



Sample Treatment Plan Outline & Agreement

*As a reminder, Blue Cross and Blue Shield of Louisiana's prior authorization policy for both short- and long-acting opioids requires prescribers to attest that they have **a treatment plan and agreement** between them and their patients in place and have performed a risk assessment. See the Drug Alert: Blue Cross Opioid Coverage Policy in this kit or go to the **Provider** page at www.bcbsla.com and click **Pharmacy** for more details.*

Sample Pain Treatment Plan Outline

In order to best manage patients who require treatment for chronic pain, it's important to lay out the plan for your patient's success in treating pain and avoiding addiction.

Your treatment plan can be used alongside a pain agreement and should clearly explain benefits and risk associated with treating pain with opioids. Blue Cross clinical pharmacists and physicians offer the following sample outline for a treatment plan for your information.

How to use a treatment plan:

1. Start with a patient pain agreement as the first step of the plan. (A sample pain agreement has been provided in this toolkit or you can go to the **Provider** page at www.bcbsla.com and click **Pharmacy** for more details.)
2. Set a regular interval to review this plan with your patients after starting treatment with opioids to make sure they are meeting desired outcomes with the dosage prescribed and avoiding risk.
3. Adjust the patient's plan accordingly to safely and effectively manage pain based on his or her situation.

Some suggestions to include in a treatment plan:

- Goals of therapy:
 - Set clear expectations for outcome and improvement in both pain relief and function as well as limitations.
 - Set clear, measurable goals for monitoring the patient's progress with therapy. Base measures on the patient's ability to perform typical tasks, such as walking around the block, simple household chores, returning to work, interacting with family and friends, etc.
 - Set clear, measurable goals for pain relief and improvement in function, how pain therapy will be evaluated for effectiveness and the potential need to discontinue if it is determined that the therapy is not effective, causing adverse outcomes or is posing a risk.
- Require a single prescriber, if possible.
- Informed consent on all opioid risks:
 - Explain the serious adverse side effects of opioids, such as fatal respiratory depression, opioid use disorder and possible inability to safely operate a motor vehicle; as well as common side effects like constipation, dry mouth, nausea and vomiting, drowsiness, confusion. Define addiction, tolerance and physical dependence.

- Explain that opioids can be very dangerous when taken with alcohol or certain drugs such as some antidepressants, antihistamines and sleeping pills.
- Collect or request patient disclosure of substance use disorder (abuse) history; psychiatric history including history of sexual, physical or verbal abuse and medications currently prescribed. (A sample survey is provided in this toolkit.)
- Set basic conditions of patient responsibility:
 - Ask for complete, honest self-report of pain relief, side effects and function at each medical visit.
 - Establish a schedule or frequency of regular medical visits.
 - Require prescription renewal only during regular office hours.
 - Set conditions of noncompliance (e.g., evidence of drug hoarding or use of any illegal drug may cause termination of the healthcare professional/patient relationship).
 - Ask patients to consent to random urine drug tests and pill counts.
- Use the word *may* instead of *will* in the agreement, so clinical judgment can be used in each situation.
- Request permission for the practice to contact appropriate sources to obtain or provide information about the patient's care or actions.
- Explain any recovery program for substance misuse or addiction (patients must agree to concurrent assessment and treatment of their substance use disorder) you may recommend.

Sample Definitions

Addiction	compulsive drug seeking and continued abuse despite harm, self-control is lost.
Physical dependence	body adapts to the presence or need of a drug; withdrawal symptoms will occur if the patient stops taking the drug abruptly.
Tolerance	occurs when a person's body no longer responds to a drug in the same way it did at the initial dosage; diminished response to a drug that is the result of repeated use.

Sample Pain Treatment Agreement

The sample pain agreement in this kit is provided as an example only. It is not intended to establish a legal or medical standard of care.

Physicians should use their personal and professional judgment in interpreting this form and applying it to the particular circumstances of their individual patients and practice arrangements.

This sample pain agreement was developed by the **American Academy of Pain Medicine**, www.painmed.org.

Blue Cross and Blue Shield of Louisiana does not guarantee this example pain contact's accuracy or comprehensiveness.