



Rx Pain Medications

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Prescription Drug Monitoring Programs (PDMPs)

PDMPs are a promising tool for curbing the misuse of prescription opioids.

Q: What Is a PDMP?

A: PDMPs are state-run electronic databases that collect patient-controlled substance prescription information submitted by dispensers. Although each state PDMP is governed by its own laws, many states are working toward interstate PDMP data sharing to allow users to access data across state lines.

Q: Why Are PDMPs Used?

A: PDMP information is a resource for health care providers and may help:

- Avoid duplicative therapy;
- Identify negative drug interactions;
- Prevent substance misuse or death; and
- Identify individuals who may need treatment.

Q: What About Patient Privacy?

A: When accessing a patient record through a PDMP, health care providers must abide by state and federal regulations for privacy. Although the details vary by state, health care providers are usually able to consult with other health care providers directly involved in a patient's care in order to ensure appropriate and adequate care. Check local laws for the most up-to-date information.

Use the following links for more details about your state's PDMP and safe, effective pain management:

- Register and Access Your State's PDMP: <http://www.pdmpassist.org/contact/>
- State PDMP Contact List: <http://www.pdmpassist.org/node/400>
- State PDMP Websites: <http://www.pdmpassist.org/content/state-pdmp-websites>
- Centers for Disease Control and Prevention (CDC) Guideline for Prescribing Opioids for Chronic Pain: <http://www.cdc.gov/drugoverdose/prescribing/guideline.html>
- National Alliance for Model State Drug Laws (NAMSDL): <http://www.namsdl.org/prescription-monitoring-programs.cfm>

Sources Consulted

- Office of National Drug Control Policy. (2011). Prescription drug monitoring programs. Retrieved from https://obamawhitehouse.archives.gov/sites/default/files/ondcp/Fact_Sheets/pdmp_fact_sheet_4-8-11.pdf

NEED HELP?

If a patient is misusing opioids or has other substance misuse issues, refer them to a Medication-Assisted Treatment program in your area or the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Helpline. Call **1-800-662-HELP (4357)** for 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish, or visit www.samhsa.gov/find-help.