

## ***Getting the Best Result from Opioid Pain Medication: A Partnership Agreement***

The greatest success in chronic pain management comes when there is a partnership based on mutual respect between patient and health care provider.

As patient and health care provider, we respect each other's rights and accept our individual responsibilities.

The health care provider understands that it is important for patients with pain to know that the provider will:

- Listen and try to understand the patient's experience living with pain.
- Accept the patient's reports of pain and response to treatment.
- Thoroughly assess the patient's pain and explore all appropriate treatment options, including those suggested by the patient.
- Explain what is known and unknown about the causes of the patient's pain.
- Explain the meaning of test results or specialty visits/consultations, and what can be expected in the future.
- Explain the risks, benefits, side effects and limits of any proposed treatment.
- Respect the patient's right to participate in making pain management decisions, including the right to refuse some types of treatment.
- Make sure that the patient has access to acute care, even when the provider is not personally available.
- Not allow the patient to be treated disrespectfully by other providers or staff because of the patient's use of opioids for pain.

The patient understands that it is equally important for providers that their patients on opioid pain medications will:

- Take medication only at the dose and time/frequency prescribed.
- Make no changes to the dose or how the medication is taken without first talking to the provider.
- Not ask for pain medications or controlled substances from other providers. The patients will also tell every provider all medications they are taking.
- Arrange for refills only through the provider's clinic during regular office hours. Not ask for refills earlier than agreed upon.

*continued on back*

- Protect their prescriptions and medications, keeping all medicines away from children.
- Keep medications only for their own use and not share them with others.
- Be willing to be involved in programs that can help improve social, physical, or psychological functioning as well as daily or work activities.
- Be willing to learn new ways to manage their pain by attempting step-by-step behavior and lifestyle changes in their daily life.

We agree that the provider may stop prescribing the medication or the patient may decide to stop taking the medication if there is no improvement in pain or activity, there is loss of improvement from the medication, or there are significant side effects from the medication.

We both realize and have discussed that there can be limitations to opioid therapy. It may not be helpful or only partially helpful and that it is only one part of the treatment of chronic pain.

We agree to work together in an active partnership, learning from both successes and failures, to find the most effective ways to control pain and improve functioning.

Patient: \_\_\_\_\_ Date: \_\_\_\_\_

Provider: \_\_\_\_\_ Date: \_\_\_\_\_