THE DNA MOVEMENT

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The Universal Pain Patients' Bill of Rights

The relief of pain is a basic part of humane medicine, and increasingly a recognized human right. Yet people who live with pain are too often doubted, denied, surveilled, and abandoned. These rights belong to every person living with pain - acute, chronic, or intractable - and to the providers brave enough to treat them.

WHAT EVERY PERSON IN PAIN IS OWED

1 The right to be believed.

Your pain is taken seriously and treated with dignity, never dismissed as drug-seeking.

2 The right to a real assessment.

Your pain, and how it limits your life, is properly assessed, not reduced to a single number.

3 The right to individualized care.

Treatment based on your condition and response, not a one-size-fits-all dose limit or checklist.

4 The right to effective treatment.

Access to the full range of care, including opioid medication at the dose that is medically necessary.

5 The right to choose and refuse.

Accept or decline any treatment, and never be forced into surgery, injections, or an implant first.

6 The right not to be abandoned.

No forced taper, switch, or cutoff of treatment that is working, without your consent and real cause.

7 The right to a protected relationship.

Your care is decided between you and your provider, not by police, prosecutors, or insurers.

8 The right to freedom from secret scoring.

Know when tools like NarxCare score you, see the data, correct errors, and not be denied by an algorithm.

9 The right to care not dictated by profit.

No prior-auth or fail-first overrides, and no being steered toward whatever pays someone else.

10 The right to honest information.

The real cause, every option, and the true risks of each, including the safer alternatives you are offered.

11 The right to have intractable pain recognized.

Severe, constant, incurable pain treated as the serious, distinct condition it is.

12 The right to be heard and to appeal.

Ask questions, take your time, bring an advocate, and have a real way to challenge a denial.

Some of these rights are already law in places like California; most are not yet guaranteed anywhere. This is a declaration of what pain patients are owed, and what we intend to make real.

Grounded in California's Pain Patient's Bill of Rights and the work of The Doctor Patient Forum and the U.S. Pain Foundation.