

UBC Medical Staff

Dr. Dan Welch, MD
Dr. David Sinclair, MD
Dr. Chan Hwang, MD
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UBC Psychologists

Dr. Rena Frye, PhD
Dr. Michael Harris, PhD
Dr. Dean Poppe, PhD
Dr. Rachaud Smith, Psy.D
Dr. Mel Watt, PhD

UBC Locations

Everett
Redmond
Puyallup

For a consultation or to refer a patient,
please call

425-513-8509 (Everett)
425-644-4100 (Redmond)
253-445-8663 (Puyallup)

UBCINC.ORG



Opioid Elimination Program

UBC Inc - Life. Work. Wellness.

Why Consider An Opioid Elimination Program?

For patients with chronic pain, treatments during months or years usually include opioid medications. Long-term use of this class of medications for treatment of chronic pain is controversial. Long-term use leads to tolerance and dependence and may not lead to better function.

There are additional compelling reasons to consider tapering and discontinuation of opioids: effects on sleep cycle, immune function, endocrine function and opioid-induced hyperalgesia, to name a few.

An opioid elimination program offers the opportunity to stop using opioids for long-term pain management without undergoing severe withdrawal and discomfort. Individual meetings with physicians focused on education, counseling and intervention over the course of the outpatient treatment will explore additional ways of coping better with pain. Patients may taper off opioids rapidly with the use of Suboxone/Subutex, or a prolonged taper may be utilized, as appropriate.

UBC's Outpatient Opioid Elimination Program

Features:

Pain Management Consultation and Treatment

Pain Psychologist Consultation and Treatment

Tapering protocol

Use of Suboxone during tapering process, if appropriate

Close medical supervision

Education on chronic pain by MD

Evaluation and treatment for depression



About Us

Founded in 1984, UBC provides interdisciplinary pain management for all musculoskeletal injuries. UBC also offers pain management consultations, return-to-work programs and resources for managing the complexities of chronic pain for industrial and non-industrial injuries.

UBC's team includes pain management physicians, physiatrists, psychologists, physical therapists, occupational therapists, nurses, biofeedback specialists and vocational rehabilitation counselors.

UBC's staff addresses the medical, emotional, physical, occupational and vocational impacts of chronic pain.

Additionally, UBC Provides:

Return-to-Work - Pain Management Program
Medical Consultations and treatment
Psychological Consultations and treatment
Work Hardening Program
Work Conditioning Program
Physical Capacity Evaluations
Ergonomic Assessments