

## **PRESCRIBING for CONTROLLED SUBSTANCES**

**CHANGE**  
the **SCRIPT**  
**X**

Use the CPMRS as a  
patient-care tool

### **PRESCRIBING CHECKLIST:**

Check the CPMRS at:  
[www.connecticut.pmpaware.net](http://www.connecticut.pmpaware.net)

Does the patient have:

- Clinical alert(s)?
- Multiple practitioners and uses different pharmacies?
- A daily MME greater than 90 (the CDC benchmark for dosing)?
- Concurrent Rx for opioids and Benzodiazepines?
- Prescriptions that you were not aware of?
- A baseline urine drug test?
- A screening done for depression or alcohol & drug use?
- An alternative treatment offered, tried or continued?

**CT Prescription Monitoring Program**

[www.ct.gov/dcp/pmp](http://www.ct.gov/dcp/pmp)

[dcp.pmp@ct.gov](mailto:dcp.pmp@ct.gov)/860-713-6073

## **EFFECTIVE COMMUNICATION**

1. Assess What the Patient Already Knows
2. Assess What the Patient Wants to Know
3. Be Empathic, Tell the Truth
4. Slow Down, Keep it Simple
5. Watch the Patient's Body and Face
6. Be Prepared for a Reaction

## **DRUG-SEEKING BEHAVIOR**

- Use of multiple doctors/pharmacies
- Frequent refill requests because Rx was "lost" or "stolen" or "ran out early"
- More interested in Rx than actual diagnosis
- Requests higher-potency drug by name
- Physical evidence of drug abuse (needle marks, scars, new lesions)
- Frequent ER visits for overdose/pain
- Claims to have symptoms of depression, insomnia or anxiety
- Unusual behavior/demanding/no patience

**For 24/7 Access to Addiction Treatment in CT:**  
Call 1-800-563-4086



**[www.drugfreect.org](http://www.drugfreect.org)**