



PERSONA #2.6

M.S. Cortinez

Opioid Management: Opioid Tapering



DATE OF BIRTH: August 14, 1961

RACE: Hispanic

GENDER: Female

OCCUPATION: Coffee Shop Owner

ADDRESS: 2911 Fentora Drive Hurt, VA 24563

PROBLEM LIST: Chronic spinal disease/spinal stenosis, hypertension

HISTORY OF PRESENT ILLNESS

M.S. Cortinez continues to receive “maintenance” eCare plans related to opioid medications. The pharmacy staff informed the doctor and she is interested in proceeding with increasing her ibuprofen dose. MSC is now taking ibuprofen and Oxycontin to control her pain with a goal of decreasing her Oxycontin.

MSC comes into the pharmacy and gets her blood pressure checked. You are sure to document this within her eCare plan.

PAST MEDICAL HISTORY

Spinal Stenosis x 5 years

Hypertension x 5 years

ACTIVE MEDICATIONS

Oxycontin 20 mg TID, Losartan 50 mg QD, Triamterene/HCTZ 37.5/25 QD, Narcan Nasal Spray 4mg/0.1 mL, Ibuprofen 400 mg 1 tablet 3 times daily (OTC)

FILL HISTORY

MSC is currently taking her medications as prescribed and filling consistently without trying to get the Oxycontin too soon.

ALLERGIES

NKA

SOCIAL HISTORY

MSC owns her own coffee shop. She does not exercise due to her pain issue.

VITAL SIGNS AND LABS

■ Vital signs:

Blood Pressure (8/11/2020): 138/86 mmHG

■ Complete metabolic panel and fasting lipid panel:

Labs not provided to the pharmacy

MEDICATION RELATED PROBLEM(S)

MSC had started taking ibuprofen 400 mg one time daily to help control her pain due to the need of taking Oxycontin more frequently. She is now taking ibuprofen 400 mg three times daily after having discussed with her prescriber, Dr. Ouch.

INTERVENTION(S) AND EDUCATION (RECOMMENDATIONS)

MSC will be slowly tapering the Oxycontin. For this month’s Oxycontin prescription, Dr. Ouch has written Oxycontin 10 mg: 2 tablets in the morning, 1 tablet around lunch, and 2 tablets at bedtime. We will be working with Dr. Ouch moving forward to make sure that we have an updated prescription with 10% dose reduction each month.

GOALS

Decrease Oxycontin dose and let the pharmacist and/or prescriber know if I have any withdrawal side effects.

MONITORING PLAN AND FOLLOW-UP

Continue to help MSC decrease Oxycontin dose by making sure she is receiving a prescription each month with a 10% taper and monitor for withdrawal symptoms.

Sample Care Plan Case

Encounter Reason (8/11/20): High Risk Drug Monitoring

Patient Demographics:

Patient First Name: M.S. **Patient Last Name:** Cortinez **Patient DOB:** 8/14/61
Address: 911 Fentora Drive **City:** Hurt **State:** VA **Zip:** 24563 **Phone:** 434-111-1111

Allergies: No Known Drug Allergies

Lab Vitals: Hypertension

Active Medication List:

| Medication Name | Directions | Prescriber |
|------------------------------|---|------------|
| Oxycontin 10 mg | 2 tablets in the morning, 1 tablet around lunch, and 2 tablets at bedtime | Dr. Ouch |
| Losartan 50 mg | 1 tablet daily | Dr. Ouch |
| Triamterene/HCTZ 37.5/25 mg | 1 tablet daily | Dr. Ouch |
| Narcan Nasal Spray 4mg/0.1mL | For suspected opioid overdose, administer a single spray of nasal spray in one nostril. May repeat after 3 minutes if no or minimal response. | Dr. Ouch |
| Ibuprofen 400 mg | 1 tablet three times daily | Dr. Ouch |

Medication-Related Problems (MRPs) and Interventions:

- **MRP (8/11/20):** New medication needed for condition
 - **MRP Note:** MSC had started taking ibuprofen 400 mg one time daily to help control her pain due to the need of taking Oxycontin more frequently. She is now taking ibuprofen 400 mg three times daily after having discussed with her prescriber, Dr. Ouch.
- **Intervention (8/11/20):** Medication dose decreased
 - **Intervention Note:** MSC will be slowly tapering the Oxycontin. For this month's Oxycontin prescription, Dr. Ouch has written Oxycontin 10 mg: 2 tablets in the morning, 1 tablet around lunch, and 2 tablets at bedtime. We will be working with Dr. Ouch moving forward to make sure that we have an updated prescription with 10% dose reduction each month.

Vital Sign(s):

- **Blood Pressure (8/11/20):** 138/86 mmHG

Goals (Free-Text):

- **Goal (8/11/20):** Decrease Oxycontin dose and let the pharmacist and/or prescriber know if I have any withdrawal side effects.