



## Risk Management Step 3: Risk Mitigation

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### Strategies Limit Future Adverse Outcomes

- + Establish realistic goals: Pain and functional improvement 30%
- + Use of alternatives to opioids – caution: they have risks too
- + Consider opioids with lower risk of addiction: buprenorphine, tramadol, tapentadol
- + Calculate and address morphine milligram equivalents (MMEs)
- + Prescribe naloxone + provide overdose rescue instructions
- + Avoid co-prescribed respiratory depressants, notably benzodiazepines
- + Provide informed consent: Risks, Benefits, Alternatives
- + Provide instructions for secure storage
- + Provide instructions for safe disposal
- + Plan for drug testing based on assessed level of controlled substance risk
- + Plan for online prescription database review based on level of controlled substance risk
- + Consider assessment of respiratory status: oxygenation status, underlying conditions

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