

# Oregon Health Authority

## Oregon Opioid Taper Guidelines Task Force

### RESOURCES



This is a working list of resources being used by the task force for the development of taper guidelines. The information includes existing state and national guidelines which are meant to serve as reference materials. The resource list will be updated with information from task force members, state and national materials, and evidence-based reports.

#### **Clinical Practice Guideline for Opioid Therapy for Chronic Pain**

Source: US Department of Veterans Affairs  
Released: February 2017  
Location: <https://www.healthquality.va.gov/guidelines/Pain/cot/VADoDOTCPG022717.pdf>  
Summary: Comprehensive guideline with four modules including “Tapering or Discontinuation of Opioid Therapy”. Guideline includes dosing recommendations, risk mitigation strategies, shared decision making and several provider tools.

#### **Clinical Practice Guideline for Opioid Therapy for Chronic Pain: Pocket Guide**

Source: US Department of Veterans Affairs  
Released: February 2017  
Location: <https://www.healthquality.va.gov/guidelines/Pain/cot/VADoDOTCPGPocketCard022817.pdf>  
Summary: Brief summary of the comprehensive guideline. Pocket guide includes clinical workflow.

#### **Interagency Guideline on Prescribing Opioids for Pain**

Source: Washington State Agency Medical Directors’ Group  
Released: June 2015  
Location: <http://www.agencymeddirectors.wa.gov/Files/2015AMDGOpoidGuideline.pdf>  
Summary: Comprehensive guidelines that have a “balanced approach” to pain management that includes sections for all pain, acute phases, perioperative pain, chronic non-cancer pain, and special populations. Guideline also includes treatment of opioid use disorder (OUD) and reducing or discontinuing chronic opioid analgesic therapy (COAT).

#### **Tapering Guidance and Tools**

Source: Oregon Pain Guidance  
Released: January 2019  
Location: <https://www.oregonpainguidance.org/guideline/tapering/>  
Summary: Guidance and tools that include risk benefit assessment, flow chart, Frequently Asked Questions, and the Stanford Medicine BRAVO method overview.

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**Tapering Long-term Opioid Therapy in Chronic Noncancer Pain**

Source: Mayo Clinic

Released: June 2015

Location: [https://www.mayoclinicproceedings.org/article/S0025-6196\(15\)00303-1/fulltext](https://www.mayoclinicproceedings.org/article/S0025-6196(15)00303-1/fulltext)

Summary: Journal that includes information from evidence reviews conducted by the Mayo Clinic with recommendations tapering chronic opioid therapy in patients with noncancer pain. Includes clinical tools, opioid withdrawal scales, risk mitigation strategies, alternatives to tapering, and several research references.

**Tapering or Discontinuing Opioid Use Among Patients with Chronic Noncancer Pain: Update Report**

Source: Medicaid Evidence-based Decisions Project (MED)

Released: November 2018

Location: QHOC website (TBD)

Summary: Evidence-based report developed by the Center for Evidence-based Policy. The report includes clinical evidence section and summarizes evidence on patient-initiated versus non-patient-initiated opioid tapering and discontinuation. Report includes dosing and timing across the reviewed evidence.

**Tapering Opioids for Chronic Pain: Pocket Guide**

Source: Centers for Disease Control and Prevention (CDC)

Released: 2017

Location: [https://www.cdc.gov/drugoverdose/pdf/clinical\\_pocket\\_guide\\_tapering-a.pdf](https://www.cdc.gov/drugoverdose/pdf/clinical_pocket_guide_tapering-a.pdf)

Summary: Tool for providers that includes how to taper, when to taper and considerations sections.