



Dear Colleague:

In response to the concerning rise of opioid related deaths & health care costs in our community, the Pain Standards Task Force for the Central Oregon Health Council has been developed in an effort to standardize community guidelines and best practices for treating patients suffering from chronic or persistent non-cancer pain. This multi-disciplinary team seeks your endorsement of the following standards:

- Compassionate, supportive, and patient-centered treatment approach to patients with chronic or persistent non-cancer pain.
- Adherence to no more than 120 mg morphine equivalent dosage (MED) limit for opiate therapy for chronic or persistent non-cancer pain.
- Avoidance of polypharmacy of chronic controlled substances, particularly combining benzodiazepines with opiate therapy.
- Judicious use of narcotics particularly beyond a period of 6 weeks for acute conditions.
- A written controlled substance agreement as a standard part of treatment.
- Incorporation of practice safeguards to minimize the potential for the abuse and diversion of controlled substances; safeguards include the following but are not limited to:
  - Consistent use of Materials Risk Notice
  - Random urine toxicology screening
  - Regular consultation of the Oregon State Prescription Drug Monitoring Program (PDMP)
  - Assessment of risk of abuse of each patient prior to beginning or continuing a chronic controlled substance
- Use of evidence-based methods for reduction of narcotic use and alternative pain management therapies for chronic or persistent non-cancer pain.
- Referral to appropriate programs for opioid addiction management.

I, \_\_\_\_\_, support these Central Oregon Community Standards for chronic or persistent non-cancer pain.

Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

Email: \_\_\_\_\_ Organization: \_\_\_\_\_

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