



## Urine Drug Testing Policy Template

This is an example of a minimal urine drug testing policy created by the Texas Pain Society (TPS) based off: Current Recommendations and Best Practices suggestions for urine drug testing. Owen G.T., Burton A.W., Schade C.M., Passik S.D. Urine Drug Testing: current recommendations and Best Practices. Pain Physician 2012; 15:ES119-ES133

TPS members are encouraged to modify this policy to fit the unique needs of their practice and to have their legal counsel review.

### Policy

After exhausting all conservative forms of treatment for chronic pain, and obtaining informed consent for COT (chronic opioid therapy) along with prescription monitoring, pill counts, and family insights, the following recommendations for urine drug testing are (saliva and blood are additional testing options):

- Baseline urine drug tests on all patients prior to initiating COT.
- Chronic opioid therapy (COT) will not be initiated unless the specimen is free of illegal substances and unadulterated.
- Testing should be repeated randomly based on risk profile by using the SOAPP-R.

Testing criteria:

SOAPP-R =22 or > High-Risk Patients should be sampled from 4 times per year to every office visit

SOAPP-R = 10-21 Moderate- Risk Patients 2-4 times per year

SOAPP-R = <9 Low- Risk Patients 1-2 times per year

SOAPP-R should be performed before initiating COT. This psychometric does not need to be repeated but the patients risk profile must continually be evaluated based on behavioral observations, pertinent medical information, pill counts, PAT II (prescription monitoring program) urine or saliva testing and documentation of sound clinical judgment.

Remember that additional risk factors include a personal and family history of alcoholism and/or addiction, previous pain clinic experience, nicotine dependency, depression, anxiety, age 45 or less, impulse control problems (personality disorders, ADD, OCD, bipolar, schizophrenia, etc.) and hypervigilant states (PTSD, history of physical, sexual, and emotional abuse).

SOAPP-R is available at <http://www.inflexxion.Com/SOAPP/>

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