

Balanced information for better care



Pharmaceutical Assistance  
Contract for the Elderly

(1) Dowell D, Haegrich TM, Chou R. *MMWR Recomm Rep*. 2016;65(1):1-49. (2) Prescribetoavoidpreventlong.org

- opioid dose >50 MMED
- renal or hepatic dysfunction
- co-prescribed benzodiazepines or other sedatives
- patient smokes or has COPD, asthma, or sleep apnea
- current or history of substance use disorder, or overdose
- recent incarceration and resulting loss of tolerance
- reduction in dose of opioids (loss of tolerance)

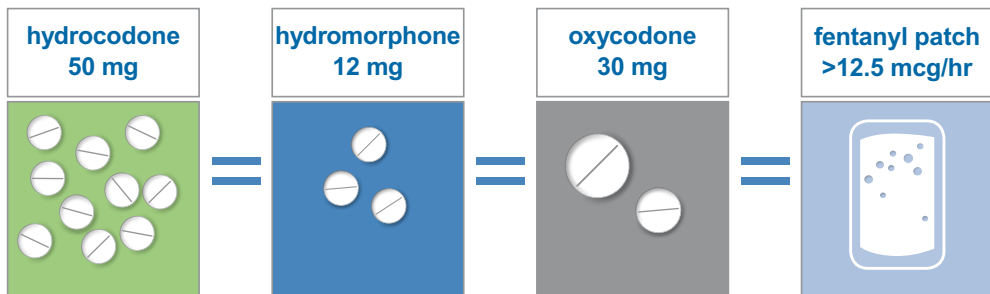
Recommend it for all patients at risk.<sup>1,2</sup>

## Naloxone can prevent overdose death



Use caution with opioid doses above 50 MMED\*, which increases the risk of overdose.

50 morphine milligram equivalents translates to:



Opioid dose calculator available at: [tinyurl.com/ycgnmarl](https://tinyurl.com/ycgnmarl)

\*MMED: morphine milligram equivalents per day

# Evidence-based approaches to managing four chronic pain syndromes

## Strength of the evidence for drug and non-drug options

INTERVENTION	Osteoarthritis	Low back pain	Diabetic neuropathy	Fibromyalgia	
<b>NON-DRUG OPTIONS</b>	<b>exercise</b>	●	●	⊘	●
	physical therapy	●	⊘	⊘	⊘
	tai chi	●	●	○	●
	<b>weight loss</b>	○	○	⊘	●
	<b>yoga</b>	●	●	⊘	○
	<b>acupuncture</b>	●	●	○	○
	<b>massage</b>	●	●	○	●
	<b>TENS*</b>	○	○	○	○
	<b>cognitive behavioral therapy</b>	⊘	●	○	●
	<b>mindfulness meditation</b>	○	●	○	○
	<b>self-management</b>	●	●	⊘	○
	<b>DRUG OPTIONS</b>	<b>acetaminophen</b>	●	○	⊘
<b>NSAIDs—oral</b>		●	●	⊘	⊘
<b>NSAIDs—topical</b>		●	⊘	⊘	⊘
<b>duloxetine</b> (Cymbalta, generics)		●	●	●	●
<b>tricyclic antidepressants (TCAs)</b>		⊘	●	●	○
<b>pregabalin</b> (Lyrica, Lyrica CR)		●	○	●	●
<b>gabapentin</b> (Neurontin, generics)		⊘	○	○	●
<b>topical lidocaine</b> (Lidoderm, generics)		○	⊘	●	⊘
<b>medical marijuana</b>		⊘	⊘	●	○
<b>opioids</b>	●	●	●	●	

**Risk/benefit:** ● = favorable; ● = potentially favorable; ● = unfavorable; ○ = neutral; ⊘ = not studied

\*TENS: transcutaneous electrical nerve stimulation

Visit [AlosaHealth.org/Opioids](https://AlosaHealth.org/Opioids) for more information and resources