

Resources for tapering Oregon Health Plan (OHP) members with chronic pain off prescription opioids

For patients with chronic pain from diagnoses of the back and spine, [Guideline Note 60](#) of the current [Prioritized List of Health Services](#) requires OHP providers to develop treatment plans to taper patients off prescription opioids with a quit date no later than January 1, 2018.

- Treatment plans must include non-pharmacologic treatment strategies for managing the patient's pain.
- If a patient has developed dependence and/or addiction related to their opioid use, treatment is available on [Line 4](#) of the Prioritized List (Substance Use Disorder). This includes Medication-Assisted Treatment (MAT).

The Oregon Health Authority has developed this resource guide to help OHP providers and their patients make this change.

Prescribing opioids for chronic pain, including tapering and discontinuation

- [Centers for Disease Control and Prevention \(CDC\) guideline](#)
- [Oregon Prescription Drug Monitoring Program](#) health care provider resources: Guidelines, clinical tools and resources for patients
- Oregon Pain Guidance Group: [The Opioid Prescribers Guidelines](#) and [Tools for Professionals](#)
- [Providers' Clinical Support System for Opioid Therapies](#) (PCSS-O): This website offers education and training on the safe and effective use of opioids for treatment of chronic pain, as well as the safe and effective treatment of opioid use disorder.

Tapering guidelines and tools

These tools are available on the Oregon Pain Guidance Group website at <http://www.oregonpainguidance.org/>:

- [Practical Tools to Successfully Taper](#)
- [Table of Tapering Approaches](#)
- Tapering guidelines start on page 41 in [The Opioid Prescribers Guidelines](#)
- [Tapering flow sheets for opioids and benzodiazepines](#)
- [Opioid Withdrawal Attenuation Cocktail](#)

Other tapering tools:

- [CDC Pocket Guide: Tapering Opioids for Chronic Pain](#)
- [Washington State Opioid Taper Plan Calculator](#)
- [Tapering Long-Term Opioid Therapy in Chronic Non-cancer Pain](#)

Medication-Assisted Treatment (MAT)

Medication-assisted treatment (MAT), including opioid treatment programs (OTPs), combines behavioral therapy and medications to treat substance use disorders.

- [MAT resources](#) from the Substance Abuse and Mental Health Services Administration (SAMHSA) for clinical practices, consumers and families

- [SAMHSA Division of Pharmacologic Therapies \(DPT\)](#): Learn how DPT works to oversee medication-assisted treatment (MAT) for substance use disorders.
- [Behavioral health treatment services locator](#) for substance use disorder
- [American Association for the Treatment of Opioid Dependence](#)
- [Providers' Clinical Support System for MAT \(PCSS-MAT\)](#): This website offers education, training and guidance related to using MAT to treat opioid use disorder.
- [MATx mobile app](#): This free app supports practitioners currently providing MAT, as well as those who plan to in the future.
- [Oregon-specific MAT resources](#)
- [Addiction Technology Transfer Center Network](#)

Provider-patient communication tools

[Turn the Tide](#): The Surgeon General's call to end the opioid crisis. This website offers tools, treatment options and patient resources to support tapering, including:

- [Having a difficult conversation](#) and [Words that work](#): How to start the tapering discussion with your patients
- [The Pain Treatment Toolbox](#)

Oregon Pain Guidance Group tools:

- [Difficult conversations— Real-life examples and helpful hints](#)
- [Medical risks of long-term opioid use](#)
- [Patient Treatment Agreements](#)

[Oregon Prescription Controlled Substances Toolkit](#)

Resources for patients undergoing tapering

- Oregon Pain Guidance community resources: [Portland Metro](#) and [Southern Oregon](#)
- [STOMP \(Structuring Your Own Management of Pain\) brochure](#) developed by Swedish Hospital in Seattle
- [Living Well with Chronic Conditions](#): This six-week workshop provides tools for living with chronic pain.