**Case 10**

**Observations & Recommendations**

Is she appropriate for suboxone for pain relief? How would I approach her regarding this. she doesn't want to be

dependent, yet currently she is having **increasing tolerance and decreasing pain relief**. declining surgery. intolerant to lyrica, gabapentin, antidepressants.

* Struck by the level of stressors and family challenges she is facing
* Key to address James’ point: … It’s really clear that getting off opioids is important to you. Would you be open to buprenorphine as an alternative? What about it would be similar or different for you?  If she felt the same stigma or guilt about bringing home, wouldn't necessarily be a help
* If she thought buprenorphine was a better idea, would consider patch as not used for addiction -- and also longer-acting, may change the character of the medication for her
* Try to find ways where she can exert control/agency in her medical care given her sense of stigma, even as a nurse
* Over time, unpacking possibility of bipolar disorder as, if so, puts tough obstacles in her ability to function well
* [www.learn2cope.org](http://www.learn2cope.org) as resource

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