



WASHINGTON
**Medical
Commission**
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10

The Things WA Patients Need To Know About the Changes to Opioid Prescribing

Be Prepared. Be Informed. Be Empowered.

01

This new rule creates a process to closely monitor opioid prescriptions to prevent addiction and accidental overdoses.

02

The rule does not put a limit on prescribing. There is no upper limit for prescribing opioids in Washington.



03

Your provider cannot discontinue your chronic opioid therapy without a 30 day notice and a referral to another provider or pain management specialist.

04

Speak up! If your treatment plan is not meeting your pain management goals, you should talk to your provider about adjusting your dosage or your options for opioid alternatives (like massage or acupuncture).



05

You may never be pain free. Opioids are intended to treat for function and quality of life. You should have a frank discussion with your provider about what to expect in your pain management treatment.



06

Under these rules, the inappropriate treatment of pain includes: nontreatment, undertreatment, overtreatment and the continued use of ineffective treatments.

07

The WMC is encouraging practitioners to take on legacy chronic pain patients and maintain their existing treatment. These rules do not change the 2012 chronic pain rules from the patient's perspective.

08

Providers are not required to provide an opioid for acute treatment (headaches, cuts, muscle strain, etc).



09

The CDC guidelines are just that, guidelines. They should be considered, but the WMC rules supersede the CDC guidelines.

10

These rules go into effect January 1, 2019.

If you, your physician or physician assistant have questions about opioid prescribing and monitoring, contact the WMC.

We are a resource.

Phone: 360-236-2727

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