



Opioid Prescribing

In October 2018, the Oregon Health Authority released the [Oregon Acute Opioid Prescribing Guidelines](#). These guidelines are applicable to **all medical and dental providers** who prescribe opioids for the management of acute pain.

The guidelines recommend:

- Evaluation of the patient to identify cause and type of pain, determine period for recovery, assess age and other medical conditions, and review current medication list. **The results of the evaluation and justification for prescription of an opioid must be documented in the patient record.**
- Assess history of long-term opioid use and/or substance use disorder. Make sure to coordinate with other providers who have prescribed a controlled substance to the patient. Don't forget to assess the patient's use of alcohol or sedative medications, which may exacerbate the sedative effects of opioids.
- **Check the Prescription Drug Monitoring Program database.**
- Provide patient education including: expected type and duration of pain, risks and side effects of opioids, and how to ensure controlled medications are not diverted.

WARNING:

USE OPIOIDS WITH CAUTION AND ONLY IF NECESSARY.

IF APPROPRIATE: OPIOID MEDICATION STRENGTH FOR ACUTE PAIN IN ADOLESCENTS AND ADULTS. IN MOST CASES, <3 DAYS' SUPPLY (<8 PILLS) WILL BE SUFFICIENT; FOR MORE SEVERE PAIN, <7 DAYS MAY BE NEEDED.

Codeine (e.g., Tylenol 3)	Oxycodone (e.g., Percocet)	Hydrocodone (e.g., Vicodin)	Hydromorphone (e.g., Dilaudid)	Morphine sulfate	Tramadol (e.g., Ultram)
30 mg	5 mg	5 mg	2 mg	15 mg	50 mg

Wellness Corner

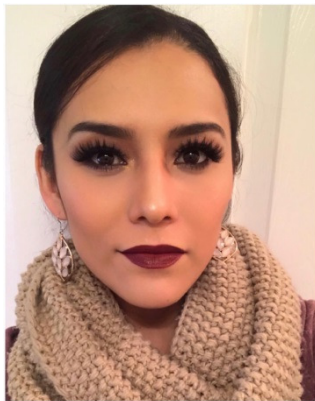
Capitol Dental Care recognizes the value of work-life balance and encourages those who care for our members to also care for themselves. Below are some resources that offer support and assistance to your dental team members.

[Oregon Dental Association Dentist Health and Wellness Program](#). **must be an ODA member

ODA's Dentist Health and Wellness Program offers assistance, referrals and education to dentists and their families in dealing with physical, mental, alcohol or drug-related problems. Volunteer dentists are on call to help colleagues. **Dentist Health and Wellness 24-Hour Hotline - 503-550-0190**

[American Dental Association Health and Wellness Program](#) **must be an ADA member

Getting to Know Our Capitol Dental Care Team



We would like you to meet Angie, our referral specialist.

Angie has been with Capitol Dental Care for over 10 years and we are so lucky to have her on our team.

Angie is a busy mom of two young boys and a dog named Gary. Angie works hard every day to build relationships with all of our providers. Angie carefully reviews each referral and identifies a provider that will meet the needs of each patient.

Please don't hesitate to reach out to Angie for any of your referral needs or even to just say "Hello!" You can reach her at contrerasan@interdent.com.