

TABLE: Proactive Strategies that May Be Used to Reduce the Likelihood of Problematic Drug-Related Behaviors and Increase Monitoring

Proactive Strategies
Written agreement following detailed consent discussion; could be formal “opioid contract”
Prescribe long-acting drug without rescue dose
Frequent visits and small quantities prescribed
Urine drug screen at baseline and expressed intention to request occasional screens in the future
Requirement that only one pharmacy be used (with permission to contact)
Instruction to bring pill bottle to appointment (for count)
Instruction that there will be no early refills and no replacement of lost prescription without police report documenting loss
Requirement for nonopioid therapies, including psychotherapy
Requirement for all prior records and permission to contact all other health care providers
Required referral to addiction medicine specialist
Requirement that others (e.g., spouse) be allowed to give feedback to the physician
In states with electronic prescription reporting/tracking, intention to query the data base on a regular basis
