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Quality of Life : Managed to Unmanaged

Diagnosis: Cervical post-laminectomy syndrome, Chronic myofascial pain, Chronic neuropathic pain Chronic pain syndrome
Cervical dystonia, Spondylolisthesis, Spinal arthropathy, Cervical Stenosis, Fibromyalgia, Narcolepsy

I have no ROM in my neck since the age of 15. I spent 3 months in a critical care hospital, underwent a 12 hour surgery, and learned to walk again. I refused to be disabled & later went on to become an RN & served my community for 20+ years without pain medication - until I could no longer continue. After trying many alternatives in 2009 finally , my pain was safely managed & monitored x 13+ years by my PCP with NORCO 7.5MG QID as needed & dystonia/anxiety with ALPRAZOLAM 0.5mg TID as needed. My body system can NOT tolerate muscle relaxants. I never ODD. I never abused my meds. I did nothing to deserve to not continue to be treated. These medications together provided relief to enable me to live an acceptable QOL. I was able to attend church 3x week, attend family and social events, watch my grandchildren play baseball, football, cook meals for my family, clean house, enjoy outdoor activities: fishing, rock hunting, hobbies, crafts, painting, repurposing furniture, gardening, flowerbeds, etc. In April 2022, my PCP stated that due to the govt he could only prescribe a certain amount of narcotics & those had to be for cancer and end of life patients according to the govt. He referred me to a PMC. And ordered a MRI of cervical, thoracic, and lumbar spine. He stated the PMC would need this before they would see me. My appt with PMC was given in July 2022. PCP wrote a refill on my Norco just enough until the appt at PMC. PMC refused to bridge my Norco Rx on the 1st visit, even though PMC knew I had no more NORCO to take. He stated he wasn't allowed to Rx pain med until my UDT was back, 7-10 days & "they" require him to try other interventions before a narcotic. My PCP said they could not bridge my Rx for NORCO either because I had signed a contract with the PMC. My QOL immediately declined significantly. It was 6 weeks before the PMC rx'd NORCO at 5mg TID, at my 2nd OV. A lower dose than the one prior which had managed my pain. 5MG helped somewhat, but not able to maintain my prior level of activity related to QOL. On my 3rd visit (as well as the others) PCM was very unprofessional in his opinions and his documentation. I felt I had to cancelled my 4th visit bc of him wanting to do an ESI in my lumbar spine for "pain consistent with low back surgery". I have never had low back surgery! I reported the inaccurate documentation & discrimination (much I've not expressed here) to Medicare, JACO, the State medical board which was totally useless. (Later, I discovered this particular PMC Dr had been fined in another state for lying on his medical application for being arrested for giving alcohol to a minor.) Ethics? It has been 2 years now without medication to manage my pain. My life has totally been turned upside down. I am no longer able to attend church, watch my grandsons ballgames, go to family or social events, cook or do simple chores. After 10 minutes the pain is so much I have to sit down. i can no longer sleep in bed with my husband of 30 years because I can not get out of bed without help and excruciating pain. No hobbies to enjoy anymore. A prisoner inside 4 walls. It's unfair to patients like myself, to be robbed of an acceptable QoL. It's a human right not to suffer.