

Pain Management Agreement and Informed Consent

Please read all material very carefully and place a checkmark in the box corresponding to your answer to demonstrate your understanding. When you are treated at Fireweed Health Care you are agreeing to these policies.

Education: Some people may incorrectly believe that chronic pain can be successfully treated by just taking pills. Although medication is often helpful, it is rarely sufficient. Most patients need multiple therapies for best results. Multiple therapies may include different combinations of aerobic exercise, sleep correction, tobacco cessation, adjuvant medications, natural medications, topical medications, manual therapy including physical therapy, massage therapy, or chiropractic care, and many other kinds of treatment.

Check your understanding:

1.	Chronic pain can always be adequately treated with medications as long as the dose is strong enough.
	True False
2.	If a patent is not getting adequate pain relief, switching to a stronger medication should always be the first step.
	True False
3.	For the best results, most patients with chronic pain will need multiple therapies. True False

Education: All therapies and medications have risks and benefits. Choosing the right combination of therapies and medication for your individual situation requires careful consideration. No medication or therapy will be implemented without your consent. It is important for you to make informed decisions. We will supply information and education and answer all of your questions. We also encourage you to become informed about your condition and treatment options by talking to your primary care provider, other specialists, relatives and other trusted advisers. We encourage you to access and review other information sources including trusted internet sources and reputable publications. Sometimes we will refer you to other providers for further evaluation or treatment. You may also request a second opinion. Ineffective medications or therapies will be discontinued.

Check your understanding:				
1.	•	become informed, seekir king treatment decisions False	ng information from multiple sources and to on my own behalf.	
2.	If a treatment or I	medication had risks, it w False	rould not be recommended to me.	
health even la to this	care providers, ph aw enforcement of for the purposes o	armacists, family member ficers or others. When you of continuity of care and	your case or share information with other ers, insurance companies and sometimes ou accept treatment with us, you are agreeing safety, and waive all privacy rights for the aiver is revoked in writing.	
Signed	d:		Date:	
need a other h ongoir examp we foo patien an end	a provider to treat ynealth care needs. Ing care of other spole, you may need to bus on and assist you who has been did tocrinologist or other.	your routine medical prob We also do not treat the ecialists such as rheuma to see a surgeon for the t you in the treatment of the agnosed with diabetic ne her diabetes specialists to	volve providing primary care. You will still lems, provide preventive care and meet your cause of your pain which may require the tologists, surgeons, neurologists, etc. For reatment of a low back disc herniation, while e pain associated with the disc herniation. A uropathy will need to continue with care from a monitor and treat the diabetes, while we	
		n caused by the diabetes	•	
	•	•	Care, I can skip my annual visit with my involved in my care.	
2.	• •	r appropriate specialists	y medical needs with my primary care to allow the providers at Fireweed Health	

Education: It is very important to understand the differences between addiction and physical dependence. Physical dependence is a natural occurrence when a person takes certain types of medications for an extended period of time. Opioids (previously known as narcotics) cause physical dependence as do several other types of medications including certain antidepressants, some sleeping pills and sedatives, steroid medications, etc. A person who is physically dependent upon opioids will get sick (possibly with nausea, vomiting, diarrhea, runny nose, itchy skin, restlessness and insomnia) fi the opioid is stopped suddenly or reduced too quickly. A person who is physically dependent is in control of the use of their medication and has increased functionality because of the reduced pain. Increased functionally means they need less help from others, fulfill more family responsibility and perform better at work.

Addiction is quite a bit different. A person who is addicted to their medication is unable to control their use of the medication, which may mean they may take more of the medication than they are prescribed, they use it in ways other than how it was prescribed, or they may trade or sell their medication or they may use unprescribed or illicit substances. A person who is experiencing addiction may continue to use the medication even though the medication is not helping them and even when it leads to poorer function in their everyday life. Poorer function may be seen in many ways such as fulfilling fewer family responsibilities, poor performance at or frequent absences from work, neglecting domestic chores and personal care, and in general becoming less responsible.

In general, the contrast between physical dependence and addiction is being in control of one's use of the medication and experiencing increased functionality versus addiction where a person loses control of their use of the medication and they experience decreased functionality. A person with addiction may need to stop using opioids or any other problem substance, and may need additional treatment or a different treatment in order to restore optimal function.

Check your understanding:

1.	True False
2.	Addiction is a small price to pay if a patient who is receiving opioid medication for their chronic pain begins to lose control of their use of the medication. True False
3.	A patient who intends to take their medication as prescribed, but who just cannot resist taking extra pills may be displaying a sign of addiction. True False

4.	A person who is in control of their use of pain medicine and is able to maintain their full-time employment, is probably not experiencing addiction. True False		
5.	 If a person reports increased pain and requests a dose increase, this is a sure sign they are experiencing addiction. True False 		
6.	A patient who has run out of their medication early several times recently and was fired from their job last month is showing signs of addiction. True False		
risks. I mix ald Some of opid estrog ability potent or sim	tion: In addition to addiction and physical dependence, pain medications have other For example, if you over-consume your medication, you may overdose and die. If you cohol or other sedating drugs with opioid pain medications, you may overdose and die. pain medications could harm your unborn baby if you become pregnant. Prolonged use oid medication may cause decreased hormone production, including testosterone and ien, which could lead to adverse consequences. Some medications may impair your to drive safely or to operate machinery. Constipation, nausea and vomiting or other tial adverse effects. If you experience constipation you must take senna and/or Miralax illar medications which are available over-the -counter. All adverse effects, including pation, must be reported promptly to your provider.		
	your understanding: Death is a potential consequence of over-consuming your medication, or of using alcohol or other sedating substances with your pain medicine. True False		
2.	An unborn baby could be harmed by some pain medications. True False		
3.	Opioid medications may decrease hormone production. True False		
4.	It could be dangerous to drive or use machinery while taking pain medications, especially when beginning treatment or with dose changes. True False		
5.	Constipation and nausea/vomiting are potential adverse effects of opioid pain medicine. True False		

6.	If a patient experiences constipation, they are required to begin taking over-the-counte medications to restore normal bowel function and to report to their provider promptly if there is no improvement.
	if there is no improvement. True False
these Please	tion: Now we are to review some basic rules that must be followed. Failure to follow rules may require a change to your treatment plan or a discontinuation of treatment. e initial after each item on the line provided to indicate you have read, fully understand gree to the following conditions of treatment:
1.	Protecting and safeguarding your medication is required. We highly recommend lockboxes for this purpose. You can never allow your medicine to go to any other person, either willingly or by loaning, sharing or leaving your medicine where it can fall into the wrong hands, including guests in your home or strangers in public. This also includes safeguarding children and pets from accidental exposure to any of your medications
2.	You may quit taking any medication or reduce the dose without permission, but you CANNOT increase the dose or frequency without express permission from the provide BEFORE making any changes to the way you are taking the medication and the way it was prescribed to you.
3.	You must come in to be evaluated on a regular basis, provide a urine specimen when asked (without leaving the office and sometimes under observation),and come in for a pill count on the day requested if asked to.
4.	You must not use any illicit, unprescribed substances or outdated/old prescriptions.
5.	You must not become pregnant while we are treating your pain. If you are attempting to conceive, or not taking precautions to avoid pregnancy, you must inform us. If you become pregnant you must inform us immediately.
6.	You should not drive after starting any new medication or after any dose increase until you have used the medicine or new dose for long enough to see how you are reacting to it.
7.	You must get all of your pain medicine from us for the treatment of your chronic pain. If you have acute pain you can and should receive pain medicine for the acute pain from your dentist, surgeon, primary care provider, specialist or ER physician. Acute pain is caused by a new injury or surgery.

Check your understanding:

1.	If I get a tooth pul something for the	led I can call Fireweed Health Care and yo pain.	u guys will call in
	True	False	
2.	. If I leave my medicine in the medicine cabinet at my house and someone steals it, I ar responsible for the loss. True False		
3.		he ER doctor can give me pain medicine for False	or the acute pain.
4.	• •	ave town for 10 days or won't be able to be weed Health Care, in case they need to re False	
5.	I can take the first True	dose of the new medicine today and ther False	n drive to work.
6.	•	ausing strong side effects that scare me, I hear back from Fireweed Health Care. False	but I have to keep taking
7.		ne flare-up of my back pain on a weekend, my dental extraction last year because th False	
8.	It is ok to take sor care provider. True	nething extra for my chronic pain if it is pr	escribed by my primary
of the	above material, tha	r first and last name in the space below to it you have personally answered each que wered, and that you understand and agree	stion, that all of your
			_
Printe	d Name	-	Date
			_

Patient Signature	
	
Provider Signature	Date