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Safe Prescribing Recommended Resources

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1. Safe prescribing of opioids for pain

Scope of the problem and evidence

- Gladstone EJ, Smolina K, Morgan SG. Trends and sex differences in prescription opioid deaths in British Columbia, Canada. *Inj Prev*. 2016 Aug;22(4):288-90. [Request this article from College library](#)
- Gladstone EJ, Smolina K, Weymann D, Rutherford K, Morgan SG. Geographic variations in prescription opioid dispensations and deaths among women and men in British Columbia, Canada. *Med Care*. 2015 Nov;53(11):954-9. [Member full text](#) or [Read by QxMD](#)
- Ray WA, Chung CP, Murray KT, Hall K, Stein CM. Prescription of long-acting opioids and mortality in patients with chronic noncancer pain. *JAMA*. 2016 Jun 14;315(22):2415-23. [Request this article from College library](#)
- Lembke A, Humphreys K, Newmark J. Weighing the risks and benefits of chronic opioid therapy. *Am Fam Physician*. 2016 Jun 15;93(12):982-90. [Member full text](#) or [Read by QxMD](#)
- Kolodny A, Courtwright DT, Hwang CS, Kreiner P, Eadie JL, Clark TW, Alexander GC. The prescription opioid and heroin crisis: a public health approach to an epidemic of addiction. *Annu Rev Public Health*. 2015 Mar 18;36:559-74. [Request this article from College library](#)
- Brooks A, Bominek C, Pham TC, Fudin J. Exploring the use of chronic opioid therapy for chronic pain: when, how, and for whom? *Med Clin North Am*. 2016 Jan;100(1):81-102. [Member full text](#) or [Read by QxMD](#)
- Alam A, Juurlink DN. The prescription opioid epidemic: an overview for anesthesiologists. *Can J Anaesth*. 2016 Jan;63(1):61-8. [Member full text](#) or [Read by QxMD](#)

- Compton WM, Jones CM, Baldwin GT. Relationship between nonmedical prescription-opioid use and heroin use. *N Engl J Med*. 2016 Jan 14;374(2):154-63. [Free full text](#) or [Read by QxMD](#)
- Kelly MA. Current postoperative pain management protocols contribute to the opioid epidemic in the United States. *Am J Orthop (Belle Mead NJ)*. 2015 Oct;44(10 Suppl):S5-8. [Free full text with registration](#) (see page S5 of TJA supplement) or [Request this article from College library](#)
- Greene MS, Chambers RA. Pseudoaddiction: fact or fiction? An investigation of the medical literature. *Curr Addict Rep*. 2015;2(4):310-7. [Free full text](#) or [Read by QxMD](#)

2. Pain management

Chronic non-cancer pain management

- Dowell D, Haegerich TM, Chou R. CDC Guideline for prescribing opioids for chronic pain - United States, 2016. *MMWR Recomm Rep*. 2016;65(1):1-49. [Free full text](#) or [Read by QxMD](#).
Accompanying fact sheets, checklists, and patient handouts available at: [CDC Guideline Resources](#).
Accompanying summaries available from:
 - Dowell D, Haegerich TM, Chou R. CDC Guideline for prescribing opioids for chronic pain – United States, 2016. *JAMA*. 2016 Apr 19;315(15):1624-45. [Free full text](#) or [Read by QxMD](#)
 - Frieden TR, Houry D. Reducing the risks of relief – the CDC opioid-prescribing guideline. *NEJM*. 2016 Apr 21; [Free full text](#) or [Read by QxMD](#)
- Beal BR, Wallace MS. An overview of pharmacologic management of chronic pain. *Med Clin North Am*. 2016 Jan;100(1):65-79. [Member full text](#) or [Read by QxMD](#)
- Lamer TJ, Deer TR, Hayek SM. Advanced innovations for pain. *Mayo Clin Proc*. 2016 Feb;91(2):246-58. [Member full text](#) or [Read by QxMD](#)
- Ablin JN, Buskila D. "Real-life" treatment of chronic pain: targets and goals. *Best Pract Res Clin Rheumatol*. 2015 Feb; 29(1):111-9. [Member full text](#) or [Read by QxMD](#) *Covers fibromyalgia and centralized pain.
- Manchikanti L, et al. American Society of Interventional Pain Physicians (ASIPP) guidelines for responsible opioid prescribing in chronic non-cancer pain: Part I--evidence assessment. *Pain Physician*. 2012 Jul;15(3 Suppl):S1-65. [Free full text](#) or [Read by QxMD](#)
- Manchikanti L, et al. American Society of Interventional Pain Physicians (ASIPP) guidelines for responsible opioid prescribing in chronic non-cancer pain: Part 2--guidance. *Pain Physician*. 2012 Jul;15(3 Suppl):S67-116. [Free full text](#) or [Read by QxMD](#)

Acute pain

- del Portal DA, Healy ME, Satz WA, McNamara RM. Impact of an opioid prescribing guideline in the acute care setting. *J Emerg Med*. 2016 Jan;50(1):21-7. [Member full text](#) or [Read by QxMD](#)
- McLeod D, Nelson K. The role of the emergency department in the acute management of chronic or recurrent pain. *Australas Emerg Nurs J*. 2013 Feb;16(1):30-6. [Request this article from College library](#)

- McKeown JL. Pain management issues for the geriatric surgical patient. *Anesthesiol Clin*. 2015 Sep;33(3):563-76. [Request this article from the College library](#)
- Lovich-Sapola J, Smith CE, Brandt CP. Postoperative pain control. *Surg Clin North Am*. 2015 Apr;95(2):301-18. [Request this article from the College library](#)
- Macintyre PE, Huxtable CA, Flint SL, Dobbin MD. Costs and consequences: a review of discharge opioid prescribing for ongoing management of acute pain. *Anaesth Intensive Care*. 2014 Sep;42(5):558-74. [Member full text](#) or [Free full text with registration](#) or [Read by QxMD](#)

Neuropathic pain

- Finnerup NB, Attal N, Haroutounian S, McNicol E, Baron R, Dworkin RH, Gilron I, Haanpaa M, Hansson P, Jensen TS, Kamerman PR, Lund K, Moore A, Raja SN, Rice AS, Rowbotham M, Sena E, Siddall P, Smith BH, Wallace M. Pharmacotherapy for neuropathic pain in adults: a systematic review and meta-analysis. *Lancet Neurol*. 2015 Feb;14(2):162-73. [Member full text](#) or [Free author manuscript](#) or [Read by QxMD](#)
- Jones RC, 3rd, Lawson E, Backonja M. Managing Neuropathic Pain. *Med Clin North Am*. 2016 Jan;100(1):151-67. [Member full text](#) or [Read by QxMD](#)

Special populations

- Baumbauer KM, Young EE, Starkweather AR, Guite JW, Russell BS, Manworren RC. Managing chronic pain in special populations with emphasis on pediatric, geriatric, and drug abuser populations. *Med Clin North Am*. 2016 Jan;100(1):183-97. [Member full text](#) or [Read by QxMD](#)
- Reid MC, Eccleston C, Pillemer K. Management of chronic pain in older adults. *BMJ*. 2015;350:h532. [Member full text](#) or [Free web version](#) (no PDF) or [Read by QxMD](#)
- Malec M, Shega JW. Pain management in the elderly. *Med Clin North Am*. 2015 Mar;99(2):337-50. [Member full text](#) or [Read by QxMD](#)
- Makris UE, Abrams RC, Gurland B, Reid MC. Management of persistent pain in the older patient: a clinical review. *JAMA* 2014 Aug 27;312(8):825-36. [Free full text](#) or [Read by QxMD](#)

Patient with opioid tolerance or substance use disorder

- Shah S, Kapoor S, Durkin B. Analgesic management of acute pain in the opioid-tolerant patient. *Curr Opin Anaesthesiol*. 2015 Aug;28(4):398-402. [Member full text](#) or [Read by QxMD](#)
- Huxtable C, et al. Acute pain management in opioid-tolerant patients: a growing challenge. *Anaesth Intensive Care*. 2011; 39:804-823. [Member full text](#) or [Free full text with registration](#) or [Read by QxMD](#)
- Volkow ND, McLellan AT. Opioid abuse in chronic pain – misconceptions and mitigation strategies. *N Engl J Med*. 2016 Mar 31;374(13):1253-63. [Request this article from College library](#)
- Center for Substance Abuse Treatment. Managing chronic pain in adults with or in recovery from substance use disorders. Rockville (MD): Substance Abuse and Mental Health Services Administration (US); 2012. Free full text: [summary](#) and [full document](#)
- Wachholtz A, Foster S, Cheatle M. Psychophysiology of pain and opioid use: implications for managing pain in patients with an opioid use disorder. *Drug Alcohol Depend*. 2015 Jan 1;146:1-6. [Member full text](#) or [Free author manuscript](#) or [Read by QxMD](#)

- Paulozzi LJ, Zhou C, Jones CM, Xu L, Florence CS. Changes in the medical management of patients on opioid analgesics following a diagnosis of substance abuse. *Pharmacoepidemiol Drug Saf.* 2016 May;25(5):545-52. [Request this article from the College library](#)
- Pohl M, Smith L. Chronic pain and addiction: challenging co-occurring disorders. *J Psychoactive Drugs.* 2012 Apr-Jun; 44(2):119-24. [Member full text](#) or [Read by QxMD](#)
- Savage S, et al. Challenges in using opioids to treat pain in persons with substance use disorders. *Addict Sci Clin Pract.* 2008 June; 4(2):4-25. [Free full text](#) or [Read by QxMD](#)

3. Safe prescribing of other psychoactive drugs

This is not a comprehensive review of all drugs. We are highlighting some drugs of particular note in this crisis.

Scope of the problem and evidence

- Clemow DB, Walker DJ. The potential for misuse and abuse of medications in ADHD: a review. *Postgrad Med.* 2014 Sep;126(5):64-81. [Request this article from the College library](#)
- Humphreys KL, Eng T, Lee SS. Stimulant medication and substance use outcomes: a meta-analysis. *JAMA Psychiatry.* 2013 Jul;70(7):740-9. [Free full text](#) or [Read by QxMD](#)
- Arria AM, Wilcox HC, Caldeira KM, Vincent KB, Garnier-Dykstra LM, O'Grady KE. Dispelling the myth of "smart drugs": cannabis and alcohol use problems predict nonmedical use of prescription stimulants for studying. *Addict Behav.* 2013 Mar;38(3):1643-50. [Member full text](#) or [Free author manuscript](#) or [Read by QxMD](#)
- Weaver MF. Prescription sedative misuse and abuse. *Yale J Biol Med.* 2015 Sep;88(3):247-56. [Free full text](#) or [Read by QxMD](#)
- Bachhuber MA, Hennessy S, Cunningham CO, Starrels JL. Increasing benzodiazepine prescriptions and overdose mortality in the United States, 1996-2013. *Am J Public Health.* 2016 Apr;106(4):686-8. [Free full text](#) or [Read by QxMD](#)
- Ickowicz S, Hayashi K, Dong H, Milloy MJ, Kerr T, Montaner JS, Wood E. Benzodiazepine use as an independent risk factor for HIV infection in a Canadian setting. *Drug Alcohol Depend.* 2015 Oct 1;155:190-4. [Member full text](#) or [Read by QxMD](#)

Stimulants

- Modesto-Lowe V, Chaplin M, Sinha S, Woodard K. Universal precautions to reduce stimulant misuse in treating adult ADHD. *Cleve Clin J Med.* 2015 Aug;82(8):506-12. [Member full text](#) or [Read by QxMD](#)
- Cunill R, Castells X, Tobias A, Capella D. Efficacy, safety and variability in pharmacotherapy for adults with attention deficit hyperactivity disorder: a meta-analysis and meta-regression in over 9000 patients. *Psychopharmacology (Berl).* 2016 Jan;233(2):187-97. [Request this article from the College library](#)
- Cunill R, Castells X, Tobias A, Capella D. Pharmacological treatment of attention deficit hyperactivity disorder with co-morbid drug dependence. *J Psychopharmacol.* 2015 Jan;29(1):15-23. [Request this article from the College library](#)

- Mariani JJ, Levin FR. Treatment strategies for co-occurring ADHD and substance use disorders. Am J Addict. 2007;16 Suppl 1:45-54; quiz 5-6. [Member full text](#) or [Free author manuscript](#) or [Read by QxMD](#)

Sedatives

- Group Health Cooperative. Benzodiazepine and z-drug safety guideline. [Seattle]: Group Health Cooperative, 2014. [Free full text](#)
- Lader M. Benzodiazepine harm: how can it be reduced? Br J Clin Pharmacol. 2014 Feb;77(2):295-301. [Free full text](#) or [Read by QxMD](#)
- Dell'osso B, Lader M. Do benzodiazepines still deserve a major role in the treatment of psychiatric disorders? A critical reappraisal. Eur Psychiatry. 2013 Jan;28(1):7-20. [Member full text](#) or [Read by QxMD](#)
- Konopka A, Pelka-Wysiecka J, Grzywacz A, Samochowiec J. Psychosocial characteristics of benzodiazepine addicts compared to not addicted benzodiazepine users. Prog Neuropsychopharmacol Biol Psychiatry. 2013 Jan 10;40:229-35. [Member full text](#) or [Read by QxMD](#)

4. Combinations of psychoactive drugs

- Brower KJ. Assessment and treatment of insomnia in adult patients with alcohol use disorders. Alcohol. 2015 Jun;49(4):417-27. [Member full text](#) or [Read by QxMD](#)
- Nielsen S, et al. Benzodiazepine use among chronic pain patients prescribed opioids: associations with pain, physical and mental health, and health service utilization. Pain Med. 2015 Feb;16(2):356-66. [Free full text](#) or [Read by QxMD](#)
- Gudín JA, Mogali S, Jones JD, Comer SD. Risks, management, and monitoring of combination opioid, benzodiazepines, and/or alcohol use. Postgrad Med. 2013 Jul;125(4):115-30. [Free full text](#) or [Read by QxMD](#)
- Jones JD, Mogali S, Comer SD. Polydrug abuse: a review of opioid and benzodiazepine combination use. Drug Alcohol Depend. 2012 Sep 1;125(1-2):8-18. [Member full text](#) or [Free author manuscript](#) or [Read by QxMD](#)

5. Deprescribing

- Berna C, Kulich RJ, Rathmell JP. Tapering long-term opioid therapy in chronic noncancer pain: evidence and recommendations for everyday practice. Mayo Clin Proc. 2015 Jun;90(6):828-42. [Member full text](#) or [Read by QxMD](#) or what
- Cunningham JL, Evans MM, King SM, Gehin JM, Loukianova LL. Opioid Tapering in Fibromyalgia Patients: Experience from an Interdisciplinary Pain Rehabilitation Program. Pain Med. 2016 Jan 11. [Request article from College library](#)
- Page AT, Potter K, Clifford R, Etherton-Bear C. Deprescribing in older people. Maturitas. 2016 Sep;91:115-34. [Member full text](#) or [Read by QxMD](#)

- Tobin DG, Andrews R, Becker WC. Prescribing opioids in primary care: Safely starting, monitoring, and stopping. *Cleve Clin J Med*. 2016 Mar;83(3):207-15. [Free full text](#) or [Read by QxMD](#)
- Frank C, Weir E. Deprescribing for older patients. *CMAJ*. 2014; 186(18):1369-76. [Free full text](#) or [Read by QxMD](#)
- Holliday S, Hayes C, Dunlop A. Opioid use in chronic non-cancer pain--part 2: prescribing issues and alternatives. *Aust Fam Physician*. 2013 Mar; 42(3):104-11. [Member full text](#) or [Read by QxMD](#)
- Holliday S, Hayes C, Dunlop A. Opioid use in chronic non-cancer pain--part 1: known knowns and known unknowns. *Aust Fam Physician*. 2013 Mar; 42(3):98-102. [Member full text](#) or [Read by QxMD](#)

6. Diversion

- Saloner B, Bachhuber M, Barry CL. Physicians as a source of medications for nonmedical use: comparison of opioid analgesic, stimulant, and sedative use in a national sample. *Psychiatr Serv*. 2016 Jul 15. [Epub ahead of print] [Member full text](#) or [Read by QxMD](#)
- Bouland DT, Fine E, Withers D, Jarvis M. Prescription medication obtainment methods and misuse. *J Addict Med*. 2015 Jul-Aug;9(4):281-5. [Request this article from College library](#)
- Rigg KK, Kurtz SP, Surratt HL. Patterns of prescription medication diversion among drug dealers. *Drugs (Abingdon Engl)*. 2012;19(2):144-55. [Free full text](#) or [Read by QxMD](#)

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Further reading

To learn more about these topics, as well additional information on urine drug testing, treatment agreements, treatment of specific disorders, and medical marijuana, go to [Recommended Resources from the Prescription Review Panel](#).

Want to know more?

Do you have a question about safe prescribing which was not covered by the articles listed above? College registrants with library services can send questions to the library for a literature search.

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