

# CO's CURE

## Scripting: History of Addiction with Acute Pain

**Ensure you are talking to the correct patient and acknowledge the patient's chief complaint (i.e. pain):**

*"Hi (patient) my name is (nurse) and I will be taking care of you today. I understand you are having severe pain from your motor vehicle accident. I also see you have identified addiction to opioids as part of your history."*

**The patient identifies neck pain due to a vertebral fracture from the accident and generalized, widespread muscle pain. They are concerned that the pain and any medications could trigger a relapse. They share with you that they have been sober for six months.**

*"When we talked earlier about your goal you said you wanted to be able to move around on your own, increase comfort and look towards going home. These are good goals and I want to enlist the team to help you achieve these goals."*

**Discuss ALTO plans available using non-opioid medications for symptomatic relief as well as non-pharmacologic pain options:**

*"What I'd like to do is assist you with positioning to enhance comfort and provide either an ice pack or heating pad to decrease pain. Do you prefer heat or cold?"*

*"We can alternate the use of both. In addition to these strategies, I'd like to have the physical therapist see you to assist with improving your function and minimizing pain with activity. Would that be okay with you?"*

**Review non-opioid medication choices for patient and offer appropriate medication. Check the patient's allergies and preferences. Be sure to re-assess pain and comfort at the proper time frame after any intervention:**

*"We do have counselors on staff here. Would it be helpful for you to talk with one of them during this stressful time?" (watch for subtle body language signs)*

*"Is there anyone you need and want to contact to help you now?"*

**Reassure patient you will assist in any way to increase their comfort and alleviate their apprehension about their addiction history to avoid a cue/trigger that can impact their recovery. Be certain this plan is shared with the care team to maintain a consistent care plan for this patient with a chronic illness.**

*"It is critical you know we are all here to help you reach a level of comfort to meet your goals, being mindful of your history of addiction. All of this will help you meet your functional needs to enable you to get home as soon as safely possible. Let's be sure part of your discharge plan is for you to connect with the support systems you have for your addiction to support your ongoing recovery and healing. How does that sound?"*