

# C.22

## Universal Precautions

## *The Ten Steps of Universal Precautions in Pain Medicine<sup>1</sup>*

1. Make a Diagnosis with Appropriate Differential
2. Assess Psychological Assessment Including Risk of Addictive Disorders
3. Obtain Informed Consent for the proposed treatment plan including anticipated benefits and foreseeable risks.
4. Establish a Treatment Agreement clearly defining the expectations and obligations of both the patient and the treating practitioner.
5. Perform Pre- and Post-Intervention Assessments of Pain Level and Function.
6. Initiate Appropriate Trial of Opioid Therapy +/- Adjunctive Medication.
7. Reassess Pain Score and Level of Function.
8. Regularly Assess the "Four A's" of Pain Medicine (analgesia, activity, adverse effects, and aberrant behavior).
9. Periodically Review Pain Diagnosis and Comorbid Conditions, Including Addictive Disorders.
10. Document.

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<sup>1</sup> Gourlay DL, Heit HA, Almahrezi A. Universal precautions in pain medicine: A rational approach to the treatment of chronic pain. *Pain Med.* 2005;6:107-112.