

## Helpful Online Opioid References

**Centers for Disease Control and Prevention** <https://www.cdc.gov/drugoverdose/>

- 'MMWR: CDC Guideline for Prescribing Opioids for Chronic Pain — United States, 2016' <https://www.cdc.gov/drugoverdose/prescribing/guideline.html>
- 'Common Elements in Guidelines for Prescribing Opioids for Chronic Pain' [https://www.cdc.gov/drugoverdose/pdf/common\\_elements\\_in\\_guidelines\\_for\\_prescribing\\_opioids-20160125-a.pdf](https://www.cdc.gov/drugoverdose/pdf/common_elements_in_guidelines_for_prescribing_opioids-20160125-a.pdf)
- Checklist for prescribing opioids for chronic pain
- [https://www.cdc.gov/drugoverdose/pdf/pdo\\_checklist-a.pdf](https://www.cdc.gov/drugoverdose/pdf/pdo_checklist-a.pdf)
- Opioid Selection, Dosage, Duration, Follow-Up, and Discontinuation
- [https://www.cdc.gov/drugoverdose/pdf/guidelines\\_factsheet-a.pdf](https://www.cdc.gov/drugoverdose/pdf/guidelines_factsheet-a.pdf)
- CDC Guideline for Prescribing Opioids for Chronic Pain
- [https://www.cdc.gov/drugoverdose/pdf/guidelines\\_at-a-glance-a.pdf](https://www.cdc.gov/drugoverdose/pdf/guidelines_at-a-glance-a.pdf)
- Nonopioid Treatments for Chronic Pain
- [https://www.cdc.gov/drugoverdose/pdf/alternative\\_treatments-a.pdf](https://www.cdc.gov/drugoverdose/pdf/alternative_treatments-a.pdf)
- Assessing Benefits and Harms of Opioid Therapy
- [https://www.cdc.gov/drugoverdose/pdf/assessing\\_benefits\\_harms\\_of\\_opioid\\_therapy-a.pdf](https://www.cdc.gov/drugoverdose/pdf/assessing_benefits_harms_of_opioid_therapy-a.pdf)
- Promoting Safer and More Effective Pain Management
- [https://www.cdc.gov/drugoverdose/pdf/guidelines\\_factsheet-patients-a.pdf](https://www.cdc.gov/drugoverdose/pdf/guidelines_factsheet-patients-a.pdf)
- Why Guidelines for Primary Care Providers?
- [https://www.cdc.gov/drugoverdose/pdf/guideline\\_infographic-a.pdf](https://www.cdc.gov/drugoverdose/pdf/guideline_infographic-a.pdf)
- The Epidemic
- [https://www.cdc.gov/drugoverdose/pdf/infographic-cdc\\_guideline\\_for\\_prescribing\\_opioids\\_for\\_chronic\\_pain-a.pdf](https://www.cdc.gov/drugoverdose/pdf/infographic-cdc_guideline_for_prescribing_opioids_for_chronic_pain-a.pdf)
- Pregnancy and Opioid Pain Medications
- [https://www.cdc.gov/drugoverdose/pdf/pregnancy\\_opioid\\_pain\\_factsheet-a.pdf](https://www.cdc.gov/drugoverdose/pdf/pregnancy_opioid_pain_factsheet-a.pdf)

**National Institute on Drug Abuse: Medical & Health Professionals**

<https://www.drugabuse.gov/nidamed-medical-health-professionals>

- National Institute on Drug Abuse: Opioids <https://www.drugabuse.gov/drugs-abuse/opioids>
- The Clinical Opiate Withdrawal Scale (COWS)' Wesson, D. R., & Ling, W. (2003). J Psychoactive Drugs, 35(2), 253–9. <https://www.drugabuse.gov/sites/default/files/files/ClinicalOpiateWithdrawalScale.pdf>
- Prescription Opioids: Opioid Prescribing Resources <https://www.drugabuse.gov/nidamed-medical-health-professionals/tool-resources-your-practice/opioid-prescribing-resources>
  - *Aberrant Drug Taking Behaviors Information Sheet'* <https://www.drugabuse.gov/sites/default/files/files/CommonlyUsedLAOpioids.pdf>

- *'Recognizing Opioid Abuse'* - symptoms of prescription opioid abuse and/or addiction  
<https://www.drugabuse.gov/sites/default/files/files/RecognizingOpioidAbuse.pdf>
- *'Sample Notification of Discontinuation of Opioid Treatment Form'*  
[https://www.drugabuse.gov/sites/default/files/files/Discontinuation\\_of\\_Opioid\\_Treatment\\_Letter\\_508.docx](https://www.drugabuse.gov/sites/default/files/files/Discontinuation_of_Opioid_Treatment_Letter_508.docx)
- Choose evidence-based screening tools and resource materials  
<https://www.drugabuse.gov/nidamed-medical-health-professionals/tool-resources-your-practice/screening-assessment-drug-testing-resources/chart-evidence-based-screening-tools-adults>
  - *'Clinical Opiate Withdrawal Scale'* - assess common opiate withdrawal symptoms  
<https://www.drugabuse.gov/sites/default/files/files/ClinicalOpiateWithdrawalScale.pdf>
  - *'McCaffrey Initial Pain Assessment Tool'* - questionnaire to assess a patient's pain  
<https://www.drugabuse.gov/sites/default/files/files/McCaffreyInitialPainAssessmentTool.pdf>
  - *'Pain Assessment and Documentation Tool'* - assess and document pain-related outcomes  
<https://www.drugabuse.gov/sites/default/files/files/PainAssessmentDocumentationTool.pdf>
  - *'Patient Health Questionnaire-9'* - assess depressed mood in the past 2 weeks  
<https://www.drugabuse.gov/sites/default/files/files/PatientHealthQuestionnaire9.pdf>

**U.S. Food & Drug Administration (FDA)** <https://www.fda.gov/>

- U.S. Food & Drug Administration (FDA): Drug Safety and Availability  
<https://www.fda.gov/Drugs/DrugSafety/default.htm>
  - Opioid Medications  
<https://www.fda.gov/Drugs/DrugSafety/InformationbyDrugClass/ucm337066.htm>
  - FDA warns about serious risks and death when combining opioid pain or cough medicines with benzodiazepines  
<https://www.fda.gov/downloads/Drugs/DrugSafety/UCM518672.pdf>
  - New Safety Measures Announced for Opioid Analgesics, Prescription Opioid Cough Products, and Benzodiazepines  
<https://www.fda.gov/Drugs/DrugSafety/InformationbyDrugClass/ucm518110.htm>
- U.S. Food & Drug Administration (FDA) Consumer Information  
<https://www.fda.gov/ForConsumers/ConsumerUpdates/>
  - What to Ask Your Doctor Before Taking Opioids  
<https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm529517.htm>
  - A Guide to Safe Use of Pain Medicine  
<https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm095673.htm>
  - What to Ask Your Doctor Before Taking Opioids: A Checklist  
<https://www.fda.gov/downloads/ForConsumers/ConsumerUpdates/UCM548116.pdf>

- A Guide to Safe Use of Pain Medicine  
<https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm095673.htm>
- U.S. Food & Drug Administration (FDA) Resources for You  
<https://www.fda.gov/Drugs/ResourcesForYou/default.htm>
- Drug Information for Consumers  
<https://www.fda.gov/Drugs/ResourcesForYou/Consumers/default.htm>
- Misuse of Prescription Pain Relievers  
<https://www.fda.gov/drugs/resourcesforyou/consumers/buyingusingmedicinesafely/misuseofprescriptionpainrelievers/ucm2007101.htm>

### **Oregon Pain Guidance: Tools to Download**

<http://professional.oregonpainguidance.org/clinical-tools/>

- '*ORT: Opioid Risk Tool*'  
<http://www.oregonpainguidance.org/app/content/uploads/2016/05/Opioid-Risk-Tool-ORT.pdf>
- '*Opioid and Benzodiazepine Tapering Flow Sheets*'  
<http://www.oregonpainguidance.org/app/content/uploads/2016/05/Opioid-and-Benzodiazepine-Tapering-flow-sheets.pdf>
- '*Urine Drug Screenings (UDS) FAQ*'  
<http://www.oregonpainguidance.org/app/content/uploads/2016/05/Urine-Drug-Screenings-UDS-FAQ.pdf>
- '*Patient Treatment Agreements*'  
<http://www.oregonpainguidance.org/app/content/uploads/2016/05/Patient-Treatment-Agreements.pdf>
- '*Medical Risks of Long-Term Opioid Use*'  
<http://www.oregonpainguidance.org/app/content/uploads/2016/05/Medical-Risks-of-Long-term-Opioid-Use.pdf>
- '*Graded Pain and Function Scale*'  
<http://www.oregonpainguidance.org/app/content/uploads/2016/05/Graded-Pain-and-Function-Scale.pdf>
- '*Opioid Withdrawal Attenuation Cocktail*'  
<http://www.oregonpainguidance.org/app/content/uploads/2016/05/Opioid-Withdrawal-Attenuation-Cocktail.pdf>

### **State of Wisconsin Department of Workforce Development 'Chronic Opioid Clinical Management Guidelines for Wisconsin Worker's Compensation Patient Care'**

<https://dwd.wisconsin.gov/wc/medical/pdf/chronic%20opioid%20clinical%20management%20guidelines%20.pdf>

### **The Substance Abuse and Mental Health Services Administration (SAMHSA): Opioids**

<https://www.samhsa.gov/atod/opioids>

- The Substance Abuse and Mental Health Services Administration (SAMHSA)  
<https://www.samhsa.gov/>

- *'Opioid Overdose Prevention Toolkit - Updated 2016'*  
<http://store.samhsa.gov/shin/content//SMA16-4742/SMA16-4742.pdf>

**U.S. Department of Health & Human Services: Opioids** <https://www.hhs.gov/opioids/>

- U.S. Department of Health & Human Services <https://www.hhs.gov/opioids/drug-and-pain-medication-facts/index.html>
- Easy-to-Read Drug Facts  
[https://easyread.drugabuse.gov/sites/default/files/EasyToRead\\_PainMedicineFacts\\_012017.pdf](https://easyread.drugabuse.gov/sites/default/files/EasyToRead_PainMedicineFacts_012017.pdf)

**State of Wisconsin Department of Workforce Development 'Chronic Opioid Clinical Management Guidelines for Wisconsin Worker's Compensation Patient Care'**  
<https://dwd.wisconsin.gov/wc/medical/pdf/chronic%20opioid%20clinical%20management%20guidelines%20.pdf>

**State of Wisconsin Department of Workforce Development 'Chronic Opioid Clinical Management Guidelines for Wisconsin Worker's Compensation Patient Care'**  
<https://dwd.wisconsin.gov/wc/medical/pdf/chronic%20opioid%20clinical%20management%20guidelines%20.pdf>

**Partnership HealthPlan of California. Managing Pain Safely (MPS)**  
<http://www.partnershiphp.org/Providers/HealthServices/Pages/Managing-Pain-Safely.aspx>

- *'Tapering Toolkit Provider Resource'*  
[http://www.partnershiphp.org/providers/healthservices/documents/managing%20pain%20safely/tapering%20toolkit\\_final.pdf](http://www.partnershiphp.org/providers/healthservices/documents/managing%20pain%20safely/tapering%20toolkit_final.pdf)

***'Tapering Long-term Opioid Therapy in Chronic Noncancer Pain: Evidence and Recommendations for Everyday Practice'***

Berna, MD, PhD; Kulich, PhD; & Rathmell, MD. Mayo Clin Proc. June 2015;90(6):828-842  
<http://www.med.umich.edu/1info/FHP/practiceguides/pain/Opioid.Taper.Mayo.pdf>

***'Opioid Tapering: Safely Discontinuing Opioid Analgesics'***

Kral, PharmD, BCPS. Pain Treatment Topics March 2006:1-7.  
[https://www.nhms.org/sites/default/files/Pdfs/Safely\\_Tapering\\_Opioids.pdf](https://www.nhms.org/sites/default/files/Pdfs/Safely_Tapering_Opioids.pdf)