Carondelet St. Mary’s Hospital
Chronic Pain Program Protocol

**Purpose:** To establish guidelines for initial visit and subsequent visits for patients presenting with chronic pain.

**Criteria for Referral to Chronic Pain Program:**

- Patient identified as a chronic pain patient by:
  - History/frequent patient visits: 2 visits in one year for the same complaint or 3 visits in one year for any pain-related complaints.
  - Arizona Controlled Substance Prescription Monitoring Program: more than 5 narcotic or benzodiazepine prescriptions written by more than one facility.

**Initiation of Chronic Pain Program Protocol:**

- Once criteria met, patient is referred to the program by the EC provider. Program explained to the patient by EC provider using AIDET, and that Case Management will be in to speak with them for further assistance.
- Case Management consulted by EC Provider
  - CM meets with the patient using AIDET to explain the program.
  - Provides list of referrals for PCP/Pain Mgt if needed, education of importance for patient to follow-up with current PCP or list of referrals.
  - Patient provided “Opioid Analgesic and Sedatives Guidelines” and patient letter.
  - If patient has a PCP or Chronic Pain Physician, letter prepared to this physician.

**Treatment plan for patients in Chronic Pain Program:**

- **Visit 1:**
  - Patient’s acute pain treated by EC Provider as deemed appropriate, no Dilaudid or Fentanyl.
  - Up to 10 narcotic or benzodiazepine tablets prescribed by the EC physician for outpatient care.
- **Visit 2:**
  - Patient’s acute pain treated by EC physician as deemed appropriate, no Dilaudid or Fentanyl.
  - Up to 5 narcotic or benzodiazepine tablets prescribed by EC provider for outpatient care.
- **Visit 3 and any subsequent visits:**
  - Patient’s acute pain may be treated up to 2 narcotic pain medication tablets.
  - EC provider may offer further care without other narcotics or benzodiazepines.
  - No outpatient prescription given.

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