

## Pain Medication Policy

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To comply with government regulations and to assist in insurance authorization, the protocol for prescribing chronic pain medication will include:

1. The patient and health care provider will agree to a pain medication treatment contract.
2. The patient will agree to the use of one pharmacy for all narcotics and will agree that all narcotic prescriptions will be written by our office only.
3. The patient will be seen twice monthly.
4. The first visit will include a musculoskeletal examination to determine the requirement for further narcotic pain medicine. At that time, a prescription for urine drug screen will be provided.
5. Subsequent to urine drug testing, the patient will return to the office to be seen for a review of the results of the urine drug screen, a review of the Virginia Prescription Monitoring Program, and a review that all government and insurance requirements have been met. A prescription for medication will be given at that time.

**Unfortunately in many cases, insurances have denied payments for narcotics.**

**If denied, you will be responsible for all out of pocket costs.**

## Wardell Orthopaedics

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## Wardell Orthopaedics

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Pain Management



**Musculoskeletal  
care for life  
so you can get  
back to living.**

**Phone: 757.215.1400**

## Pain Management

Orthopaedics is the specialty of medicine which involves the diagnosis and treatment of traumatic as well as non-traumatic conditions of the bones, joints, and muscles of the arms, legs, and spine.

Many of our patients are seen and treated for pain resulting from these conditions.

In this office, musculoskeletal pain is treated with a comprehensive pain management program. This means treatment is provided by combining different types of proven pain management techniques, including, but not limited to, opioid pain medication, physical therapy, relaxation techniques, and psychologic counseling.



## Pain Medications

Pain medication, including opioid medication, is often a valuable part of a comprehensive pain management program. But opioid medication should be minimized to lessen the risks associated with this treatment.

Wardell Orthopaedics complies with all state and federal regulations regarding opioid medication treatment. The doctors of Wardell Orthopaedics are not pain management specialists. By regulation, they cannot prescribe high narcotic dosages which may be required to treat some patients with chronic pain.

If a comprehensive orthopaedic pain management program, which includes opioid medication, does not result in adequate relief, patients will be referred to a Pain Management Clinic.

## Regulations Regarding Opioid Pain Medication

The government, both at the federal and state levels, has issued regulations and recommendations regarding doctors prescribing pain medication.

These regulations and recommendations include:

1. Issues involving dosage levels
2. The necessity for urine drug screens
3. The requirement for prescribing overdose rescue drugs
4. The concern regarding use of other types of drugs with narcotic drugs
5. The use of multiple prescribers
6. The use of multiple pharmacies

In addition to government regulations, insurance providers have set rules to be met in order that the insurer will pay for prescription drugs.