

# 6 As – Opioid therapy monitoring tool<sup>1-5</sup>

This tool should always be administered by a doctor or healthcare professional. It is not intended to be given to patients for completion on their own.

Patient name:

Date:

## 1 Activity

What progress has been made in the patient's functional goals?

- Sitting tolerance
- Standing tolerance
- Walking ability
- Ability to perform activities of daily living

## 2 Analgesia

How does the patient rate the following over the last 24 hours?

- Average pain
- Worst pain

e.g. on a scale from 0 to 10 where 0 = no pain,  
10 = pain as bad as you can imagine

How much relief have pain medications provided? e.g. 10%, 20%, 30%

## 3 Adverse effects

Has the patient experienced any adverse effects from medication?

e.g. constipation, nausea, dizziness, drowsiness

## 4 Aberrant behaviours

Has the patient been taking medication/s as prescribed?

Has the patient exhibited any signs of problematic behaviours or medication abuse/misuse?

- Signs of drug and alcohol use
- Unsanctioned dose escalations
- Has the patient reported lost prescriptions or requested early repeats?

## 5 Affect

Have there been any changes to the way the patient has been feeling?

- Is pain impacting on the patient's mood?
- Is the patient depressed or anxious?

## 6 Accurate records

Document the initial evaluation and each follow up, including current pain medication and any changes to the management plan.

**References:** 1. Cleeland CS, Ryan KM. Pain assessment: global use of the Brief Pain Inventory. *Ann Acad Med Singapore* 1994;23(2):129-138. 2. Gourlay DL *et al.* Universal precautions in pain medicine: a rational approach to the treatment of chronic pain. *Pain Med* 2005;6(2):107-112. 3. Gourlay DL, Heit HA. Universal precautions revisited: managing the inherited pain patient. *Pain Med* 2009;10 Suppl 2:S115-S123. 4. Jovey R. *Practical Pain Management – optimizing outcomes, reducing risks.* Personal Communication, April 2010. 5. DeRemer CE *et al.* Evaluation of pain management documentation. *South Med J* 2011;104(9):629-633.



For more education, visit [www.care.mundipharma.com.au](http://www.care.mundipharma.com.au)