Frequently Asked Questions
VHA Directive 1005: Informed Consent for Long-term Opioid Therapy for Pain

1. What is the purpose of VHA Directive 1005?
VHA Directive 1005, Informed Consent for Long-Term Opioid Therapy for Pain, was issued May 6, 2014. This new VHA Directive establishes policy regarding patient education and informed consent for long-term opioid therapy (LTOT) for pain.

2. Why was VHA Directive 1005 amended on November 13, 2018?
The National Center for Ethics in Health Care and Offices of Pain Management, Primary Care, Academic Detailing, and Mental Health and Suicide Prevention revised and published the LTOT patient information guide in October 2018 to reflect the current literature on opioids. The updated guide, “Safe and Responsible Use of Opioids for Chronic Pain: A Patient Information Guide”, replaces the original guide “Taking Opioids Responsibly for your Safety and the Safety of Others.” Because the guide is required as part of the informed consent process for LTOT for pain, VHA Directive 1005 was amended to reflect the new title of the guide. See FAQs 7 & 12 for additional information related to the updated patient information guide.

3. Where can I get a copy of the Directive?

4. Why was the Directive published?
As a part of VA’s responsibilities under the 2011 Prescription Drug Abuse Prevention Plan from the Office of National Drug Control Policy, the Office of Pain Management and the National Center for Ethics in Health Care (10EIE) collaborated to develop this new Directive to standardize the process for obtaining and documenting the patient’s informed consent for treatment with long-term opioids.
5. How does the policy define long-term opioid therapy?
Long-term opioid therapy is defined as "the medically indicated use of opioids on a daily or intermittent basis for 90 or more calendar days to treat non-cancer pain." See FAQ #10-11 for more information.

6. What are the components of the informed consent process for long-term opioid therapy?
VHA opioid prescribers are required to complete the following education and signature informed consent process prior to prescribing long-term opioid therapy:

   a. Reviewing and discussing the contents of the patient information guide titled “Safe and Responsible Use of Opioids for Chronic Pain: A Patient Information Guide” with the patient. A copy of this guide should be provided to the patient. It is available in iMedConsent™ and at this link: (https://www.ethics.va.gov/docs/policy/Safe_and_Responsible_Use_of_Opioids.pdf).

   b. Obtaining signature consent from the patient on the nationally-standardized VHA informed consent form titled “Consent for Long-Term Opioid Therapy for Pain.”

   c. Offering the patient a copy of the signed consent form. (The patient information guide, “Safe and Responsible Use of Opioids for Chronic Pain: A Patient Information Guide” is automatically appended to the signed consent form, making it easy to provide both documents to the patient with one print function).

   d. Asking women of childbearing age (age 15-50) about pregnancy status and pregnancy intentions and counseling these patients about preconception care.

7. The patient information guide was updated and retitled, but I still have printed copies of the old patient information guide. Can I continue to use the old patient information guide as part of the LTOT for pain informed consent process?
No. The patient information guide was updated, retitled, and published in October 2018 to reflect the current literature on opioids. The updated guide, “Safe and Responsible Use of Opioids for Chronic Pain: A Patient Information Guide”, replaces the original guide “Taking Opioids Responsibly for your Safety and the Safety of Others.” To ensure that Veterans receive accurate, up-to-date information on opioids, printed copies of the old patient information guide, “Taking Opioids Responsibly for Your Safety and the Safety of Others,” should be recycled and replaced with the updated guide.

8. Who can obtain signature informed consent for long-term opioid therapy for pain?
Policy specifies that informed consent must be obtained by the practitioner, defined in VHA Handbook 1004.01, Informed Consent for Clinical Treatments and Procedures (paragraph 3, page 2), as:

   j. Practitioner. A practitioner is defined as any physician, dentist, or health care professional granted specific clinical privileges to perform the treatment or procedure. For the purpose of this Handbook, the term practitioner also includes:
(1) Medical and dental residents, regardless of whether they have been granted specific clinical privileges; and
(2) Other health care professionals whose scope of practice agreement or other formal delineation of job responsibility specifically permits them to obtain informed consent, and who are appropriately trained and authorized to perform the procedure or to provide the treatment for which consent is being obtained.

Based on this definition, “perform the treatment or procedure” means to prescribe long-term opioids and thus, only practitioners authorized to prescribe long-term opioids can complete the informed consent process by having a conversation with the patient to:

- ensure that the patient has been informed and educated about the risks, benefits and alternatives,
- ensure that the patient has voluntarily chosen to accept the recommended treatment, and
- obtain the patient’s signature.

(See FAQ #7 for information about the role of staff in supporting the informed consent process).

9. What is the role of the Patient Aligned Care Team (PACT) staff in obtaining signature informed consent for long-term opioid therapy for pain?

VHA Directive 1005, Informed Consent for Long-Term Opioid Therapy for Pain, recognizes the important role of the PACT team members and states at para 4h (p. 5): “Health care team members, such as Patient Aligned Care Team staff, are responsible for performing, as appropriate to the competency of the team member, elements of the new patient education and informed consent process in collaboration with the opioid prescriber.” Prescribers may rely on PACT team members to assist with the patient education and the informed consent discussion. As outlined in FAQ #6, only practitioners authorized to prescribe long-term opioids can complete the informed consent process.

10. What are some appropriate patient-centered, policy-based workflows for obtaining signature informed consent for long-term opioid therapy (LTOT)?

There are many workflows that can be used to obtain signature informed consent for long-term opioid therapy for pain. Facilities should determine what process works best for them; there isn’t one process that works for everyone, but there are policy requirements that all facilities must follow to ensure that the process is consistent with strong ethics practices. Each requirement is discussed below.

A. Patient education:

VHA Directive 1005, Informed Consent for Long-Term Opioid Therapy for Pain, requires that patients receive a copy of the patient information guide “Safe and Responsible Use of Opioids for Chronic Pain: A Patient Information Guide” and have an opportunity to discuss this information and ask questions. This guide can be provided to the patient (or surrogate) in person in a one-on-one or group setting or via mail/fax/email. The guide can also be printed out in English or Spanish from iMedConsent™. Note that when the document prints out from iMedConsent™, it includes the patient’s name and social security number across the top. Please advise
patients that they should take the document with them to protect their personal information.

B. The informed consent discussion:
Prescribers can provide patient education and conduct the informed consent discussion regarding LTOT with patients or delegate these tasks to PACT members who are appropriately trained.

Discussions to educate the patient and begin the informed consent process can be conducted in-person in a one-on-one or group setting. The telephone or V-tel can also be used to conduct the informed consent discussion and facilitate patient education.

C. Completing the signature informed consent process:
By law and policy, practitioners are ultimately responsible for obtaining the patient's informed consent and must have a conversation with the patient before completing the required signature informed consent process. (See FAQ #6)

As indicated in VHA Handbook 1004.05, iMedConsent™, signature informed consent must be documented in iMedConsent™ unless the circumstances meet certain allowable exceptions. After the patient has been educated and the practitioner has completed the informed consent discussion, the required signatures can be obtained in the following ways:

1. In person, with signatures applied by both patient (or surrogate) and practitioner using the iMedConsent™ signature pad.
2. Asynchronously in iMedConsent™. iMedConsent™ allows for the signatures of the practitioner and the patient (or surrogate) to be obtained and saved at different times and/or locations. For example, a patient may receive patient education in a group setting at a CBOC, speak via telephone or V-tel with their practitioner who works at the Medical Center to answer any additional questions and complete the informed consent discussion, and then, with assistance, sign the iMedConsent™ signature pad while at the CBOC. The practitioner would then open the saved form and add his or her signature. (Please see FAQ: iMedConsent™ Asynchronous Signature for additional information.)
3. In person on the paper consent VA form # 10-0431c, “Consent for Long-Term Opioid Therapy for Pain" if one of the following exceptions apply (The signed consent form must then be scanned into the patient's chart):
   a. The patient declines to sign using the electronic signature pad;
   b. There is a temporary system failure that prohibits proper use of the program;
   c. The patient (or surrogate) is giving consent in a situation not supported by the iMedConsent™ software (e.g., by mail or fax); or
   d. Use of the program would introduce infection control issues (e.g., patient is in isolation).
11. When should the informed consent discussion be repeated and a new consent form signed?
Directive 1005 requires that all locally created Opioid Pain Care Agreements (OPCA) must be replaced by the signature informed consent by May 6th, 2015. Once patients have completed the signature informed consent process, there are two circumstances under which a new informed consent must be obtained. As stated in VHA Handbook 1004.01, Informed Consent for Clinical Treatments and Procedures (para 4, p. 4), a new informed consent must be obtained:

(1) If there is a significant deviation from the treatment plan to which the patient originally consented; or
(2) If there is a change in the patient’s condition or diagnosis that would reasonably be expected to alter the original informed consent.

A change of provider does not per se require a new signature informed consent. However, from a clinical point of view it makes sense for the new provider to review the treatment plan with the patient and if there are significant changes to the plan then, consistent with the policy, a new informed consent should be completed.

12. Does publication of the updated patient information guide and amended VHA Directive 1005 require obtaining a new informed consent for patients already on LTOT for pain?
No. Publication of the updated patient information guide and amended Directive does not require obtaining a new informed consent for patients already on LTOT for pain. See FAQ 11 for circumstances under which a new informed consent must be obtained.

13. Do the signature informed consent requirements apply to all opioid therapy prescribing?
No. The requirements do not apply to patients receiving short-term opioids, patients enrolled in hospice, or patients receiving long-term opioids for cancer pain. For these patients, the practitioner must discuss opioid risks, benefits, and alternatives as a part of obtaining oral informed consent for the patient’s overall plan of care. Specific documentation of oral informed consent is not required. Use of the patient information guide and consent form is optional for these patients.

14. Directive 1005 states that the informed consent, “[r]equirement does not apply to patients... receiving long-term opioids for cancer pain.” Does this mean that the signature informed consent requirements do not apply if the patient has a cancer diagnosis?
No. The new informed consent requirements do not apply to patients with pain related to cancer and/or cancer treatment, but may apply to some patients with cancer as they may be prescribed long-term opioids for reasons unrelated to their cancer.

15. Does VHA Directive 1005 govern long-term opioid therapy for opioid use disorders?
No. VHA Directive 1005, Informed Consent for Long-Term Opioid Therapy for Pain, establishes policy regarding patient education and informed consent for long-term opioid therapy for pain. It does not establish policy for long-term opioid therapy for other conditions. For information regarding signature consent for other drugs, see VHA
Handbook 1004.01, Informed Consent for Clinical Treatments and Procedures, Appendix A which provides a list of treatments and procedures requiring signature consent. Number 10 on that list is, “Hazardous drugs (e.g., cancer chemotherapy, methadone for narcotic dependence, buprenorphine, thalidomide, clozapine, Retin A)”. Consent forms for treatments and procedures listed in Appendix A can be found in iMedConsent.

16. Who is assigned responsibilities in the Directive?  
The Directive includes responsibilities for VHA practitioners who prescribe long-term opioid therapy (e.g., pain management specialists, primary care providers). In addition to VHA opioid prescribers, the Directive also assigns responsibilities to the Facility Director, Chief of Staff, and Nursing Executive.

17. What is the VHA policy regarding Opioid Pain Care Agreements (OPCAs)?  
While some benefits have been proposed for OPCAs, experts have raised concerns about OPCAs, including their use of threatening language and their potential to undermine trust. Poorly crafted OPCAs may harm the patient-provider relationship, lead to practices that are inconsistent with VHA policy, or lead to adverse outcomes. The patient information guide and consent form satisfy VA’s legal and policy requirements pertaining to informed consent, while at the same time serving the educational and risk management purposes of an OPCA. Therefore, locally approved OPCAs may no longer be used within VHA. If a patient has an OPCA in place, the VHA opioid prescriber for the patient must ensure that the non-approved OPCA is replaced by the nationally standardized consent form by May 6, 2015.

18. What does Directive 1005 mean when it says, “the non-approved OPCA is removed and replaced by the nationally standardized consent form by May 6, 2015”? Since documents cannot be removed from the electronic health record, how should the requirement be met?  
The statement is not intended to suggest that OPCAs can be “removed” from patient’s electronic health records. This statement simply means that by May 6, 2015, the new patient education and informed consent process must be completed for all patients on long-term opioid therapy for non-cancer pain. If an OPCA progress note title is in a CWAD Posting, the only method for removing it from the CWAD section of CPRS is to change the note title. Paragraph 25d of VHA Handbook 1907.01, Health Information Management and Health Records, suggests changing the note title by adding the term “RESCINDED .....”

19. May any OPCAs be used?  
Patient-Provider Agreements (PPAs) required by the Food and Drug Administration (FDA) Opioid Risk Evaluation and Mitigation Strategy (REMS) programs may be used in addition to the nationally standardized patient information guide and consent form.

20. Where can I get a copy of the model Medical Center Memorandum template for Directive 1005?  
The Model MCM Template is available on the NCEHC Internet site at http://www.ethics.va.gov/activities/policy.asp

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21. **Where can I find the consent form?**
The nationally-standardized informed consent form titled “Consent for Long-Term Opioid Therapy for Pain” is available in iMedConsent. The consent form in iMedConsent is located under the specialties Anesthesia/Pain Management, Neurology, and Physical Medicine and Rehab, and can be added to other specialties locally.

As indicated in [VHA Handbook 1004.05, iMedConsent](http://www.va.gov/vaforms/), (paragraph 10), iMedConsent must be used to document signature consent for treatments or procedures unless certain exceptions apply. If an exception applies, signature consent must be documented on the nationally approved VHA consent form, 10-0431c, “Consent for Long-Term Opioid Therapy for Pain.” That form can be accessed at [http://www.va.gov/vaforms/](http://www.va.gov/vaforms/).

22. **What are the exceptions to using iMedConsent to complete the “Consent for Long-Term Opioid Therapy for Pain” form?**
[VHA Handbook 1004.05, iMedConsent](http://www.va.gov/vaforms/), paragraph 10 requires the use of iMedConsent unless:

   a. The patient declines to sign using the electronic signature pad;
   b. There is a temporary system failure that prohibits proper use of the program;
   c. The patient (or surrogate) is giving consent in a situation not supported by the iMedConsent™ software (e.g. by mail or fax); or
   d. Use of the program would introduce infection control issues (e.g., patient is in isolation).

As part of full implementation of the Directive, facility Directors must ensure that opioid prescribers have ready access to iMedConsent and printers in relevant patient care areas. This will also require facilities to have sufficient electronic signature pads. Until that time, if proper use of iMedConsent is not possible, signature consent must be documented on VHA form 10-0431c, “Consent for Long-Term Opioid Therapy for Pain.”

23. **Can I use the iMedConsent™ asynchronous signature capability when obtaining informed consent for long-term opioid therapy for pain?**
Yes. Information on the iMedConsent™ asynchronous signature capability can be found in the [iMedConsent Asynchronous Signature FAQ](http://www.va.gov/vaforms/).

24. **Should scanned paper “Consent for Long-Term Opioid Therapy for Pain” forms to be attached to the “Consent for Long Term Opioids for Pain” progress note title in CPRS?**
Yes. This note title must be locally linked to the consent form entitled “Consent for Long-Term Opioid Therapy for Pain” whether it is produced by iMedConsent or documented on VHA form 10-0431c. The intent of associating the standardized title with both iMedConsent and scanned versions of this form is to help provide continuity of care by enabling providers to use remote viewing in order to view these progress notes across the enterprise.
25. Do professional organizations and others recommend signed informed consent for long-term opioids?
Yes, for example:

- The Federation of State Medical Boards’ 2013 Model Policy on the Use of Opioid Analgesics recommends the use of “a written informed consent.”
- The HHS/SAMHSA Opioid Overdose Toolkit endorsed by the White House Office of National Drug Control Policy states that “Both patient and physician should sign the informed consent agreement, and a copy should be placed in the patient’s medical record.”
- The National Initiative on Pain Control Treatment Algorithms sponsored by the American Pain Foundation states that “Both patient and physician should sign the informed consent agreement, and a copy should be placed in the patient’s medical record.”
- The Rhode Island Medical Society guidelines for long-term pain management state that “the physician should discuss the risks and benefits of the use of controlled substances with the patient, guardian, or authorized representative. This discussion should be documented and signed by the patient, guardian, or authorized representative.”

26. Why does VA require signature consent for long-term opioids when other medications have similar risks?
- VA regulations (38 CFR 17.32) require signature consent for all treatments and procedures that “have a significant risk of complication or morbidity.”
- National program offices determine treatments that meet this standard and the national VA Pain Management office has determined that long-term opioids meet this threshold.

27. Is it appropriate to obtain signature informed consent before prescribing tramadol?
Although tramadol does not fall under the definition of “opioid” in Directive 1005, Informed Consent for Long-Term Opioid Therapy for Pain (it is a Schedule IV, not Schedule II or III drug), practitioners may use the nationally-approved opioid consent form (“Consent for Long-Term Opioid Therapy for Pain”) to obtain signature consent for tramadol if they think it is appropriate based on the individual patient case and the level of risk/burden of the treatment for that patient (per VHA Handbook 1004.01, Informed Consent for Clinical Treatments and Procedures).

28. Is informed consent required for urine drug testing in the context of long-term opioid therapy for pain?
Yes, according to VHA regulation (38 CFR 17.32) and VHA Handbook 1004.01, Informed Consent for Clinical Treatments and Procedures, all clinical procedures or treatments performed on patients require a provider to obtain informed consent. This standard reflects the ethical principle that patients have a right to determine what is done to their body, and is consistent with VHA’s commitment to patient-centered care based on shared decision making between patients and their providers.

29. What kind of informed consent is required for urine drug testing?

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Specific oral consent is required. According to VHA Handbook 1004.01, Informed Consent for Clinical Treatments and Procedures, paragraphs 13a(1)(b) and 13c(1), specific tests, including tests used to identify illicit drug use “…are particularly sensitive and may have consequences that the patient might reasonably want to avoid.” For such tests, specifically documented oral consent is sufficient; signature consent is not required.

30. Must specific oral consent be obtained and documented every time the provider wants to order a urine drug test?
No. Although practitioners must obtain the patient’s consent for each urine drug test, they cannot realistically get consent at the exact time of urine sampling because practitioners and patients do not meet for an appointment each time urine is collected. In addition, there is often no private space available for a confidential informed consent conversation when a urine sample is requested. The National Center for Ethics in Health Care has determined that it is consistent with ethics and policy to obtain consent for ongoing UDT (initial, periodic, for-cause, and random) if the initial consent for UDT includes discussion and patient understanding that ongoing UDT will be performed while the current long term opioid treatment plan is in place. As part of a review of safe opioid use, a new informed consent discussion for UDT should be completed at least annually, or sooner if the clinical conditions that led to the consent change.

31. How should oral consent for urine drug testing in the context of long-term opioid therapy for pain be documented in the record? Simple language can be used to document specific oral informed consent for UDT, such as “Patient consented to ongoing UDT as part of the treatment plan.” This documentation can be done in a progress note, in a note with the order, or in an electronic clinical reminder.

32. Can oral consent for urine drug testing in the context of long-term opioid therapy for pain be documented in the comment box on the nationally standardized form, “Consent for Long-Term Opioid Therapy for Pain”? No. Consent for urine drug testing cannot be documented in the comment box of the consent form. According to VHA Handbook 1004.01, Informed Consent for Clinical Treatments and Procedures (paragraph 4, page 4), “VHA does not recognize “general” or “blanket” consent for medical treatment, but requires the patient’s separate consent for each treatment, procedure, therapeutic course of treatment for a particular problem or condition (e.g., inpatient or outpatient treatment for diabetes), or series of treatments (e.g., cycles of chemotherapy)”. 

33. Even though signature consent for urine drug testing is not required, would it be inappropriate to obtain signature consent for urine drug testing? Yes. According to VHA Handbook 1004.01, Informed Consent for Clinical Treatments and Procedures, paragraph 13c(2)(a), “The patient’s signature consent must be obtained for treatments and procedures that:
   a. Can be reasonably expected to produce significant pain or discomfort to the patient;
   b. Can be reasonably expected to produce pain or discomfort to the patient that is substantial enough to require sedation, anesthesia, or narcotic analgesia;
c. Can be reasonably considered to have a significant risk of complication or morbidity;
d. Require injections of any substance into a joint space or body cavity (excluding the intravascular space); or
e. Are listed in Appendix A [of Handbook 1004.01].

Although specific tests used to identify illicit drug use are particularly sensitive, they do not meet the risk threshold for the signature consent requirement. In addition, the signature consent process requires a special workflow to obtain the signatures. This workflow involves patient and practitioner access to iMedConsent and the signature pad and, for patients who lack capacity and have no surrogate, involves approval by the attending physician and Service Chief. This workflow burden is justified by the higher risk threshold of those treatments and procedures that require signature consent. The convenience of the provider and ease of locating the consent more quickly in the record are not sufficient to justify this workflow burden.

For questions regarding this new Directive, please email vhaethics@va.gov or call 202-632-8457.