

Resources for Managing Pain and Opioids

Patient education brochure “If Opioids Have Not Relieved Your Chronic Pain” – download and use – you can even brand it with your own logo as long as you don’t change the content.

www.webility.md/pdfs/Patient%20Education%20on%20Extended%20Opioid%20Use%20-%20Webility%202012-10-09a.pdf

Patient education brochure from JAMA, Misuse of Opioid Medication:

<http://jama.jamanetwork.com/article.aspx?articleID=1687580>

Patient education brochure from Prium on chronic pain and opioids:

www.prium.net/assets/Uploads/Patient-Education-Infograph.pdf

Washington State Opioid Management guidelines opioid equivalent dose calculator (quickly figure out the Morphine Equivalent Dose for different opioids): agencymeddirectors.wa.gov/mobile.html

Opioid Prescribing Guidelines from Southern Oregon (includes useful flowcharts, checklists and assessment tools)

www.southernoregonopioidmanagement.org/documents/Southern_Oregon_Opioid_Prescribing_Guidelines.pdf#zoom=100

The American Chronic Pain Association – lots of self-management advice and other tools for patients with chronic pain, including the Resource Guide to Chronic Pain Medications and Treatment and the Quality of Life (functioning) scale

www.theacpa.org

www.theacpa.org/Consumer-Guide

www.theacpa.org/uploads/documents/Life_Scale_3.pdf

The American College of Occupational and Environmental Medicine Chronic Opioid Guidelines

www.acoem.org/uploadedFiles/Knowledge_Centers/Practice_Guidelines/Chronic%20Pain%20Opioid%202011.pdf

Tools for screening and monitoring chronic opioid use

painedu.org/soapp.asp (you will also find a tool at this site, which requires registration, to monitor use for aberrancy)

http://www.partnersagainstpain.com/printouts/Opioid_Risk_Tool.pdf

Sample opioid patient agreement (contract): <http://www.lni.wa.gov/ClaimsIns/Files/OMD/agreement.pdf>

Sheehan Disability Scale

www.cqaimh.org/pdf/tool_lof_sds.pdf

Find your state’s prescription drug monitoring program information

www.pmpalliance.org/content/state-pmp-websites

Physicians for Responsible Opioid Prescribing, tools and patient education videos: www.supportprop.org

The CDC study on the impact of Adverse Childhood Experiences: www.cdc.gov/ace/

Good videos to help patients understand pain (second features an Australian accent)

www.youtube.com/watch?v=7Na2m7lx-hU&feature=youtu.be

www.youtube.com/watch?v=4b8oB757DKc

Nice collection of tools to help implement the VA/DOD chronic opioid management guidelines; tools include fact sheets about discontinuing opioids and when to refer for help, as well as a good patient education brochure:

http://www.healthquality.va.gov/Chronic_Opioid_Therapy_COT.asp

<http://www.healthquality.va.gov/cot/OpioidTherapyforChronicPainPatientTool20May2013print.pdf>

Courtesy of Marianne Cloeren, MD and Steve Feinberg, MD care of QuantiaMD.com 2013