

# OUR PROGRAM



Specialists in Pain Care, in conjunction with Bluegrass Health Psychology, is offering a multi-disciplinary opioid reduction program for patients dependent upon pain pills and other scheduled medications.

## TWO MAIN GOALS OF THIS PROGRAM

1

To reduce the use of opioid pain medications in the treatment of chronic pain as these medications have shown to have little sustainable value; this is the medical component

2

To implement life skill strategies so that the patient can better cope with chronic pain and illness; this is the behavioral component

## OUR PROGRAM IS A 2 MONTH INTENSIVE, INTERDISCIPLINARY OUTPATIENT PROGRAM WITH MEDICAL AND BEHAVIORAL COMPONENTS

### MEDICAL

- Tapering of Opioid Pain Medication
- Medical Evaluation
- Functional Assessment/ PT
- Blood/ Urine Drug Screening
- Non-pharmacologic and Non-opioid Pharmacologic Treatments

### BEHAVIORAL

- Initial Evaluation and Screening
- Pain Coping Skills
- Relaxation Training
- Biofeedback
- Cognitive Behavioral Therapy
- Sleep Improvement
- Activity Pacing

## PAIN PILLS DICTATING YOUR LIFE?

Over the past decade, prescription opioids have become prevalent in the treatment of chronic non-cancer pain, yet there is little data to suggest that the use of these medications have improved outcomes (i.e., pain, function, and quality of life). Recent CDC guidelines would suggest that the consensus opinion is changing as this report concludes:

1

There is “no evidence showing a long-term benefit of opioids in pain and function versus no opioids for chronic pain with outcomes examined at least 1 year later”

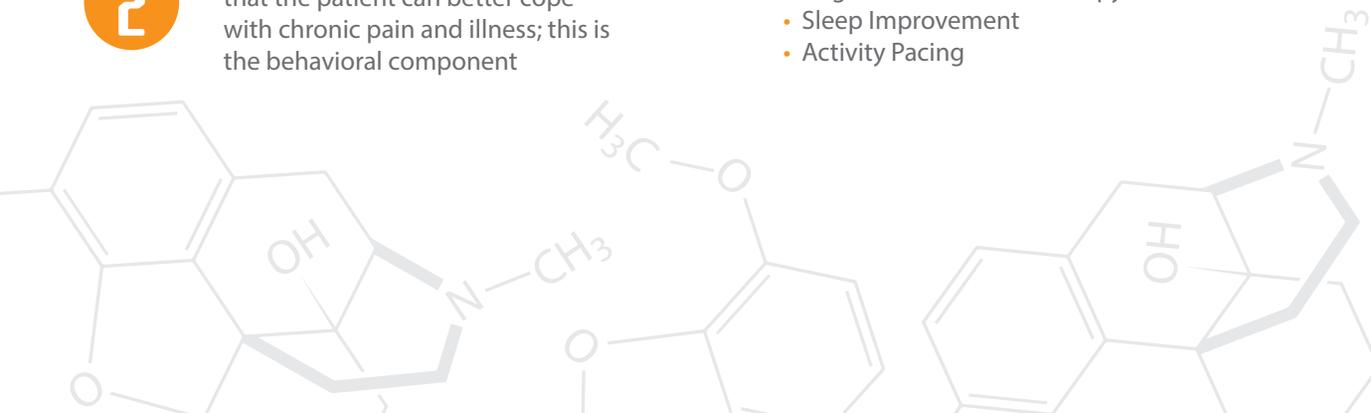
2

There is “extensive evidence showing the possible harms of opioids (including opioid use disorder, overdose, and motor vehicle injury)”

3

There is “extensive evidence suggesting some benefits of nonpharmacologic and nonopioid pharmacologic treatments compared with long-term opioid therapy, with less harm”.

Unfortunately, many of our patients are already on high doses of short acting agents, such as oxycodone and hydrocodone, and they have been on these medicines for greater than a year. They have become tolerant to the analgesic effects, and their pain has not improved and most likely their functioning and quality of life is worse. After several increases in their dose, these patients are now dependent upon pain medications. There are few treatment options available in that “graduating” to a longer and stronger agent does little to solve the problem and will likely make it worse very quickly.



**OUR GOAL IS TO REDUCE  
THE PATIENT'S RELIANCE  
ON AN UNSUSTAINABLE  
STRATEGY (I.E., OPIOID  
PAIN MEDICATIONS)  
AND INCREASE THEIR  
RELIANCE ON COPING AND  
LIFE SKILLS.**

Each patient will have the program tailored to their own individual needs. It is not necessarily about abstinence, but more about balance - that is to achieve an effective and sustainable opioid regimen. The Opioid Reduction Program is not addiction treatment, and it is not a program for patients addicted to opioids.

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# OPIOID REDUCTION PROGRAM

