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SAMPLE INFORMED CONSENT: Controlled Substance Agreement

Please read the information below carefully and ask your provider if you have any questions relating to the medication prescribed to you.

Using Controlled Medications to Treat Pain

- a. These medications are used to treat moderate-to-severe pain of any type, and to treat anxiety and stress associated with moderate-to-severe pain.
- b. These medications are best understood as potentially effective tools that can help reduce pain, improve function, and improve quality of life
- c. Using these medications requires that both the physician and patient work together in a responsible way to ensure the best outcome, lowest side effects, and least complications

How Do Opioids work?

- a. Opioid medications work at the injury site, the spinal cord, and the brain
- b. They dampen pain, but do not treat the underlying injury
- c. They may help to prevent acute pain from becoming persistent chronic pain
- d. These medications may work differently on different people because of a number of factors.
- e. Side effects and complications will also individually vary

How do Benzodiazepines work?

- a. The benzodiazepines are a class of drugs with varying properties, which act by slowing down the central nervous system.
- b. Benzodiazepines are useful in treating anxiety, insomnia, agitation, seizures, and muscle spasms. While Benzodiazepines do not treat acute or chronic pain, they are taken by patients with pain for other issues (such as anxiety or muscle spasms).
- c. These medications may work differently on different people because of a number of factors.
- d. Side effects and complications will also individually vary

What to Expect When You Take Controlled Medications for Pain and Related Conditions

- a. Pain relief
- b. Reduction of anxiety and stress caused by pain
- c. Side effects

What Should Not Be Expected From Treatment with Controlled Medications

- a. Cure of the underlying injury
- b. Total elimination of pain, anxiety, and stress
- c. Loss of ability to feel other physical pain

Negative Effects of Controlled Medications Vary in Different People

1. Opioid Side effects:
 - a. Common effects include: Constipation, dry mouth, sweating, nausea, drowsiness, euphoria, forgetfulness, difficulty urinating, and itching
 - b. Uncommon effects include: Confusion, hallucinations, shortness of breath, depression, lack of motivation
2. Benzodiazepines Side effects:
 - a. The most common side effects include: Clumsiness or unsteadiness, dizziness or lightheadedness and drowsiness; slurred speech
 - b. Less common side effects include: Anxiety; confusion (may be more common in the elderly); fast, pounding, or irregular heartbeat; mental depression; abdominal or stomach cramps or pain; blurred vision or other changes in vision; changes in sexual desire or

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- ability; constipation; diarrhea; dryness of mouth or increased thirst; false sense of well-being; headache; increased bronchial secretions or watering of mouth; muscle spasm; nausea or vomiting; problems with urination; trembling or shaking; unusual tiredness or weakness
3. Physical dependency:
 - a. Opioid medications will cause a physical dependency marked by abstinence syndrome when they are stopped abruptly. If these medications are stopped or rapidly decreased the patient will experience chills, goose bumps, profuse sweating, increased pain, irritability, anxiety, agitation, and diarrhea. The medicines will not cause these symptoms if taken as prescribed and any decision to stop these medications should be done under the supervision of your physician in a slow downward taper.
 - b. Benzodiazepines may be habit-forming (causing mental or physical dependence), especially when taken for a long time or in high doses. Some signs of dependence on benzodiazepines are: A strong desire or need to continue taking the medicine; a need to increase the dose to receive the effects of the medicine. Withdrawal effects occurring; for example, irritability, nervousness, trouble in sleeping, abdominal or stomach cramps, trembling or shaking.
 4. Misuse of medications: Addiction
This is a psychological condition of use of a substance despite self-harm. Between six and ten percent of the population of the United States have problems with Substance Use Disorder and addiction. Controlled medications are likely to activate addictive behavior in this group of people
 5. Diversion:
It is illegal to share your controlled medications with other people. It is illegal to provide false information to a prescriber in an attempt to obtain controlled medication. It is illegal to doctor shop, or visit multiple doctors in attempt to obtain controlled medications. Federal and state laws exist to address diversion problems. It is critical that you safeguard your controlled medications and use them only as prescribed by your doctor.
 6. Driving:
Studies of patients with chronic pain demonstrate improved driving skills when taking certain controlled medications, but individuals may have problems driving and need to realistically assess their own skills, as well as listen to others who drive with them to determine if they should be driving while taking these medications. You should consult the State Department of Transportation if you have questions about driving and taking controlled medications. This is especially important if your work involves driving, making important decisions that affect others, etc.

Common Sense Rules for Using Controlled Medications

- a. Follow your doctor's recommendations.
- b. Do not take more or less pills than prescribed without discussing this first with your physician and receiving permission to do so.
- c. Do not share medications with family or friends.
- d. Do not take medications from family or friends.
- e. Do not stop these medications abruptly. Dose reductions need to be discussed and cleared by your physician. This is important no matter which controlled medication you take.
- f. Do not sell medications.

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- g. Do not take medications in any manner other than prescribed. For example do not chew or inject your medications.
- h. Keep all medications out of reach of children.
- i. Do not leave your prescriptions or controlled medications lying around unprotected for others to steal and abuse them.
- j. Do not operate a motor vehicle if you feel mentally impaired using controlled medications. You are responsible for exhibiting good judgment in your daily affairs, including your use of controlled medications.
- k. Alcohol use should be curtailed when using controlled medications.

Continued Use of Controlled Medication is based on your physician's judgment and a determination of whether the benefits to you of using controlled medications outweigh the risks of using them.

Your physician may discontinue treating you at his or her discretion. Your physician may require a consultation with an addiction specialist. Your physician may require more frequent visits.

We believe in treating your pain and we recognize the value of controlled medications in this process. When used properly, controlled medications can help restore comfort, function, and quality of life. However, as stated above, controlled medications may also have serious side effects and are highly controlled because of their potential for misuse and abuse. It is important to work with your physician and communicate openly and honestly with him or her about your pain control needs. By doing so, medications can be used safely and successfully.

By your signature below, you are acknowledging that you have read and reviewed these matters with your physician and that you have sufficient information to make a decision to use the controlled medications prescribed.

You should NOT sign this form if you do not believe you have enough information to make an informed decision about your use of controlled medications and how they fit in to your pain management treatment plan.

Patient Name: _____ Physician Signature: _____

Patient Signature: _____ Date: _____