

## Resources for Ambulatory Long-Term Controlled Substance Management

### Opioid Guidelines:

- CDC Opioid Prescribing Guidelines:  
[http://www.cdc.gov/drugoverdose/pdf/common\\_elements\\_in\\_guidelines\\_for\\_prescribing\\_opioids-a.pdf](http://www.cdc.gov/drugoverdose/pdf/common_elements_in_guidelines_for_prescribing_opioids-a.pdf)

### How and When to Safely Wean:

- Chronic Opioid Therapy (COT) Safety Guideline For Patients with Chronic Non-Cancer Pain:  
<https://www.ghc.org/all-sites/guidelines/chronicOpioid.pdf>
- Taper Schedule (VA):  
[https://www.nhms.org/sites/default/files/Pdfs/Safely\\_Tapering\\_Opioids.pdf](https://www.nhms.org/sites/default/files/Pdfs/Safely_Tapering_Opioids.pdf)
- Tapering Chronic Opioids Summary Article Mayo Clinic:  
[http://www.mayoclinicproceedings.org/article/S0025-6196\(15\)00303-1/pdf](http://www.mayoclinicproceedings.org/article/S0025-6196(15)00303-1/pdf)

### Patient Conversations:

- Chronic Pain Management: Qualitative Study:  
<http://painmedicine.oxfordjournals.org/content/painmedicine/14/11/1689.full.pdf>
- Difficult Conversations:  
<http://professional.oregonpainguidance.org/online-resources/difficultconversations/>
- Conversation on Discontinuing Opioid Use - Lack of Benefit and Excessive Risk:  
[http://www.opioidprescribing.com/module\\_4-video\\_3](http://www.opioidprescribing.com/module_4-video_3)
- Opioid Informed Consent:  
[https://www.youtube.com/watch?v=yzAID2p\\_Ycg](https://www.youtube.com/watch?v=yzAID2p_Ycg)

### CME (free):

- [http://www.opioidprescribing.com/module\\_4-intro\\_1](http://www.opioidprescribing.com/module_4-intro_1)
- <https://www.capc.org/capc-central/courses/> (free for Trinity employees/staff)
- <http://www.medscape.org/viewarticle/829796>
- SAMSHA:  
<https://www.samhsa.gov/medication-assisted-treatment/training-resources/opioid-courses>
- NIH Pain Consortium CME Program:  
[https://painconsortium.nih.gov/NIH\\_Pain\\_Programs/CoEPES.html](https://painconsortium.nih.gov/NIH_Pain_Programs/CoEPES.html)

### Patient Education:

- CDC: <https://www.cdc.gov/drugoverdose/pdf/aha-patient-opioid-factsheet-a.pdf>
- American Chronic Pain Association:  
<https://www.theacpa.org/Consumer-Guide>
- Advice for Patients Taking Opioid Medication:  
<https://www.youtube.com/watch?v=7Na2m7lx-hU&feature=youtu.be>
- VA Patient Education:  
<https://www.healthquality.va.gov/guidelines/Pain/cot/VADoDOTCPGPatientSummary022717.pdf>