

TEN STEPS OF UNIVERSAL PRECAUTIONS IN PAIN MANAGEMENT.

- 1. Diagnosis with appropriate differential**
- 2. Assessment of potential addiction risk**
- 3. Informed consent**
- 4. Treatment agreement written and signed**
- 5. Pre/post intervention assessment of pain level and function**
- 6. Appropriate trial of opioid therapy plus/minus adjunctive therapy**
- 7. Reassessment of pain score and level of function**
- 8. Regular reassessment of the 4 “A”s of pain medicine**
 - Analgesia**
 - Activity**
 - Adverse effects**
 - Aberrant behaviours**
- 9. Periodically review pain diagnosis and comorbid conditions including addictive disorders**
- 10. DOCUMENT, DOCUMENT, DOCUMENT**

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