

Pledge to Adhere to Post-Surgical Opioid Prescribing Best Practices

As health care professionals, we are committed to using best practices to ensure that our patients' health and safety come first. We believe opioids, when used as prescribed and intended, can serve a valuable purpose for some patients as part of a comprehensive pain management plan, helping patients manage acute, short-term, post-procedure pain and discomfort. We also recognize that opioid use for acute pain is associated with increased risk of long-term opioid use, which is further associated with death from overdose. We commit to using best practices to care for our patients while preventing the risk and human toll of opioid misuse and dependence.

At this outpatient surgery center, we pledge to:

- Develop a pain management plan in close collaboration with our patients that identifies a variety of approaches to pain relief, including non-opioid medications and non-medication therapies.
- Screen patients that are prescribed opioids for pain relief for risk, and follow up with empathetic, confidential discussions about medical history, family history, other considerations that may indicate a susceptibility for dependence.
- Prescribe the lowest effective opioid dose for the shortest duration to manage patients' post-procedure discomfort while ensuring that patients are counseled on alternative ways to manage pain relief beyond opioids.
- Educate patients on the rights, risks and responsibilities associated with prescription opioids, alternative pain management techniques, the risks of dependence and/or overdose, and safe and proper storage/disposal of leftover medication.
- In accordance with California law, when appropriate based on a patient's prescription levels or their unique risk factors, offer a prescription for an opioid antagonist like naloxone to counter the effects of opioid overdose and counsel patients on its correct use.
- Complete all mandated continuing medical education (CME) on opioid prescribing and pain management, opioid dependence and addiction.
- Ensure all new and existing staff are trained annually on safe opioid practices.
- Utilize the CURES database to keep patients safe in California and across state lines.
- Incorporate a physician attestation that they have prescribed opioids per the recommended guidelines.
- Include a patient attestation that they are aware of the risks of opioid use and misuse.

We pledge to use these best practices to protect our patients and the public health as we work to turn the tide on the opioid epidemic.

Signed,