



IDHS



Newsletter

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3,477,917

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CDC Guideline for Prescribing Opioids for Chronic Pain

The CDC's Guideline for Prescribing Opioids for Chronic Pain is intended to improve communication between providers and patients about the risks and benefits of opioid therapy for chronic pain, to improve the safety and effectiveness of pain treatment and reduce the risks associated with long-term opioid therapy, including opioid use disorder and overdose.

The CDC has provided a checklist for prescribing opioids for chronic pain as well as a website with additional tools to guide clinicians in implementing the recommendations.

To learn more about the CDC Guideline go to the following website:

www.cdc.gov/drugoverdose/prescribing/guideline.html



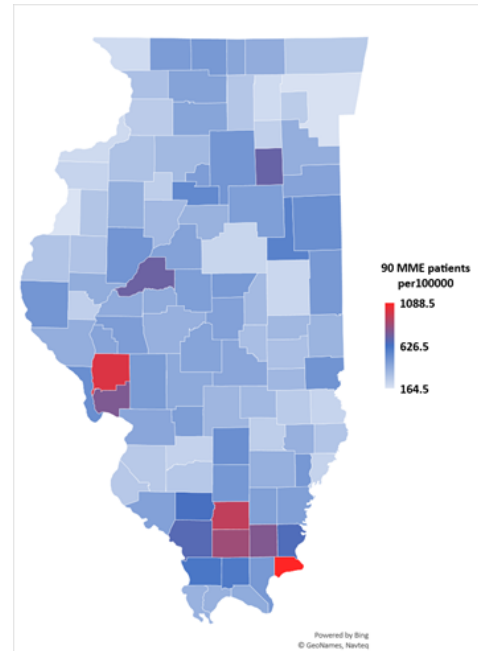


Why is it Important to Calculate the Total Daily Dosage of Opioids? Morphine Milligram Equivalent (MME)

Calculating the total daily dose of opioids will help identify:

- ◆ Patients who may benefit from closer monitoring
- ◆ Need for reduction or tapering of opioids
- ◆ Prescribing of naloxone
- ◆ Other measures to reduce risk of overdose such as alternative non-opioid therapies

Dosages at or above 50 MME/day increase risks for overdose by at least 2x the risk at <20 MME/day



Opioid	Conversion Factor
Morphine	1
Hydrocodone	1
Oxycodone	1.5
Oxymorphone	3
Codeine	0.15
Methadone (1-20 mg/day)	4
Fentanyl trans. mcg/hr	2.4
Oxycodone	1.5



1. **Determine** total daily amount
60 mg of oxycodone (2 tablets 30mg each)
2. **Convert** each to MMEs
Multiply dose by conversion factor.
(60mg x 1.5 = 90 MME/day)
3. **Add** MME's together if there are multiple Rx's.