



# Stephen V Dreskin, M.D.

2019 Southeast Regional Spine Symposium



Disclosures

No financial  
disclosures

# Objectives



To better understand the principles and challenges associated with managing patients with chronic pain



To better understand the proper use of opioids when managing patients with chronic pain

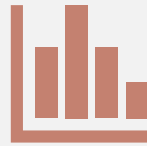
Principles and  
Challenges  
Associated  
with  
Managing  
Patients with  
Chronic Pain



# Challenges of Managing Chronic Pain Patient



No objective way to measure pain



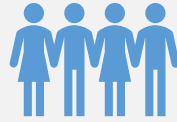
Lack of good outcome studies



Improper training  
of healthcare  
providers

Lack of training during professional schooling  
Inadequate training of “pain management physicians.”

# Standard of Care



Keeping patients safe



Maintaining functional ability



Achieving above goals using the lowest doses of opioids possible

# Morphine Equivalent Dose (MED)



CDC recommendations – not to exceed 60MED daily



Toxicity of higher MEDs



Functional ability often improved with lowering MEDs

# Proper Work- Up



Thorough history and physical



Review of records, especially those of healthcare providers previously prescribing controlled substances



Ordering proper diagnostic testing

Labs, MRI, EMG, etc.



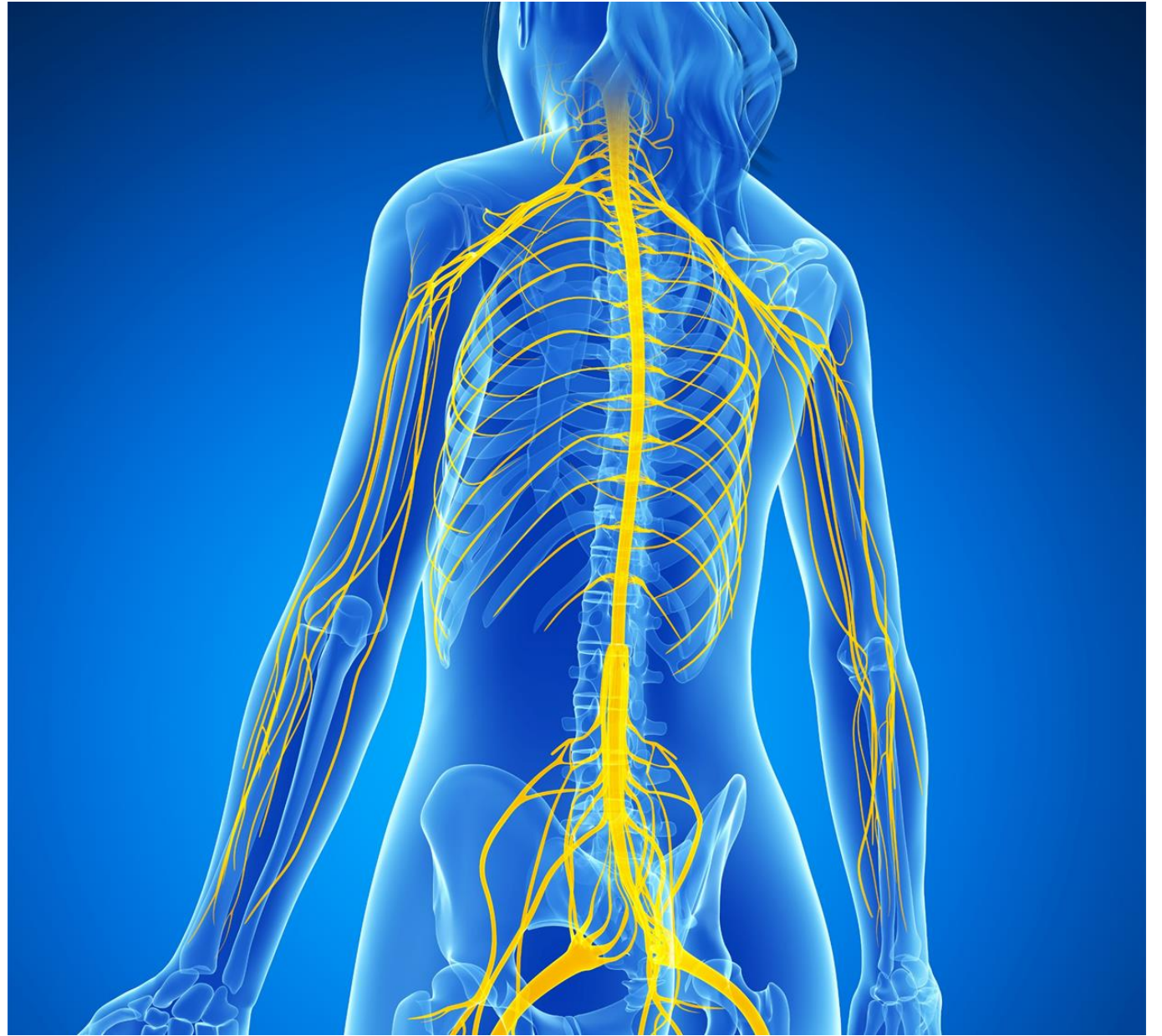


# Patient Responsibilities for Receiving Opioids

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- Making a reasonable effort to help themselves
  - Lifestyle changes (smoking cessation, weight optimization, diet and nutritional modification, etc.)
  - Exploring non-pharmacological, non-surgical options (physical therapy, interventional procedures – such as epidural steroid injections, etc.)
  - Exploring surgical options for correctable conditions
  - Exploring Non-opioid medications
    - Anticonvulsants, Antidepressants, NSAIDs, etc.
    - Synergistic effect of multi-modal analgesia

Proper Use  
of Opioids  
When  
Managing  
Patients With  
Chronic Pain



# Standard Of Care When Monitoring Opioids



Controlled Substance  
Monitoring Database (CSMD)



Pill Counts

Both at  
scheduled office  
visits and random  
times



Urine, Oral Fluid  
Toxicology Testing

Risk stratification  
to determine  
frequency  
Minimum twice  
annually



# Concomitant Use of Opioids and Benzodiazepines

# REFERENCES

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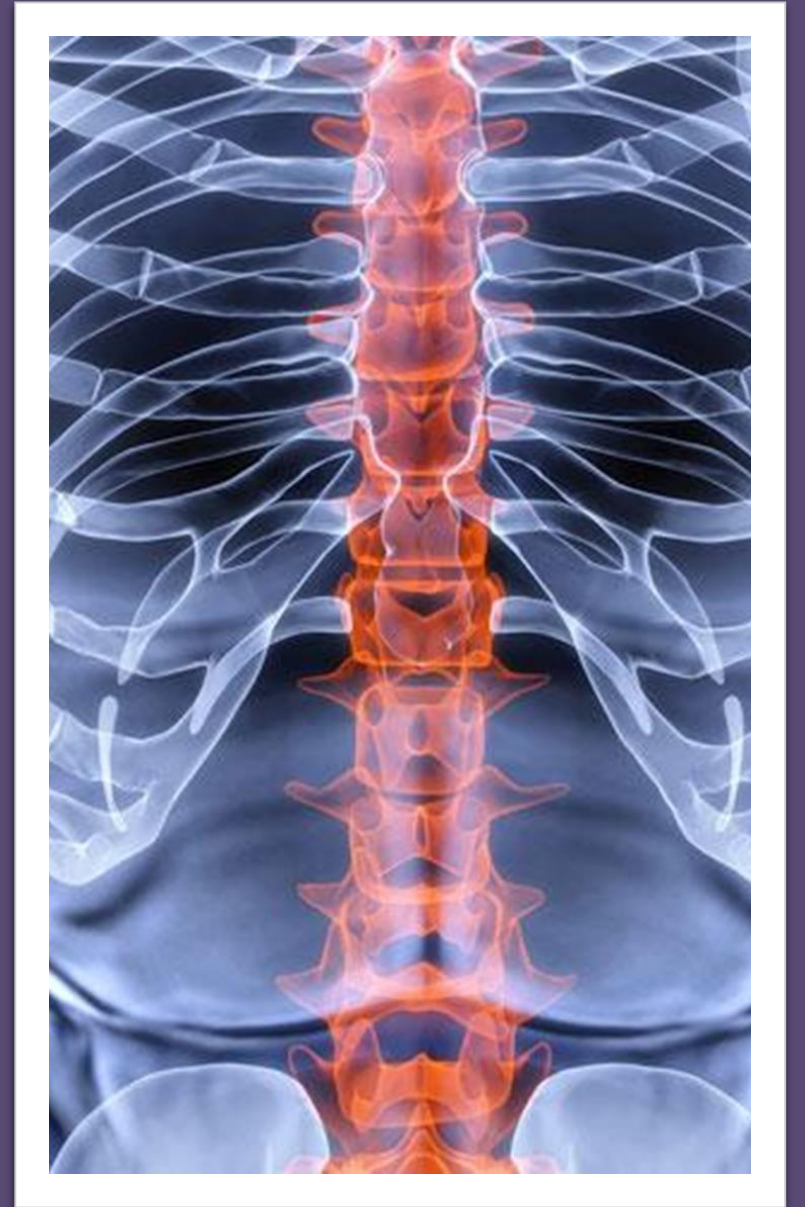
Tennessee Department Of Health  
Guidelines for Opioid Use

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CDC Guidelines for Chronic Opioid Use

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American Academy of Pain Medicine –  
Resource for Managing Chronic Pain



QUESTIONS?

