

Getting ready for your pain review

Why have I been invited?



We are inviting all patients who have been prescribed opioid medicines for 6-months or longer to have a pain review. Opioids can be tablets, capsules, liquids or patches. Examples of opioid medicines are co-codamol, tramadol, morphine and fentanyl.

We know opioids can help at first. We also know that over time, the body gets used to opioids and they become less effective at relieving pain. Opioids can also cause unwanted effects, like feeling tired and fuzzy thinking, that can seem like a 'normal' part of living with pain.

My opioid medicines take the edge off the pain, for a bit

My pain stops me getting a good night's sleep

I worry that these opioids are bad for my health



Pain makes me feel stressed or anxious

Sometimes I feel judged for taking these opioid medicines

I feel frustrated that I can't do things

What is a pain review?



A pain review is a routine check-up to look at how you are managing with your pain and how well your medicines are working for you. It's worth going to a pain review even if you think your pain is under control at the moment. It's an opportunity to discuss your options for the future.

Who will my pain review be with?

You will have your pain review with the practice pharmacist who works with our GPs and nurses. The pharmacist has been specially trained to provide expert advice on pain and medicines. They provide private one-to-one consultations and will have access to your medical records just like GPs.



The pharmacist had a lot of information you know ... we discussed side effects and long-term use and it did make me look at pain in a different way

Quote taken from a patient after a pain review

Where will my pain review happen?



Pain review appointments may take place face-to-face at the GP practice or by phone or video call. We will confirm this with you when you make your appointment.

What will happen at my pain review?

Your first pain review appointment will be around 30 minutes, this will allow plenty of time for discussion about:

30
min

- Your pain and how pain affects you.
- All your pain medicines, the upsides and downsides of taking them.
- Any questions or concerns about how you manage your pain.

Together, you and the pharmacist will decide on a plan, which may include further appointments.

Top tips to get the best from your pain review

Before your review



- Have a think about how things are going in your life.

What effect does pain have on the things you can do?

What are your upsides and downsides of opioids and other pain medicines?



- Make a note of the things you feel are important to discuss with the pharmacist.

For example, any worries you have about your pain or about opioids.

During the review

Time
to
talk

- Don't be afraid to tell the pharmacist if there is something you don't understand, or you are worried about.
- Don't leave the review without being clear about your plan. Whether that's to make any changes to your medicines, or not.
- Check you know how to get in contact with the pharmacist if you need to.

Further information



To find out more about managing pain before your review, visit
www.xxxxxxxxxx