

**PAIN CLINIC PEARLS:**

Follow up every month for the 1<sup>st</sup> 6 months. At the 6<sup>th</sup> office visit,

If only receiving medication management, we may evaluate you every month.

If using other means to control pain (PT/OT, Injections, Chiropractor, etc), we will consider extending follow up time

If you have received a notification, will follow up every month always **AND have pill counts at all office visits**

If not prescribed oral opioids, may follow up every 6 months.

2 providers at this clinic: Dr. Adeogba and **APRN Kim Pace**.

Make sure to see the medical doctors at least every 6 months

If you have a personality conflict with a specific provider, then at the CHECK-OUT request not to be seen by them. We will attempt to honor the request as best as possible.

**PITFALLS TO AVOID:**

1. 3 notifications and then discharge
2. Call if prescribed a medication from other providers
  - a. Prescribed cough medicine can violate contract
  - b. Medications from the Emergency Room, Dentists, PCP and Surgeons can violate the pain contract (**call before filing**) Make a note of date, time, staff name when you call.
3. Over the counter medications are usually okay
4. Not taking medication as prescribed: Ex: **Overtaking (taking more that prescription states)**
  - a. Do not take more than is advised during a day.
    - i. This is how accidental overdoses and death occur
  - b. If you are not taking your medication, recommend bring your pill bottle with all your opioids and have medical assistant count your pills.
5. Automatic discharge from the clinic for failure to show for pill count and illegal drugs: **methamphetamine and cocaine**
6. Marijuana is still illegal federally unless you have an Arkansas state-issued medical marijuana ID and a receipt from a dispensary.
  - a. Please be aware, anyone with **medical marijuana** will be reduced to the Morphine Milligram Equivalent of 50 mg/day (MME 50).
    - i. Ex: Oxycodone 10 mg 4x/day #120 per 30 days = 60 MME    Oxycodone 10 mg 3x/day #90 for 30 days = 45 MME