

Discharge Algorithm for Pain Related Complaints

Step 1:

Determine if the patient is safe for discharge.

Before discharge, did you...

- document administered analgesics, nonpharmacologic interventions, and patient responses?
- assess vital signs & oral intake?
- determine if patient is at their cognitive and physical baseline (e.g., mentation & ambulation)?
- determine how the patient will safely get home?

For more information on **PAMI** visit:
<http://pami.emergency.med.jax.ufl.edu/>
Email: emresearch@jax.ufl.edu
or scan the QR Code

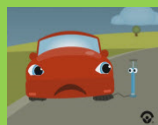


Step 2:

For patients on home opioids or discharged with opioid prescriptions.

Treatment planning...

- utilize PDMP (E-FORCSE®), opioid & substance abuse risk tools (SOAPP, Opioid Risk Tool, CAGE-AID)[†]
- consider need for naloxone prescription
- consider and document OTC & nonpharmacologic options. Review **4 Flat Tires** analogy.



- determine if patient can implement pain management plan (insurance coverage, transportation, etc.)
- give & review "Tips on Opioid Safety" handout. Counsel patient on opioid risks.

Step 3:

Tailor discharge packet based on patient's needs.

Assemble discharge packet

- complete the *Patient Risk Factors Assessment* form to identify factors that may impact the effectiveness of the patient's pain plan.
- select handouts based on patient risk factors and history.

handout examples:

- ◇ Nonpharmacologic Therapies for Pain
- ◇ Managing Pain
- ◇ Reduce Smoking and Improve Pain Management
- ◇ Preventing and Relieving Back Pain
- ◇ Pain and Stress—Relaxation Techniques
- ◇ Opioid Use Disorder and Pregnancy

- consider using PAMI Educational Pain Videos

Pain Medication Safety



Additional Therapies to Help Manage Pain



Ways to Manage Chronic pain



Preventing & Relieving Back Pain



<http://pami.emergency.med.jax.ufl.edu/resources/pami-educational-pain-videos/>

[†]Prescription Drug Monitoring Program (PDMP): <http://www.flhealthsource.gov/FloridaTakeControl/pdmp>
SOAPP-r: <http://nhms.org/sites/default/files/Pdfs/SOAPP-14.pdf>
Opioid Risk Tool, CAGE, and other screening tools: <https://www.drugabuse.gov/nidamed-medical-health-professionals/screening-tools-resources/chart-screening-tools>