

## Resources to support practical actions to improve chronic (non-cancer) pain management by reducing harm from opioids

### Data and audit tools to help identify patients at risk of harm

- [NHSBSA - Opioid Prescribing Comparators Dashboard](#) – (Please note you must register with ePACT2 to gain access)
- [Using the NHSBSA Opioid Comparators Dashboard](#) (Video)
- [Opioid Comparators Specification 6<sup>th</sup> May 2022](#)
- [PrescQIPP High dose opioids audits](#) – (Please note your ICB needs to have registered with PrescQIPP for you to access this resource)
- [Open Prescribing Data – High Dose Opioids as per 1000 patients](#)
- [Open Prescribing Data – High Dose Opioids as % of Regular Opioids](#)
- [Open Prescribing Data – Prescribing of Opioids \(Total Oral Morphine Equivalence\)](#)

### Education and Training resources to support the education and development of healthcare professionals

- [Red Whale Chronic Pain webinar](#) (Please note you must register to access)
- [Royal College of General Practitioners – Chronic Pain Adults](#) (Only available to RCGP members)
- [PrescQIPP “Reducing Opioid Prescribing in Chronic Pain](#) – CPD certified (Course access may occur a charge)
- [PrescQIPP “Dependence Forming Medications](#) – CPD certified (Course access may occur a charge)
- [Centre for Postgraduate Pharmacy Education \(CPPE\) Opioids](#) (Only available to GPhC members)
- [Centre for Postgraduate Pharmacy Education \(CPPE\) Deprescribing opioids in people with chronic pain - focal point](#) (Only available to GPhC members)
- [Centre for Postgraduate Pharmacy Education \(CPPE\) Pain Management](#) (Only available to GPhC members)
- [e-Learning for Pain Management – elearning for healthcare](#)

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### Patient resources to support patient to manage their chronic pain

- [Live Well with Pain- Self management](#)
- [Painkillers Don't Exist](#)
- [Faculty of Pain Medicine Opioids Aware Information for patients](#)
- [NHS Website - Ways to manage chronic pain](#)
- [NHS Website – 10 ways to reduce pain](#)
- [The Pain Toolkit – Pain Self-Management by Peter Moore](#)
- [Flippin' Pain](#)
- [Pain Concern, Self-Management Navigator tool](#)
- [Pain Relief Foundation Patient Information Leaflet for Strong opioids for chronic pain](#)
- [Act for Pain – Pain Management Programme](#)

#### Videos

- [Sean's Story – There is another way](#)
- [Faye's story – good practice when prescribing opioids for chronic pain](#)
- [Understanding Pain: Brainman chooses](#)
- [An introduction to opioid medication](#)
- [Risks, side effects and misuse of opioids](#)
- [Opioid step-down programme](#)
- [How to cope with back pain](#)

### Professional resources to help review the appropriateness of medicines prescribed for chronic pain

#### Medicines

- [Faculty of Pain Medicine Opioids Aware site map](#)
- [Faculty of Pain Medicine - Clinical use of opioids](#)
- [Faculty of Pain Medicine – A structured approach to opioid prescribing](#)
- [Faculty of Pain Medicine – Conducting Quality Consultations in Pain Medicine](#)
- [NICE guidance \[NG 193\] Chronic pain \(Primary and Secondary\) in over 16s: assessment of all chronic pain and management of chronic primary pain](#)
- [Live Well with pain -professional tools](#)
- [UEA Toolkit for chronic opioid use in non-cancer pain](#)
- [Versus Arthritis Resources for Healthcare Professionals](#)
- [The Pain Toolkit for Healthcare Professionals](#)
- [West Suffolk CCG Opioid Tapering Resource pack](#)
- [West Yorkshire Campaign to Reduce Opioid Prescribing](#)

## Resources to support practical actions to improve chronic (non-cancer) pain management by reducing harm from opioids

### Physical

This section includes national and local resources to support patients to enhance physical activity to better manage chronic pain.

#### National

- [Moving Medicine](#)
- [NHS- Get Active](#)
- [NHS – Fitness Studio Exercise videos](#) – Including Strength, Yoga, Pilates
- [Chartered Society of Physiotherapy – Chronic Pain](#)
- [Chartered Society of Physiotherapy – Managing your Pain](#)
- [Chartered Society of Physiotherapy:10 things you need to know about your back](#)

### Psychological

This section includes national and local resources to better support and manage the impact of chronic pain on patient's health and wellbeing

#### National

- [Mindfulness - Headspace](#)
- [NHS Every Mind Matters](#)

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