

**The Downey OPIOID DECISION WORKSHEET:**

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**A Formula for Opioid Dosing.**

Ideally this worksheet is meant to be completed by the physician, in the presence of, and with the patient's input. This will enable the physician to confidently and appropriately care for people with chronic pain. At the same time, it serves as a teaching tool for patients as they may consider possible life-style modifications.

This formula's considerations and calculations are weighted by significance, and are intended to assist physicians in determining an appropriate opioid dosing level for those patients that are suffering with chronic pain. The formula's considerations and simple calculations are meant to lessen the angst of physicians taking care of people in pain, by providing a fairly objective means of explaining the thought processes that go into the decisions justifying opioids for appropriate care of people with chronic pain.

<b>Patient Name:</b> _____		<b>Date:</b> _____
<b>Consideration:</b>		<b>Point Value:</b>
<b><u>Merits:</u></b>		
Patient has complaint of chronic pain		1
Recognized anatomic distribution of pain		2
Records indicate appropriate diagnostics and consultations		2
Records document non-opioid treatments and results		2
History of surgery for this condition		3/surgery
Family agrees with med management (in writing)		4
5 Sessions of ancillary tx (PT, acu, etc, w/i past 12 mo)		2
10 Sessions of ancillary tx ( " " )		3
Interventional procedures performed, if appropriate ( " )		3
Patient is Working/Employed/Functional		2
Proof of benefit with prior/current pain meds (set/met goals)		2
<b><u>Demerits:</u></b>		
Med Hx includes condition affected by opioids (COPD, Sleep apnea, etc )		-2
Smoker		-2
PDMP inconsistent		-3
UDS inconsistent		-3
Taking benzodiazepine		-3
Age less than 45		-2
Depression /Anxiety		-3
DSM 5 "Substance Use Disorder."		-5
Alcohol or drug history		-4
Family alcohol/drug history		-3
<b>Patient's Total Score x 4 = Approximate max meqs)</b>		<b>(    ) x 4 = _____</b>