

Patient Guide to Partner to Manage Pain



1. Promote Awareness for people at the center of care to:

- a. Continue to learn together about pain management
- b. Document personal and clinical pain goals
- c. Acknowledge fear of pain and pain relief
- d. Create a library of examples of safe and effective successes in pain management



2. Build a plan to:

- a. Create, record, and use a written integrated pain plan
- b. Evaluate, prioritize, and adjust the integrated pain plan
- c. Communicate across teams in any and all directions
- d. Include a plan to stop opioids in the pain plan
- e. Work toward opioid tapering plan upon the start of opioid use



3. Engage and catalog support for non-medication pain management solutions:

- a. Physical, emotional, and spiritual
- b. Medical, peer, and community
- c. Local and online patient support communities
- d. Move to the extent you can
- e. Avoid isolation
- f. Consider unique pain solutions such as, massage, chiropractic care, aromatherapy and others



4. Advocate for policy and practices that reduce opioid dependence and addiction:

- a. Insurance payment for non-opioid solutions
- b. Promoting hospital and clinical practice of offering and using non-opioid solutions
- c. Opioid withdraw support
- d. Promote integrated pain plan actions that support non-opioid strategies for the long term