Mercy Pain Management

Opioids: Information, Warnings and Resources

Mercy Medical Center
A Ministry of the Sisters of Charity Health System
How (and why) do Mercy Pain Management clinicians prescribe opioids for patients?

For the safety of our patients, Mercy Pain Management physicians follow the U.S. Department of Health and Human Services Centers for Disease Control and Prevention’s (CDC) Guideline for Prescribing Opioids for Chronic Pain. This guideline is intended to improve communication between our physicians and patients about the risks and benefits of opioid therapy for chronic pain, improve the safety and effectiveness of pain treatment and reduce the risks associated with long-term opioid therapy, including opioid use disorder and overdose. For the complete CDC Guideline for Prescribing Opioids for Chronic Pain, please visit the url listed below.

THE GUIDELINE ADDRESSES:
1) when to initiate or continue opioids for chronic pain;
2) opioid selection, dosage, duration, follow-up, and discontinuation; and
3) assessing risk and addressing harms of opioid use.

CDC GUIDELINE OVERVIEW:

Before starting opioid therapy for chronic pain, Mercy Pain Management clinicians should discuss treatment goals with all patients, including realistic goals for pain and function, and should also discuss how opioid therapy will be discontinued if benefits do not outweigh the risks. Mercy Pain Management clinicians should continue opioid therapy only if there is significant improvement in pain and function – that outweigh the risks to patient safety.

Before starting (and during) opioid therapy, Mercy Pain Management clinicians should discuss the known risks and benefits with the patient, as well as everyone’s responsibilities for managing the therapy.

When starting opioid therapy for chronic pain, Mercy Pain Management clinicians should prescribe immediate-release opioids instead of extended-release/long-lasting opioids.

When opioids are started, Mercy Pain Management clinicians should prescribe the lowest effective dosage. They should use caution when prescribing opioids at any dosage and they should carefully consider risks and benefits before increasing any dosages.

Long-term opioid use often begins with treatment of acute pain. When opioids are used for acute pain, Mercy Pain Management clinicians should prescribe the lowest effective dose of immediate-release opioids – and should only prescribe enough for the duration of the acute pain. Three days or less should be enough; more than seven days will rarely be needed.

Mercy Pain Management clinicians should evaluate the benefits and risks with patients within one to four weeks of starting (or changing) opioid therapy. After that, the clinicians should evaluate these benefits and risks with patients every three months or less. If opioid therapy benefits do not outweigh the risks or harm to the patient, the Mercy clinician should use other therapies and work with the patient to decrease or discontinue opioid use.

www.cdc.gov/drugoverdose/prescribing/guideline.html
What are the risks and side effects of Opioid use?

Prescription opioids carry serious risks of addiction and overdose, especially with prolonged use. An opioid overdose, often marked by slowed breathing, can cause sudden death. The use of prescription opioids can have a number of side effects as well, even when taken as directed.

Possible Side Effects:

- Tolerance – meaning you might need to take more of a medication for the same pain relief
- Physical dependence – meaning you have symptoms of withdrawal when a medication is stopped
- Increased sensitivity to pain
- Constipation
- Nausea, vomiting and dry mouth
- Sleepiness and dizziness
- Confusion
- Depression
- Low levels of testosterone that can result in lower sex drive, energy and strength
- Itching and sweating

Risks are greater with:

- History of drug misuse, substance use disorder or overdose
- Mental health conditions (depression, anxiety, etc.)
- Sleep apnea
- Older age (65 years or older)
- Pregnancy

Know Your Options

Talk to your Mercy Pain Management clinician about ways to manage your pain that don’t involve prescription opioids. Some of these options may actually work better and have fewer risks and side effects, such as:

- Pain relievers such as acetaminophen, ibuprofen and naproxen
- Some medications used for depression/seizures
- Physical therapy and exercise
- Cognitive behavioral therapy – learning how to modify physical, behavioral and emotional triggers of pain and stress

If you are prescribed opioids for pain:

- Never take opioids in greater amounts (or more often than) prescribed
- Follow up with your Mercy Pain Management clinician in ___ Days
- Help prevent misuse and abuse:
  - Never sell or share prescription opioids
  - Never use another person’s prescription opioids
- Store prescription opioids in a secure place and out of reach of others (this may include visitors, children, friends and family)
- Safely dispose of unused prescription opioids: Find your community drug take-back program or your pharmacy mail-back program, or flush them down the toilet, following guidance from the Food and Drug Administration. www.fda.gov/Drugs/ResourcesforYou
- Visit www.cdc.gov/drugoverdose to learn about the risks of opioid abuse and overdose
- If you believe you may be struggling with addiction, tell your Mercy Pain Management clinician and ask for guidance or call SAMSHA’s National Helpline at 1-800-662-HELP

Avoid alcohol while taking prescription opioids, unless specifically advised by your Mercy Pain Management clinician!
**OVERDOSE RECOGNITION**

If someone takes more opioids than their body can handle, they can pass out, stop breathing and die. An opioid overdose can take minutes or even hours to occur.

A person who is experiencing an overdose may have the following symptoms:

- Slow breathing (less than 1 breath every 5 seconds) or no breathing
- Vomiting
- Face is pale and clammy
- Blue lips, fingernails or toenails
- Slow, erratic or no pulse
- Snoring or gurgling noises while asleep or nodding out
- No response when you yell the person’s name or rub the middle of their chest with your knuckles

**HOW TO RESPOND TO AN OVERDOSE**

1. Try to wake the person up by yelling their name and rubbing the middle of their chest with your knuckles (sternum rub).
2. Call 9-1-1. Indicate the person has stopped breathing or is struggling to breathe.
3. Make sure nothing is in the person’s mouth that could be blocking their breathing. If breathing has stopped or is very slow, begin rescue breathing.
   - **Give rescue breathing**
     - **Step 1:** Tilt their head back, lift chin, pinch nose shut.
     - **Step 2:** Give one slow breath every five seconds. Blow enough air into their lungs to make their chest rise.
4. Use naloxone and continue rescue breathing at one breath every five seconds.
5. If the person begins to breathe on their own, put them on their side so they do not choke on their vomit. Continue to monitor their breathing and perform rescue breathing if respirations are below 10 breaths a minute. If vomiting occurs, manually clear their mouth and nose.
6. Stay with the person until EMS arrives.

**What is Naloxone?**

Naloxone (Narcan) is a prescription medication that can reverse an overdose that is caused by an opioid drug. When administered during an overdose, naloxone blocks the effects of opioids on the brain and restores breathing. It can be given as an injection into a muscle or as a nasal spray.

Naloxone has no potential for abuse. If it is given to a person who is not experiencing an opioid overdose, it is harmless. If naloxone is administered to a person who is experiencing an opioid overdose, it will produce withdrawal symptoms. Naloxone does not reverse overdoses that are caused by non-opioid drugs.

**An overdose is a MEDICAL EMERGENCY!**

Call 9-1-1 immediately!

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For patient education, videos and additional materials, please visit [www.prescribetoprevent.org](http://www.prescribetoprevent.org)

This information courtesy of the State of Ohio Board of Pharmacy. For more information, visit [www.pharmacy.ohio.gov](http://www.pharmacy.ohio.gov)
COUNSELING & REHABILITATION SERVICES

Arrow Passage Recovery
A Safe Facility for Treatment & Recovery

Patients are offered a beautiful location to get clean and sober while escaping their everyday environment.

Arrow Passage Recovery offers:
- Resident (Inpatient) Treatment Program
- Partial Hospitalization Program
- Intensive Outpatient Program
- Aftercare Services

For more information, contact us at:
- 844-802-ARROW (27769)
  (24 hours a day/7 days a week)
- E-mail: info@rehabapr.com
- www.arrowpassage.com

Arrow Passage Recovery is situated on 8 acres, located at 721 Lincoln Way E. in Massillon and is accepted by many insurance companies.

Affinity Medical Center Senior Behavioral Health
875 8th St. N.E., Massillon ......................................................... .330-837-7290

Cleveland Clinic Akron General
400 Wabash Ave., Akron ................................................................. .330-344-6525

Aultman Hospital Behavioral Health and Counseling Center
2600 6th St. S.W., Canton ................................................................. .330-363-5328

Behavioral & Psychiatric Consultants
3745 Whipple Ave. S.W., Suite A, Canton ........................................ .330-493-3313

Sharad Bhatt, M.D.
907 S. Main St., North Canton ......................................................... .330-494-7302

Coleman Professional Services – Behavioral Health
400 Tuscarawas St. W., Suite 200, Canton ......................................... .330-438-2400

CommQuest Services, Inc.
629 Cleveland Ave. N.W., Canton ................................................... .330-455-0374

Crisis Interventional & Recovery Center
832 McKinley Ave. N.W., Canton ................................................... .330-452-9812

Heartland Behavioral Health
3000 Erie St. S., Massillon .............................................................. .330-833-3135

Louis Stokes VAMC Canton Outpatient Clinic
733 Market Ave. S., Canton .............................................................. .330-489-4600

Malhotra & Zaidi, Counselors
2600 Tuscarawas St. W., Suite 120, Canton ....................................... .330-452-7694
(Dr. Malhotra) ................................................................. .330-493-1118

Michael Rich, M.D.
2600 Tuscarawas St. W., Suite 340, Canton ....................................... .330-493-9607

Phoenix Rising Behavioral Health
624 Market Ave. N., Canton ........................................................... .330-493-4553

OneEighty (Formerly STEPS)
104 Spink St., 3rd Floor, Wooster ................................................... .330-264-8498

New Horizons Psychiatric Services
4735 Belpar St. N.W., Canton .......................................................... .330-493-9822

Quest Recovery & Prevention Services
1341 Market Ave. N., Canton .......................................................... .330-453-8252

Rivertree Church – Celebrate Recovery
7373 Portage St. N.W., Massillon ................................................... .330-494-1860

WEBSITES

Here to Help® program for Suboxone® .............................................. www.heretohelpprogram.com

Narcotics Anonymous ................................................................. www.na.org

The Substance Abuse and Mental Health Services Administration .... www.samhsa.org

The National Alliance of Advocates for Buprenorphine Treatment...... www.naabt.org
## CHEMICAL DEPENDENCY

### Crisis Intervention Center of Stark County
2421 13th St. N.W., Canton ................................................................. 330-452-6000

### Coleman Professional Services — Canton Behavioral Health
400 West Tuscarawas St. W., 200, Canton ........................................... 330-438-2400

### CommQuest Services, Inc.
625 Cleveland Ave. N.W., Canton ..................................................... 330-455-0374

### Akron General Edwin Shaw Rehab
330 Broadway St., E., Cuyahoga Falls ............................................... 330-436-0950

### Summa Health Ignatia Hall Addiction Medicine Intensive Outpatient Program

### New Destiny Treatment Center
6694 Taylor Rd., Clinton ................................................................. 330-825-5202

### New Vision/SpecialCare
1-800-939-CARE

### Phoenix Rising
624 Market Ave. N., Canton ............................................................. 330-493-4553

### Quest Recovery & Prevention Services
1341 Market Ave. N., Canton ............................................................. 330-453-8252

### Trillium Family Solutions
624 Market Ave. N., Canton ............................................................. 330-454-7066

### Wayne-Holmes Mental Health & Recovery Board
1985 Eagle Pass, Wooster ................................................................. 330-264-2527

### Stark County Mental Health & Addiction Recovery
121 Cleveland Ave. S.W., Canton ...................................................... 330-455-6644

### FREE MEETINGS AND SUPPORT

- **Al-non/Al-teen** ................................................................. 330-438-9511

- **Canton Area Alcoholics Anonymous**
  4125 Hills & Dales Rd. N.W., Suite 400B, Canton .............................. 330-491-1989

- **Chronic Pain Support Group (Affinity Medical Center)**
  2815 Aaronwood Ave. N.E., Massillon ........................................... 330-834-4792

- **Cocaine Anonymous (Canton)** ............................................... 330-709-4120

- **Cocaine Helpline (Canton)** ..................................................... 330-327-4090

- **Narcotics Anonymous** ............................................................. 1-888-438-4673/330-678-7564

- **Opiate Hotline** ................................................................. 330-454-4357

### VETERAN'S ASSISTANCE

- **Louis Stokes VAMC Canton Outpatient Clinic**
  733 Market Ave. S., Canton ......................................................... 330-489-4600

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**Phoenix Rising Behavioral Healthcare and Recovery, Inc.**

Services available for children, adults and families:
- Psychiatric Services
- Therapy & Counseling (Individual, Group, Couples/Marital)
- Case Management

For more information, contact us at:
- 330-493-4553
- www.phoenixrisingbhr.org

Phoenix Rising is located at 624 Market Ave. N. in Canton (across from the Palace Theatre) and is accepted by many insurance companies.

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This information courtesy of the State of Ohio Board of Pharmacy.
For more information, visit www.pharmacy.ohio.gov
**STARK COUNTY PHARMACIES DISPENSING NALOXONE WITHOUT A PRESCRIPTION**

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<tr>
<th>BUSINESS NAME</th>
<th>PHONE</th>
<th>ADDRESS</th>
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<tr>
<td>CVS PHARMACY #16247</td>
<td>(330) 494-4098</td>
<td>5584 DRESSLER RD. N.W., NORTH CANTON, OH 44720</td>
</tr>
<tr>
<td>CVS PHARMACY #10372</td>
<td>(330) 453-4845</td>
<td>2210 TUSCARAWAS ST. W., CANTON, OH 44708</td>
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<tr>
<td>CVS PHARMACY #17136</td>
<td>(330) 833-4151</td>
<td>1980 LINCOLN WAY E., MASSILLON, OH 44646</td>
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<tr>
<td>CVS PHARMACY #2063</td>
<td>(330) 837-3095</td>
<td>7292 FULTON DR. N.W., CANTON, OH 44718</td>
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<td>CVS PHARMACY #2385</td>
<td>(401) 765-1500</td>
<td>1339 N. MAIN ST., NORTH CANTON, OH 44720</td>
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<td>CVS PHARMACY #4802</td>
<td>(330) 877-0311</td>
<td>600 W. MAPLE ST., HARTVILLE, OH 44632</td>
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<td>CVS PHARMACY #8248</td>
<td>(401) 771-3489</td>
<td>1130 LINCOLN WAY E., MASSILLON, OH 44646</td>
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<tr>
<td>DAVIES PHARMACY, INC.</td>
<td>(330) 454-5151</td>
<td>2915 W TUSCARAWAS ST. W., CANTON, OH 44708</td>
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<tr>
<td>DISCOUNT DRUG MART #42</td>
<td>(330) 477-1558</td>
<td>4730 HILLS AND DALE RD. N.W., CANTON, OH 44708</td>
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<td>DISCOUNT DRUG MART #46</td>
<td>(330) 497-9393</td>
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<td>DISCOUNT DRUG MART #51</td>
<td>(330) 966-2115</td>
<td>4925 PORTAGE ST. N.W., NORTH CANTON, OH 44720</td>
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<tr>
<td>GENOA, A QOL HEALTHCARE COMPANY, LLC</td>
<td>(253) 218-0830</td>
<td>625 CLEVELAND AVE. N.W., STE. 301, CANTON, OH 44702</td>
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<tr>
<td>GIANT EAGLE PHARMACY #1492</td>
<td>(330) 875-1135</td>
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<td>GIANT EAGLE PHARMACY #1605</td>
<td>(330) 829-3192</td>
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<td>GIANT EAGLE PHARMACY #1618</td>
<td>(330) 877-0221</td>
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<td>(330) 497-1385</td>
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<td>(330) 833-4890</td>
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<td>(330) 493-9404</td>
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<td>(330) 497-0963</td>
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<td>MARC’S</td>
<td>(330) 493-3530</td>
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<td>MARC’S</td>
<td>(330) 492-2963</td>
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<td>MARC’S</td>
<td>(330) 477-8862</td>
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<td>MARC’S</td>
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<td>(330) 830-2600</td>
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<td>(330) 877-4018</td>
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<td>RITE AID #2389</td>
<td>(330) 478-8129</td>
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<td>RITE AID #3061</td>
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<td>RITE AID #3192</td>
<td>(330) 492-6203</td>
<td>2574 EASTON ST. N.E., NORTH CANTON, OH 44721</td>
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<td>RITE AID DISCOUNT PHARMACY #2388</td>
<td>(330) 456-0515</td>
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<td>RITE AID DISCOUNT PHARMACY #2390</td>
<td>(330) 837-3138</td>
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<td>RITE AID DISCOUNT PHARMACY #2401</td>
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<td>RITE AID DISCOUNT PHARMACY #2437</td>
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<td>RITE AID DISCOUNT PHARMACY #2453</td>
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<td>RITE AID DISCOUNT PHARMACY #3700</td>
<td>(330) 456-4791</td>
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<td>RITE AID PHARMACY #7712</td>
<td>(330) 699-9131</td>
<td>13353 CLEVELAND AVE. N.W., UNIONTOWN, OH 44685</td>
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<td>WALGREENS #01337</td>
<td>(330) 244-1435</td>
<td>6421 MARKET AVE. N., CANTON, OH 44721</td>
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<td>WALGREENS #03261</td>
<td>(330) 497-8316</td>
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<td>WALGREENS #04044</td>
<td>(330) 453-4874</td>
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<td>WALGREENS #04101</td>
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<td>WALGREENS #04983</td>
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<td>WALGREENS #09385</td>
<td>(330) 829-3782</td>
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<td>WALGREENS #11810</td>
<td>(330) 497-5312</td>
<td>6701 FRANK AVE. N.W., NORTH CANTON, OH 44720</td>
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<td>WALGREENS #16487</td>
<td>(330) 481-2042</td>
<td>110 LINCOLN WAY W., MASSILLON, OH 44647</td>
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MERCY PAIN MANAGEMENT CENTER
Scheduling & Cancellations: Ph: (330) 489-1478 Fax: (330) 430-2717
Office Hours: Monday - Friday, 7 a.m. - 4:30 p.m.
Physician Referral Required

MERCY MEDICAL CENTER
A Ministry of the Sisters of Charity Health System