

## Week 1 Contact Plan for Converting to Methadone in the Home Setting

### Day 1:

- Give first scheduled dose of methadone
- Provide caregiver with the Methadone Information Sheet for Patients/Families
- Verify that all other long acting/scheduled opioids have been discussed with the prescribing hospice physician
- Verify that caregiver can verbalize understanding that breakthrough medications are only to be given as needed – not routinely

### Day 2: 1 day after 1<sup>st</sup> dose of methadone administered

- Phone Contact to assess/Visit PRN
  - Patient's LOC – Is patient alert / lethargic / hard to awaken / slurred speech?
  - Pain level on 0-10 pain scale = 1 2 3 4 5 6 7 8 9 10
  - Number of rescue doses provided in past 24 hours = \_\_\_\_\_
  - Collaborate these findings with prescribing hospice physician

### Day 3: 2 days after 1<sup>st</sup> dose of methadone administered

- Visit if no patient visits were made on Day 2/ Phone Contact PRN
  - Patient's LOC – Is patient alert / lethargic / hard to awaken / slurred speech?
  - Pain level on 0-10 pain scale = 1 2 3 4 5 6 7 8 9 10
  - Number of rescue doses provided in past 24 hours = \_\_\_\_\_
  - Collaborate these findings with prescribing hospice physician

### Day 4: Visit if no patient visits were made on Day 3/ Phone Contact PRN

- Patient's LOC – Is patient alert / lethargic / hard to awaken / slurred speech?
- Pain level on 0-10 pain scale = 1 2 3 4 5 6 7 8 9 10
- Number of rescue doses provided in past 24 hours = \_\_\_\_\_
- Collaborate these findings with prescribing hospice physician

### Day 5: Visit if no patient visits were made on Day 4/ Phone Contact PRN

- Patient's LOC – Is patient alert / lethargic / hard to awaken / slurred speech?
- Pain level on 0-10 pain scale = 1 2 3 4 5 6 7 8 9 10
- Number of rescue doses provided in past 24 hours = \_\_\_\_\_
- Collaborate these findings with prescribing hospice physician

### Day 6: Visit if no patient visits were made on Day 5/ Phone Contact PRN

- Patient's LOC – Is patient alert / lethargic / hard to awaken / slurred speech?
- Pain level on 0-10 pain scale = 1 2 3 4 5 6 7 8 9 10
- Number of rescue doses provided in past 24 hours = \_\_\_\_\_
- Collaborate these findings with prescribing hospice physician

### Day 7: Visit if no patient visits were made on Day 6/ Phone Contact PRN

- Patient's LOC – Is patient alert / lethargic / hard to awaken / slurred speech?
- Pain level on 0-10 pain scale = 1 2 3 4 5 6 7 8 9 10
- Number of rescue doses provided in past 24 hours = \_\_\_\_\_
- Collaborate these findings to prescribing hospice physician

**Remember: If no breakthrough doses administered in Days 1, 2 or 3 and pain rating = 0, methadone needs reduced as blood level will typically increase until day 7.**