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| **Medicines Management Opioid Resource Support List**  This guide supports healthcare professionals managing adult patients with chronic pain. It includes guidance, training, videos, patient materials, and local resources. |
| **Contents** |
| [Guidance](#Guidance)  [Training](#Guidance)  [Videos](#Videos)  [Patient pre-appointment resources](#PreappointmentResources)  [Suggested brief text to send to patient pre / post appointment](#SuggestedText)  [Pain and Opioid leaflets](#PainLeaflets)  [Consultation resources](#ConsultationResources)  [Local pain support groups and local directory](#LocalPainSupportGroups) |
| **Guidance** |
| * [NHS Shropshire Telford and Wrekin Guidance: Opioid Use and Reduction in Primary Care for Non-Cancer Pain](https://www.shropshiretelfordandwrekin.nhs.uk/wp-content/uploads/Opioid-Use-and-Reduction-in-Primary-Care-for-Non-Cancer-Pain_.pdf) * [NHS Shropshire Telford and Wrekin Guidance: Gabapentinoid Prescribing in Chronic Pain](https://www.shropshiretelfordandwrekin.nhs.uk/wp-content/uploads/Gabapentinoid-Prescribing-In-Chronic-Pain_.pdf) * [National Institute for Health and Care Excellence: Chronic pain (primary and secondary) in over 16s: assessment of all chronic pain and management of chronic primary pain [NG193]](https://www.nice.org.uk/guidance/NG193) * [Resources for primary care regarding opioids and chronic pain, NHS Oxford University Hospitals](https://www.ouh.nhs.uk/services/referrals/pain/opioids-chronic-pain.aspx) |
| **Training** |
| * **Free Training** on ‘shared decision making’ [Personalised Care Institute](https://www.personalisedcareinstitute.org.uk/your-learning-options/) [30 minutes] * [The Pain Toolkit](https://www.paintoolkit.org/):This gives practical advice and techniques to help manage pain * [Training for practitioners,](https://livewellwithpain.co.uk/training/) Live well with pain ‘The Ten Footsteps Training Programme’ |
| **Videos** |
| * [Discharge Medicine Service Shropshire](https://www.youtube.com/watch?v=rFqxPrzcZww) * [Tame the Beast](https://www.youtube.com/watch?v=ikUzvSph7Z4) * [Faye’s Story](https://www.youtube.com/watch?v=e0O6Gwf40R4) * [Seans Story [for prescribers]](https://www.youtube.com/watch?v=BnJHJ9ZlJjY&t=121s) [Sean’s story [for patients]](https://www.youtube.com/watch?v=l17SjDth4pU)  * [Understanding Pain in less than 5 minutes and what to do about it](https://www.youtube.com/watch?v=C_3phB93rvI) |
| **Patient Pre-appointment resources** |
| * [Letter invitation for patient opioid review](https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fwww.shropshiretelfordandwrekin.nhs.uk%2Fwp-content%2Fuploads%2F20240716-Letter-to-patient-inviting-for-a-review.doc&wdOrigin=BROWSELINK) Invitation letter to patients for a clinical discussion relating to their pain management and medication * [Living Well with Pain Health and Well Being Check](https://livewellwithpain.co.uk/practitioner-resources/skills-knowledge/assessing-need/live-well-with-pain-health-check/) This is a self-completion, person-centred tool that can be shared easily with patients and clients. The data from this completed tool will help identify the actual current impact of chronic pain on the individual and their health * [Medicines for pain relief decision guide](https://livewellwithpain.co.uk/wp-content/uploads/2022/09/medicines-decision-guide-2023.pdf) This tool may help patients decide about whether their pain relief medicines are effective for them, useful to complete before a pain management review appointment * [NHS England Pain Support Plan Decision Aid](https://www.england.nhs.uk/wp-content/uploads/2024/09/PRN00675-ii-making-decisions-to-help-you-live-well-with-chronic-primary-pain.pdf) A useful decision aid for patients to fill prior to an appointment with a healthcare professional to focus and prioritise what to talk about with reference to their experience of pain |
| **Useful links to refer patients pre / post appointment, useful to insert into a text** |
| * <https://www.tamethebeast.org/> * <https://livewellwithpain.co.uk/> * <https://www.flippinpain.co.uk/> * [**My Recovery APP**](https://nhs-my.sharepoint.com/personal/anita_sharma6_nhs_net/Documents/Opioid%20Project/Training/Resource%20List/Final/Final%20Feb%2025/Post%20Comments/If%20you%20are%20registered%20with%20a%20GP%20Practice%20within%20Shropshire,%20Telford%20and%20Wrekin,%20you%20can%20access%20the%20free%20myrecovery%20app%20to%20help%20you%20manage%20your%20joint%20or%20muscle%20pain.)If the patient is registered with a GP Practice within Shropshire Telford and Wrekin they can access the free myrecovery app to help manage joint or muscle pain. |
| **Pain and Opioid leaflets** |
| * [About Pain](https://fpm.ac.uk/sites/fpm/files/documents/2019-09/FPM-OA-About-Pain.pdf) Description of typical symptoms for acute, chronic, neuropathic and cancer pain and usual treatments. * [Goal Setting leaflet](https://livewellwithpain.co.uk/wp-content/uploads/2022/09/Goal-setting-online-v02.pdf) A great way of taking back control, for people who live with persistent pain including the use of SMART Goal setting and use of Goal ladders for areas of a patient’s life such as work, home life, social and self-care. * [How to sleep well with pain leaflet](https://livewellwithpain.co.uk/wp-content/uploads/2023/10/How-to-sleep-well-with-pain-online-v02.pdf) Recent research shows that it is possible for people living with persistent pain to achieve a healthier sleep pattern. This booklet shows your patient how. * [Managing setbacks booklet](https://livewellwithpain.co.uk/wp-content/uploads/2022/11/Managing-setbacks-online-v02.pdf) A useful booklet to help a patient with persistent pain understand setbacks and challenges, identify triggers and ways to cope * [Pacing leaflet](https://livewellwithpain.co.uk/wp-content/uploads/2022/09/Pacing-online-v02.pdf) Describes ‘pacing’ a useful skill involving regulating daily activity to manage pain and increase activity, so your patient becomes fitter, healthier and happier. * [Ten Footsteps Booklet to living well with pain](https://livewellwithpain.co.uk/wp-content/uploads/2023/09/Ten-footsteps-booklet-online-v01.pdf) A useful guide for pain self-management for people living with persistent pain. * [Your journey with pain booklet](https://livewellwithpain.co.uk/wp-content/uploads/2022/09/Your-Journey-with-Pain-booklet.pdf)  Using the analogy of the patient driving a bus, the bus being the patients journey through life and ‘pain’ getting on the bus. * [Escape Pain Leaflet](https://livewell.telford.gov.uk/Documents/Download/68/Escape-Pain-leaflet) A free, group-based rehabilitation programme for the management of osteoarthritis of the hip and/or knee. For chronic joint pain lasting for over 3 months, for patients aged 55years struggling to get active. The programme is delivered over 6 weeks, meeting twice a week for 1 hour and includes brief discussion and helpful exercises. * [Good Boost Leaflet](https://www.shropshiretelfordandwrekin.nhs.uk/wp-content/uploads/STW_A5Flyer_May2024-1-1-002.pdf) Low-level, rehab-focused exercises, designed to improve function and symptoms at a particular body area (lower-back, shoulder, hip, knee). Participants can also choose to work on a rehab aim such as improving balance, strength or cardio vascular fitness. * [MHRA opioids safety information](https://assets.publishing.service.gov.uk/media/5f6a078ed3bf7f7238f23100/Opioid-patient-safety-information-leaflet-v2-Aug2021.pdf)[leaflet](https://assets.publishing.service.gov.uk/media/5f6a078ed3bf7f7238f23100/Opioid-patient-safety-information-leaflet-v2-Aug2021.pdf) This safety leaflet is to help support in using opioid medicines safely and addresses the risk of |
| **Consultation resources** |
| * Diaries and plans for patient use:   -[My Activity Diary](https://livewellwithpain.co.uk/wp-content/uploads/2022/09/My-Activity-Diary-v02.pdf)  -[My Daily Pacing Plan](https://livewellwithpain.co.uk/wp-content/uploads/2022/09/My-Daily-Pacing-Plan-v02.pdf)  -[My Goal Ladder](https://livewellwithpain.co.uk/wp-content/uploads/2022/09/My-goal-ladder-v02.pdf)  -[My SMART goals](https://livewellwithpain.co.uk/wp-content/uploads/2022/09/My-SMART-goals.pdf)   * Illustrations for appointments:   -[Bus journey illustration of pain](https://livewellwithpain.co.uk/wp-content/uploads/2022/09/bus_journey_tool.pdf)  -[Opioid side effect lottery](https://livewellwithpain.co.uk/wp-content/uploads/2022/09/opioid-lottery-v03.pdf)  -[Pain and the brain one page illustration](https://livewellwithpain.co.uk/wp-content/uploads/2022/09/pain-and-the-brain-v02-2023.pdf)  -[The pain cycle illustration](https://livewellwithpain.co.uk/wp-content/uploads/2022/09/the-pain-cycle-v02.pdf) |
| **Local pain support groups and local directory** |
| * Fibro family based in Oakengates, Telford: Contact:[fibrofamilytelford@mail.com](mailto:fibrofamilytelford@mail.com) Website: <https://livewell.telford.gov.uk/Services/4314/Fibro-Family-Telford> * Good Boost Virtual Venus: <https://www.goodboost.ai/venues#virtualClasses> * Good Boost Therapeutic Exercise, Aqua and Land based exercises. Venues in Shropshire Telford and Wrekin: <https://www.goodboost.ai/about-us> * The Leisure Centres in Shropshire and Telford have also just trained to run Escape Pain sessions from January 2025. Escape Pain supports back pain, knee and hip pain. [ESCAPE-pain – An evidence-based group rehabilitation programme for people with chronic joint pain](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fescape-pain.org%2F&data=05%7C02%7Canita.sharma6%40nhs.net%7Ceaba3abc350f4f5434c608dcfff78b51%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638666685856066753%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=hPhL5E%2F%2BJEZ%2BD5nlanzq94fl6ak6nrCrHChy6eUR1TU%3D&reserved=0) * [Shropshire Community Leisure Trust exercise referral programme for 12 weeks to support MSK issues & chronic pain](https://www.shropshireleisurecentres.com/the-quarry-swimming-fitness-centre/facilities/exercise-referral/) * Local exercise and falls based programmes <https://energizestw.org.uk/> * <https://www.parkrun.org.uk/> Parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. Parkrun is 5k and takes place every Saturday morning. Junior parkrun is 2k, dedicated to 4-14 year olds and their families, every Sunday * Versus Arthritis Oswestry Hydrotherapy Group, Derwen College, 1.15pm-2pm <https://versusarthritis.org/in-your-area/in-your-area-search-results/oswestry-group/> * Versus Arthritis Support Groups: <https://versusarthritis.org/> |