

# Lessons from the Front Line:

Caring for Chronic Pain Patients in the Primary Care  
Setting

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# Using Best Practices

*Each patient should feel special*

Frequent Visits:

*Empathy is Essential*

Treatment Agreements:

*Keep It Simple*

Monitoring Function:

*“What did you do yesterday?”*

Pain Consultation Threshold:

*Helpful Yellow Flag*



# Avoiding Opioids & Limiting Dose

*Opioids Are Poison*

## Hyperalgesia

### Withdrawal, Craving

Stigma, Hormones, Constipation

Sedation, Accidents, Fractures, Death







# Prescription Monitoring Program

*The PMP is your friend*

New Patients:

***Before the first Rx***

Existing Patients:

***Refills between visits***

Covering for partners:

***Every Refill***

Clinic-wide Auto-refill:

***Every 3 months***



# Communicating About Aberrant Behaviors

*The ideal exit strategy: buprenorphine*

A relief for both patient and provider

Requires a DATA waiver

Only 3% of primary care physicians have one

It is not difficult to get one

