



## MEDICATION PRESCRIBING & DOCUMENTATION POLICY

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As a result of the increasing awareness of narcotic dependence and abuse, Pacific Rim Orthopaedic Surgeons (PROS) will closely manage its patients' use of prescription narcotics in accordance with the following national recommendations and internal guidelines:

**Procedures (copies available upon request):**

[Refer to AAOS publication](#)

[CDC Guideline for Prescribing Opioids](#)

[Washington State Healthcare Authority Letter to Providers](#)

[Washington State Healthcare Authority Q&A for Apple Health members / Patient Handout](#)

1. **For patients referred by a medical practitioner outside of PROS:** the referring provider is responsible for managing all pain medications prescribed by them, until a final treatment plan has been recommended by a physician at PROS. The final treatment plan is dependent upon the PROS physician having all of the diagnostic tests available for his/her review in order to make a diagnosis and recommend a treatment plan. Narcotics are rarely part of an ongoing treatment plan and will be determined by the attending provider.
2. **For patients who are self-referred to PROS and are determined to be non-operative:** narcotic pain relievers may not be prescribed at the initial consultation or subsequent visits. In the event a non-operative management strategy is implemented, and narcotic pain management is required, it will likely be limited to a 14-day supply of narcotic medication. A referral to a pain management specialist, other specialist, or primary care physician for ongoing pain management, may be initiated at that time.
3. **For post-surgical patients:** in the event surgery has been performed by a surgeon at PROS, postoperative narcotic pain management by PROS will most often be limited to a 14-day supply of narcotic medication. Careful reassessment and re-evaluation by a PROS provider, will take place for further prescription needs. Much of what we treat is inherently painful, and while we want to be sure that your pain and recovery is well-managed, it is important to note that some pain is normal and a condition of the healing process.
4. **If the patient has a pain management provider outside of PROS, then the PROS physician will coordinate postoperative pain management with that physician.** After the postoperative period, the patient will resume management with their pain management provider. Any patient requesting narcotic pain medications beyond 12 weeks will be referred to a pain management provider.
5. **For patients who have a current pain management contract with an outside provider:** PROS will not assume refilling baseline narcotics for those patients who are on opiates for chronic pain, or under the care of a primary care provider or pain management physician.
6. **Requests for prescription refills:** if a patient has not been seen in the offices of PROS during the preceding 3 months, no prescriptions will be written without reassessment of the patient.
7. **Prescriptions for narcotics must be written by a PROS provider and picked up by the patient, or a patient's representative.** No phone or electronic refills are permitted, per Washington State Law. Patients should allow 48-72 hours, or 2-3 business days for all prescription refills.