

Phoenix Rising Family Medicine

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PRFM Patients

Dear PRFM Patients,

Pain is real. We all experience it – Some of us occasionally, while others of us have it as a constant companion. Research has shown us that the use of opioid narcotic medication for chronic pain management does much more harm than good. There are, of course, extenuating circumstances that do warrant chronic opiate use, such as with certain cancers, or in hospice care situations. Otherwise, narcotic use for chronic pain is not best practice. Prescription drugs for acute pain are different. If used cautiously and responsibly, these medications can bring great relief to severe pain in post-surgical situations, certain types of fractures, or acute injuries. For these situations, I do consider narcotic medication as one option of a care plan for healing, but even then, only for a very short period, typically a few days.

I have a similar practice belief regarding Benzodiazepines. These are a highly addictive class of medication used in a small handful of situations. A few examples are: to treat severe panic, prevent seizures during alcohol withdrawal, or stop seizures lasting greater than 5 minutes in an epileptic patient. There are many different treatment options for anxiety, chronic use of benzodiazepines is not one of them.

My goal as your provider is to deliver care that is healing, safe, and beneficial for you.

Sincerely,

Danielle Dupuis, NP-C

