

Checklist for Adverse Effects, Function, and Opioid Dependence

Checklist for adverse effects

- Constipation, sweating, nausea
- Exacerbation of sleep apnea, COPD
- Opioid bowel syndrome
- Rebound headaches
- Fatigue and confusion (particularly in the elderly)
- Reproductive effects (impotence in men and menstrual irregularities in women)
- Sensitization to pain (higher opioid doses may be required in acute pain compared to stable chronic pain)
- Neurotoxicity, seizures and hallucinations (for example with repeated administration of Demerol)

Checklist for function that should be assessed

- Sleep
- Mood
- Libido
- Time out of bed, ability to sit, ability to stand
- Activities within the house and outside (e.g., household chores, shopping, etc.)
- Activities at work (return to work, modified duties, trial employment, etc.)

Checklist for signs of opioid dependence

- On high and escalating doses of opioids
- Frequently runs out of medicine early observed to be intoxicated or in withdrawal
- Alters, borrows, steals, or sells prescriptions
- Accesses multiple sources of opioids, including from ERs, other prescribers, friends, acquaintances, or on the street *
- Injects oral medications
- Threatens or harasses staff to get immediate appointment
- Reluctant to try alternatives
- Angry, demanding, or tearful if not given drug of choice
- Deterioration of functional status while in receipt of opioid
- Concurrent abuse of alcohol or other illicit drugs
- Multiple dose escalations or other noncompliance with therapy despite warnings
- Multiple episodes of prescription loss