was given to the patient.

I _____ have read the above and understand the rationale and rules as listed above. I agree to follow the rules for these narcotics in the management of my painful condition.

Patient Signature

Witness Signature

Date

Enrique Umpierre, M.D. (Signature)