

Medication Management



WHAT IS NURA'S PHILOSOPHY ON OPIOIDS?

Like many clinics, we sometimes use opioids to manage chronic pain. At Nura, opioids are prescribed as just one component of a comprehensive treatment plan for pain management. This approach typically involves various procedural interventions (injections, nerve blocks, implants), physical therapy, behavioral health, and other medications. Research has shown that this multifaceted approach is the most effective way of managing severe, chronic pain while minimizing the use of opioids.



WHAT IS THE CHRONIC OPIOID MANAGEMENT (COM) PROGRAM?

If we believe you are a candidate for daily use of opioids, we will prescribe them to you only within our Chronic Opioid Management (COM) Program. COM offers a structured framework for long-term opioid prescribing, ensuring careful oversight to prioritize your safety. It's essential to recognize that opioid medications come with significant risks, including the potential for physical and psychological dependence, overdose, adverse side effects, and diversion. Due to the seriousness of these risks, we closely monitor the use of these medications in strict adherence to established guidelines.

Our primary objective at Nura is to keep opioid dosages at a minimum and, when feasible, gradually discontinue their use.

Should you decide not to participate in our COM program, we will refer you to another medical practice for the ongoing prescription of narcotic pain medication.

WHAT TO EXPECT?

To get started, our team will gather a thorough medical history, perform a complete physical examination, and make treatment recommendations. Nura providers may or may not agree to prescribe opioids to you during your first visit. If we choose to continue prescribing your opioid medications, we may do so on a limited basis for a defined time period while we attempt to diagnose and treat your pain with advanced interventional procedures. Individuals enrolled in the COM Program are expected to:

- Attend all scheduled clinic appointments, which typically occur monthly and may sometimes be more frequent. Monthly medical evaluations are required to refill your prescriptions.
- Sign an opioid agreement where you agree to receive these medications only from Nura providers moving forward.
- Participate in physical therapy at Nura, completing the number of sessions recommended by our physical therapists and scheduling annual follow-ups.
- Meet with our behavioral health specialists shortly after becoming a Nura patient and continue with follow-up sessions as advised.
- Submit urine samples for toxicologic screening when requested, typically on a quarterly basis.
- Undergo all mutually agreed-upon procedures aimed at pain relief, including but not limited to epidural injections, nerve blocks, ablations, and trials for implantable pain control devices. If you're not interested in exploring non-opioid alternatives for pain management, we may suggest seeking medical care elsewhere. Even if prior procedures have failed at other clinics, our specialized techniques and technology may offer new possibilities.

Failure to adhere to our suggested treatment plan may result in the decision to discontinue prescribing opioids. Please understand that, as medical professionals, we have an ethical responsibility to provide you with what we consider appropriate care in keeping with the philosophy and principles we have established for our practice.

IMPROVE YOUR QUALITY OF LIFE

Our COM program aims to reduce dependence on pain medications and minimize healthcare visits by promoting effective self-management.

