

RESOURCE 04 / PRACTICE WORKSHEET

Pain Medication Safety Study Sheet

Study one medication using an approved drug reference and supervised clinical reasoning.

For supervised learning or simulation. Use a case code only; omit patient identifiers. Never upload completed worksheets containing patient information.

Case code: _____ Learner: _____ Practice date: _____

1 Identify the medicine and purpose

Medication / class	Generic name: _____ Class: _____ Indication in this learning case: _____
Verified regimen	Dose, route, frequency, and PRN (as needed) indication from the order: _____
Reference / review	Approved source, version/date accessed: _____ Supervisor review: _____

2 Complete the pre-administration study check [1-3]

Reconciliation	Allergies/reactions; other prescriptions, OTC products, supplements; last dose; duplicate ingredients/classes: _____
Patient factors	Renal/hepatic function, bleeding/ulcer history, pregnancy concerns, respiratory disease, falls, or other relevant risks: _____
Monitoring	Relevant labs, vitals, alertness, interactions, and parameters from the order/policy: _____

3 Define benefit, risk, and teaching

Intended benefit	Pain type targeted and functional goal: _____ How and when will benefit be reassessed? _____
Safety / education	Key adverse effects, when to report, safe use/storage, and teach-back: _____

Unanswered question to resolve with the pharmacist / supervising clinician:

Study worksheet only. Do not use it to prescribe, calculate a new dose, change an order, or authorize medication administration.

Look Beyond the Drug Name

Non-opioid does not mean risk-free. Use current labeling, orders, and site policy.

Safety points to investigate [1-3]

Medication group	Questions for the student
Acetaminophen	Is it also in a combination product? What total daily amount is ordered across all products? What liver-related risks or individualized limits need review?
NSAIDs	Nonsteroidal anti-inflammatory drugs, such as ibuprofen, naproxen, and diclofenac. Check kidney, gastrointestinal/bleeding, cardiovascular, and pregnancy-related risks; avoid assuming topical products are risk-free.
Topical pain medicines	Confirm the exact ingredient, indication, application limits, skin condition, heat restrictions, and safe disposal on the product label.
Selected prescription non-opioids	Examples: duloxetine, gabapentin, pregabalin. Verify the specific pain indication, interactions, adjustment needs, sedation/falls, and stopping instructions. Gabapentinoids can add breathing risk with opioids or other risk factors.
Opioids	Verify indication, functional goal, last dose, alertness/breathing, interacting sedatives, adverse-effect prevention, and monitoring. Ask about naloxone education and secure storage.

Opioid safety learning check [1,3]

- ☐ I checked for alcohol, benzodiazepines, and other sedating medicines.
- ☐ I know the site's sedation/respiratory assessment and escalation process.
- ☐ I can explain that naloxone does not replace an emergency response.
- ☐ I would not recommend abrupt discontinuation or a taper from this worksheet.

Act on respiratory warning signs

If a patient is difficult to awaken or has slow, shallow breathing, activate the site's emergency response and notify the supervising clinician immediately. Follow emergency protocols, including naloxone when indicated and within training/authorization.

Teaching sources

[1] Dowell, D., et al. (2022). CDC Clinical Practice Guideline for Prescribing Opioids for Pain - United States, 2022. MMWR, 71(RR-3), 1-95. [Source](#)

[2] National Library of Medicine. Pain relievers. MedlinePlus. General medication education; consult current product labeling for individual medicines. [Source](#)

[3] U.S. Food and Drug Administration (2019, December 19). Drug Safety Communication: Serious breathing problems with gabapentin and pregabalin, especially with respiratory risk factors. [Source](#)

CDC 2022 guidance addresses adult outpatient prescribing, not sickle cell disease, cancer-related pain, palliative care, or end-of-life care. FDA link opens its safety-information hub; search the named 2019 communication. Verify current labeling before clinical use.

Original educational worksheet, not a validated assessment instrument, medication order, or clinical protocol. Follow current site policies, approved resources, and supervision requirements.