

What Providers Can Do to Help:

Key Recommendations from the CDC Guideline for Prescribing Opioids for Chronic Pain

USE NON-OPIOID TREATMENTS

Opioids are not first-line therapy or routine therapy for chronic pain.

START LOW AND GO SLOW

When opioids are started, prescribe them at the lowest effective dose.

REVIEW THE PRESCRIPTION DRUG MONITORING PROGRAM

Check prescription drug monitoring program data for high dosages and prescriptions from other providers.

AVOID CONCURRENT PRESCRIBING

Avoid prescribing opioids and benzodiazepines concurrently whenever possible.

OFFER TREATMENT FOR OPIOID USE DISORDER

Offer or arrange evidence-based treatment (e.g. medication-assisted treatment and behavioral therapies) for patients with opioid use disorder.

DOWNLOAD THE FREE CDC OPIOID GUIDELINE IN YOUR PHONE'S APP STORE TO VIEW ENTIRE GUIDELINE!

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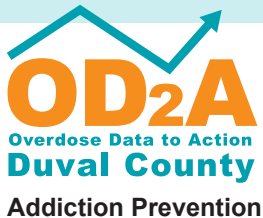
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Several nonopioid pharmacologic therapies are effective for chronic pain, examples include:

- Acetaminophen
- Non-steroidal anti-inflammatory drugs
- Selected antidepressants
- Selected anticonvulsants
- Medicated creams, foams, gels, lotions, ointments, Sprays and patches

Many nonpharmacologic therapies can ameliorate pain, examples include:

- Physical or occupational therapy
- Weight loss
- Psychological therapies
- Heat and cold therapy
- Massage therapy
- Relaxation techniques
- Exercise therapy



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