

EDUCATION RESOURCES

This part of the trial pack contains:

- Copies of all education resources to complete Step 7 of the Chronic Pain MedsCheck Trial procedure.

16. Education resources

Copy of patient resources available at <http://6cpa.com.au/pharmacy-trial-program/chronic-pain-medscheck-trial/>

Name of the Resource	Summary of Content
Analgesics-fact-sheet pain HEALTH	<ul style="list-style-type: none"> • Traditional pain medications (called analgesics) • These can be tried for usual acute pain or nociceptive pain, inflammatory pain and some of these might help neuropathic pain • Information on the use of <ul style="list-style-type: none"> • Paracetamol • Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) • Tramadol • Combinations of drugs • Why does codeine work for some people and not others
Anti neuropathic-pain-medications-fact-sheet pain HEALTH	<ul style="list-style-type: none"> • These medications are also known as co-analgesics and can be prescribed for nerve-related (neuropathic) pain • Types of anti-neuropathic medications • How can you release your body's own medicine chest to relieve pain?
Australian guide to healthy eating poster	<ul style="list-style-type: none"> • Diagrammatic representation of the five food groups
Benzodiazepines Medications	<ul style="list-style-type: none"> • What are benzodiazepines • How are benzodiazepines used • Effects of benzodiazepines <ul style="list-style-type: none"> • Immediate effects • Long term effects • Mixing with other drugs • Tolerance and dependence • Withdrawal • Overdose • Benzodiazepines and pregnancy • Benzodiazepines and the law • Benzodiazepines and driving
Choose your team	<ul style="list-style-type: none"> • Chronic pain is complex hence choosing the right health care team should be patient centric • What qualities to look for in choosing effective health professionals
Chronic Pain Management Strategies	<ul style="list-style-type: none"> • No definite cure for most chronic pain • Goal is to better manage the pain so that the patient's physical and emotional functioning is restored and improve overall quality of life • Treatment options for chronic pain include: <ul style="list-style-type: none"> – biomedical – psychological treatments – physical therapies (passive and active therapies) – complementary alternative medical (CAM) therapies
Chronic Pain What Can I Do?	<p>Pain comes in many forms. Chronic pain is pain that lasts for 3 months or more after the normal healing time. Unlike acute pain, which usually resolves when the underlying cause heals or is treated, chronic pain is a complex condition associated with changes to the way the brain perceives pain. For best results to reduce the impact of pain must use a combination of strategies including:</p> <ul style="list-style-type: none"> • Non-medicine treatments • Medicinal prescription NSAIDs and Opioids • Using over-the-counter medicines • Supplements • Talking to your doctor

Name of the Resource	Summary of Content
Chronic-physical-illness-anxiety-and-depression	<ul style="list-style-type: none"> • Living with or experiencing a chronic illness can result in many adjustments and changes, such as loss of independence and not being able to do all the active things you used to do or usually enjoy • Anxiety and depression are common in people with chronic physical illness • What is a chronic physical illness • What is anxiety • What is depression • What is the links between anxiety, depression and chronic physical illness • What are the treatments for anxiety and depression • Who can assist • Helpful strategies and tips • Advice for family and friends
Flare-Up-Plan	<ul style="list-style-type: none"> • Flare-ups are common, predictable and manageable • Have a flare-up plan BEFORE upgrading the activity • Don't panic; If managed well, flare-ups usually settle quite quickly • Cut back activity, but don't stop any activity is better than no activity • Try and keep rest periods short • Use positive self-talk • Monitor your improvement through the flare-up
Multidisciplinary pain management	<ul style="list-style-type: none"> • Multidisciplinary pain management address the physical, psychological and environmental or social factors that contribute to the pain experience • Chronic pain must be managed differently from acute pain • Patients with chronic pain benefit from education and self-management strategies that help reduce pain and disability
Opioid-pain-medications-fact-sheets pain	<ul style="list-style-type: none"> • Opioid means the medication has an action 'like opium' • Effectiveness of opioid pain medications • Types of opioids
Pain and CAM therapy	<ul style="list-style-type: none"> • Complementary and Alternative Medicine (CAM) refers to forms of health care that are used in addition (complementary) or instead of (alternative) traditional medical treatment • Regulation of complementary therapists • Mind-Body Techniques (such as counselling, hypnosis, art or music therapy, life coaching, relaxation and meditation etc) • Body-based practices (incorporates techniques such as massage, reflexology, toga, Tai Chi, Chiropractic Medicine, Acupuncture etc) • Therapies using herbs (western herbal medicine; Chinese herbal medicine) • Therapies based on diet (naturopathic nutrition) • Other therapies (homeopathy flower remedies)
Pain and Pacing	<ul style="list-style-type: none"> • Pacing can be used to increase your level of activity and fitness and hence your overall sense of wellbeing • Pacing is about planned physical activity and doing a little bit often • Pacing means finding an achievable amount of physical activity given your current level of fitness and pain • It is not underdoing or overdoing but working at a level between the two
Pain and physical activity	<ul style="list-style-type: none"> • What is the difference between physical activity and exercise • What is bad about being inactive • Level of physical activity recommend by the world activity guidelines • Link between physical activity and chronic pain • How do I start becoming more active with pain? • Will exercise reduce my pain • What if I have fibromyalgia
Pain and Sleep	<ul style="list-style-type: none"> • People with chronic pain often report problems with getting to sleep, staying asleep or both • Thinking too much and worry can also add to sleep problems • Provides ideas can help develop better sleeping habits to manage sleep problems (Top Tips for sleeping)

Name of the Resource	Summary of Content
Relaxation	<ul style="list-style-type: none"> • Stress and sleep • Relaxation techniques • Progressive muscle relaxation • Mental imagery visualisation • Good relaxation guide
Self-managing chronic pain	<ul style="list-style-type: none"> • Medicines alone are not the most effective way to treat chronic pain • Chronic pain may never be completely cured, but can be managed • People managing their pain on a daily basis get the best results • There are many self-management strategies that can help
Sleep Diary and factsheet	<ul style="list-style-type: none"> • The first step in dealing with a sleep problem is an accurate assessment of its nature, severity and causes • Then a diagnosis can be made and appropriate treatment implemented • How to use the Sleep Diary descriptive method to incorporate amount caffeine and alcohol • Symptoms/Management table
Sleep facts and hygiene	<ul style="list-style-type: none"> • Sleep • understanding the normal sleep pattern • progressive stages of the sleep cycle • Facts about sleep • How to promote a good sleep routine • Sleep difficulties • Sleep patterns
Weekly-food-diary	<p>Form to capture on a weekly basis:</p> <ul style="list-style-type: none"> • Meals and snack per day • Water intake • Alcohol • Exercise