

# ***Alternatives To Opiates (ALTO<sup>SM</sup>) Program***

**Alexis LaPietra, DO**  
**Medical Director of Emergency Medicine Pain Management**  
**St. Joseph's Regional Medical Center**  
**Paterson, NJ**

## **ALTO<sup>SM</sup> CLINICAL APPLICATIONS**

### **Renal Colic**

1. Toradol 30 mg IV
2. Cardiac Lidocaine 1.5 mg/kg IV in 100 mL NS over 10 minutes (MAX 200 mg)
3. Acetaminophen 1000 mg PO
4. 1 L 0.9% NS bolus

### **Musculoskeletal Pain (sprains, strains, or opiate naïve lower back pain)**

1. Acetaminophen 1000 gm PO
2. Motrin 600 mg PO OR Toradol 30 mg IV/IM
3. Muscle Relaxant (choose one of the following)
  - a. Flexeril 5 mg PO (patients >65 years old OR <70 kg OR concerns for somnolence)
  - b. Flexeril 10 mg PO (patients >70 kg)
  - c. Valium 5 mg PO
4. Lidoderm patch to most painful area, MAX 3 patches instruct patient to remove after 12 hours
5. Gabapentin (neuropathic component of pain)
  - a. 300 mg PO
6. Trigger Point Injection with 1-2 mL of Marcaine 0.5% or Lidocaine 1%

### **Acute on Chronic Radicular LBP (opiate tolerant)**

1. Acetaminophen 1000 mg PO
2. Motrin 600 mg PO OR Toradol 30 mg IV/IM
3. Muscle Relaxant (choose one of the following)
  - a. Flexeril 5 mg PO (patients >65 years old OR <70 kg OR concerns for somnolence)
  - b. Flexeril 10 mg PO (patients >70 kg)
  - c. Valium 5 mg PO

4. Gabapentin (neuropathic component of pain)
  - a. 300 mg PO
5. Dexamethasone 8 mg IV
6. Lidoderm patch to most painful area, MAX 3 patches instruct patient to remove after 12 hours
7. Trigger Point Injection with Marcaine 0.5% or Lidocaine 1% 1-2 mL
8. Ketamine 0.1-0.3 mg/kg in 50 cc NS over 10 minutes
  - a. Ketamine 0.1 mg/kg/hour until pain is tolerable

### **Headache**

1. Reglan 10 mg PO/IV
2. 1 L 0.9% NS bolus
3. Motrin 600 mg PO Or Toradol 30 mg IM/IV
4. Tylenol 1000 mg PO
5. Cervical or Trapezius Trigger Point Injection with Marcaine 0.5% or Lidocaine 1%  
**If <50% pain relief then**
6. Magnesium 1 gm IV over 60 minutes
7. Valproic Acid 500 mg/50 cc NS over 20 mins
8. Dexamethasone 4-8 mg IV  
**If <50% pain relief then**
9. Haldol 5 mg IV  
**If <50% pain relief then place in OBS unit with Neuro consult**

### **Extremity Fracture or Joint Dislocation**

**(Steps 1-3 done while setting up for block)**

1. Ketamine Intranasal 0.5 mg/kg (concentration 50 mg/mL)
  - a. MAX dose 50 mg; MAX volume per nare 1 mL
2. Nitrous Oxide titrate up to 70%
3. Tylenol 1000 mg PO
4. Ultrasound Guided Regional Anesthesia
  - a. Joint Dislocation
    - i. Lidocaine 0.5 % peri-neural infiltration (MAX 5 mg/kg)
  - b. Extremity Fracture
    - i. Ropivacaine 0.5% peri-neural infiltration (MAX 3 mg/kg)

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