

Opioid Safety Checklist

- ✓ Carefully consider risk factors for overdose and opioid use disorder
- ✓ Use biopsychosocial approach and focus on functional improvement
- ✓ Review KASPER regularly
- ✓ Develop and follow a standard risk-reduction protocol
- ✓ Establish realistic expectations of potential benefits and a mutual understanding of opioid risks
- ✓ Monitor for adverse effects, including opioid use disorder
- ✓ Discuss and prescribe naloxone
- ✓ Taper opioids carefully and collaboratively when warranted



Chronic Pain Interventions



Physical

- Interventional pain management*
- Physical therapy*
- Massage*
- Chiropractor*
- Exercise class or routine

Mind-Body

- Acupuncture*
- Tai chi
- Yoga

Psychology

- Cognitive behavioral therapy and other talk therapies*
- Mindfulness
- Support groups

*Cost may be offset by insurance coverage

Non-Opioid Medication Options to Consider for Select Chronic Pain Conditions

	Low Back Pain	Osteoarthritis	Fibromyalgia	Diabetic Neuropathy
Best Bet	Oral NSAIDs SNRIs	Oral NSAIDs Topical NSAIDs SNRIs	SNRIs TCAs Pregabalin	SNRIs TCAs Gabapentinoids Topical lidocaine
Might Help	Muscle relaxers (Short-term use only) Topical capsaicin Acetaminophen TCAs	Acetaminophen	SSRIs Low-dose naltrexone Cyclobenzaprine Gabapentin	SSRIs Topical capsaicin
Likely Ineffective	Topical lidocaine SSRIs		Acetaminophen Oral NSAIDs	

For references and additional information, please refer to the HEALing Communities Study educational guide, *Finding the Balance: Managing Pain in Primary Care*