

# FOR IMMEDIATE RELEASE

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**VA Initiative Shows Early Promise in Reducing**

**Use of Opioids for Chronic Pain**

WASHINGTON -- The Department of Veterans Affairs (VA) has initiated a multi-faceted approach to reduce the use of opioids among America’s Veterans using VA health care. The Opioid Safety Initiative (OSI) is a comprehensive effort to improve the quality of life for the hundreds of thousands of Veterans suffering from chronic pain.

Launched in October 2013 in Minneapolis, Minnesota, OSI is already demonstrating success in lowering dependency on this class of drugs. At eight sites of care in Minnesota, OSI practices have decreased high-dose opioid use by more than 50 percent. OSI incorporates the team approach with the goal of reducing opioid use by alleviating a Veterans’ pain using non-prescription methods. There is an emphasis on patient education, close patient monitoring with frequent feedback and Complementary and Alternative Medicine practices like acupuncture.

“We have developed and implemented joint pain management guidelines which encourage the use of other medications and therapies in lieu of habit forming opiates,” said Secretary of Veterans Affairs Eric K. Shinseki. “Early results give us hope that we can reduce the use of opioids for Veterans suffering with chronic pain and share these best practices across our healthcare networks.”

The Opioid Safety Initiative faces the challenge of opioid dependency with an innovative and comprehensive plan that closely monitors VA’s dispensing practices system-wide and coordinates pain management to include patient and provider education, testing and tapering programs, and alternative therapies like acupuncture and behavior therapy.

Veterans enrolled in the VA health care system suffer from high rates of chronic pain. Each VA facility employs personnel including Interdisciplinary Pain Medicine Specialty Teams and Consult Services, Facility Pain Committees, Pharmacy staff and Primary Care/PACT, and other professionals to accomplish the goals and objectives of the OSI.

VA has developed patient management initiatives including Pain Coach, which is a pain management app available for download by patients receiving pain management treatments, a Veterans’ Health Library, including a Patient/Family Management Toolkit, and resources for Pain Management on My HealtheVet. All of these applications allow Veterans to better manage their pain without the use of opioids. VA‘s measurement-based pain care includes the “Pain Scale,” which reduces uncertainty and helps Veterans by discussing the potential benefits of a medication and possible side-effects.

“The Opioid Safety Initiative is an example of VHA’s personalized, proactive and patient-centered approach to health care. We are also using a full-range of support treatments for Veterans, including Complementary and Alternative Medicine ,” said Dr. Robert Petzel, VA’s Under Secretary for Health. “We are delivering health care with the patient’s long-term personal health goals at the forefront.”

For further information, Veterans should contact their primary care health team. To learn more about VA health care, visit [www.va.gov](http://www.va.gov).

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