### D.I.R.E. Score: Patient Selection for Chronic Opioid Analgesia

For each factor, rate the patient’s score from 1-3 based on the explanations in the right hand column.

<table>
<thead>
<tr>
<th>Score</th>
<th>Factor</th>
<th>Explanation</th>
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</table>
|       | Diagnosis       | 1 = Benign chronic condition with minimal objective findings or no definite medical diagnosis. Examples: fibromyalgia, migraine headaches, non-specific back pain.  
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.  
3 = Advanced condition concordant with severe pain with objective findings. Examples: severe ischemic vascular disease, advanced neuropathy, severe spinal stenosis. |
|       | Intractability  | 1 = Few therapies have been tried and the patient takes a passive role in his/her pain management process.  
2 = Most customary treatments have been tried but the patient is not fully engaged in the pain management process, or barriers prevent (insurance, transportation, medical illness).  
3 = Patient fully engaged in a spectrum of appropriate treatments but with inadequate responses. |
|       | Risk            | (R = Total of P + C + R + S below)                                                                                                           |
|       | Psychological:  | 1 = Serious personality dysfunction or mental illness interfering with care. Example: personality disorder, severe affective disorder, significant personality issues.  
2 = Personality or mental health interferes moderately. Example: depression or anxiety disorder.  
3 = Good communication with clinic. No significant personality dysfunction or mental illness. |
|       | Chemical Health | 1 = Active or very recent use of illicit drugs, excessive alcohol, or prescription drug abuse.  
2 = Chemical cooperator (uses medications to cope with stress) or history of CD in remission.  
3 = No CD history. Not drug-focused or chemically reliant. |
|       | Reliability:    | 1 = History of numerous problems: medication misuse, missed appointments, rarely follows through.  
2 = Occasional difficulties with compliance, but generally reliable.  
3 = Highly reliable patient with needs appointments & treatment. |
|       | Social Support: | 1 = Life in chaos. Little family support and few close relationships. Loss of most normal life roles.  
2 = Reduction in some relationships and life roles.  
3 = Supportive family/close relationships. Involved in work or school and no social isolation. |
|       | Efficacy score  | 1 = Poor function or minimal pain relief despite moderate to high doses.  
2 = Moderate benefit with function improved in a number of ways (or insufficient info – hasn’t tried opioid yet or very low doses or too short of a trial).  
3 = Good improvement in pain and function and quality of life with stable doses over time. |

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**Total score = D + I + R + E**

**Score 7-13:** Not a suitable candidate for long-term opioid analgesia  
**Score 14-21:** May be a candidate for long-term opioid analgesia

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Source: Miles Belgrade, Fairview Pain & Palliative Care Center © 2005.