

D.I.R.E

Score	Factor	Explanation
	Diagnosis	<p>1 = Benign chronic condition with minimal objective findings or no definite medical diagnosis. Examples: fibromyalgia, migraine headaches, headaches, abdominal pain, chronic back pain in young adults, chronic pelvic pain, phantom limb pain, RSD.</p> <p>2= Slowly progressive condition concordant with moderate pain, or fixed condition with moderate objective findings. Examples: failed back surgery syndrome, back pain with moderate degenerative changes, neuropathic pain.</p> <p>3= Advanced condition concordant with severe pain with objective findings. Examples: severe ischemic vascular disease, advanced neuropathy, severe spinal stenosis</p>
	Intractability	<p>1 = Few therapies have been tried and the patient takes a passive role in his/her pain management process.</p> <p>2 = Most customary therapies have been tried but the patient is not fully engaged in the pain management process, or barriers present (insurance, transportation, medical illness).</p> <p>3 = Patient fully engaged in a spectrum of treatments but with an inadequate response.</p>
	Risk	
	Psychological	<p>1 = Serious mental illness or personality dysfunction interfering with care. Examples: personality disorder, severe affective disorder, significant personality issues.</p> <p>2 = Personality or mental health interferes moderately. Example: depression, anxiety disorder.</p> <p>3 = Good communication with clinic. No significant personality dysfunction or mental illness.</p>
	Chemical Health	<p>1 = Active or very recent use of illicit drugs, excessive alcohol or prescription drug abuse.</p> <p>2 = Chemical coper (uses chemicals to cope with stress) or hx of CD in remission.</p> <p>3 = No CD hx, not chemically focused or reliant.</p>
	Reliability	<p>1 = Hx of numerous problems: medication misuse, missed appts, rarely follows through.</p> <p>2 = Occasional difficulties with compliance but generally reliable.</p> <p>3 = Highly reliable patient with meds, appts & treatment.</p>
	Social Support	<p>1 = Life in chaos, little family support, few close relationships. Loss of most normal life roles.</p> <p>2 = Reduction in some relationships and life roles.</p> <p>3 = Supportive family/close relationships. Involved in work or school or no social isolation.</p>
	Efficacy Score	<p>1 = Poor function or minimal pain relief despite mod to high doses.</p> <p>2 = Moderate benefit with function, improved in a # of ways. Or insufficient info (Hasn't tried opioids, low doses, too short a trial).</p> <p>3 = Good improvements in pain, function, and quality of life. Stable doses over time.</p>

Score 7-13: Not a suitable candidate for long-term opioids.

Score 14-21: May be a suitable candidate for long-term opioid treatment.