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# Education Resources for Patients with Chronic Pain

This resource highlights existing patient education materials relevant to patients with chronic pain so that a clinic can curate a selection of educational resources to use with patients.

## Opioid Education Resources

### Prescription Opioids: What You Need to Know

This handout was created by the CDC to inform individuals of the risk of opioids, alternative options, and what to do once you start taking opioids.

<https://www.cdc.gov/drugoverdose/pdf/AHA-Patient-Opioid-Factsheet-a.pdf>

### Prescribed Opioids

This 91-second information video by the CDC raises awareness about the risks of opioids, alternative options, and what to talk to your doctor about if you are taking opioids.

<https://www.youtube.com/watch?v=EsAgnVMWxBc&feature=youtu.be>

### Promoting Safer and More Effective Pain Management

This handout by the CDC is a factsheet about the CDC Guidelines that discusses opioids and clinician-patient communication.

[https://www.cdc.gov/drugoverdose/pdf/Guidelines\\_Factsheet-Patients-a.pdf](https://www.cdc.gov/drugoverdose/pdf/Guidelines_Factsheet-Patients-a.pdf)

### Prescription Opioids for Acute Pain

A two-page handout from the Washington Department of Health articulating the role of opioids in managing acute pain, as well as safe storage and disposal practices once a patient receives their prescription.

<https://www.doh.wa.gov/Portals/1/Documents/9220/631077-PatientNotification-AcutePain.pdf>

### Prescription Opioids for Chronic (Long-Term) Pain

A two-page handout from the Washington Department of Health articulating the role of opioids in managing chronic pain, as well as safe storage and disposal practices once a patient receives their prescription.

<https://www.doh.wa.gov/Portals/1/Documents/9220/631078-PatientNotification-ChronicPain.pdf>

### Benefits and Risks of Treatment with Opioids

A two-page handout explaining the benefits and risks of using opioid pain medicines.

[https://depts.washington.edu/anesth/education/forms/pain/UW-BenefitsRisks\\_TreatmentOpioids.pdf](https://depts.washington.edu/anesth/education/forms/pain/UW-BenefitsRisks_TreatmentOpioids.pdf)

### Opioids and Benzodiazepines

A patient education brochure developed by the U.S. Department of Veterans Affairs highlighting the dangers of taking opioids with benzodiazepines.

[https://www.pbm.va.gov/PBM/AcademicDetailingService/Documents/Opioid\\_Benzodiazepine\\_Direct\\_to\\_Consumer\\_Brochure.pdf](https://www.pbm.va.gov/PBM/AcademicDetailingService/Documents/Opioid_Benzodiazepine_Direct_to_Consumer_Brochure.pdf)

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### **Patient Letter**

This one-page letter is a resource for clinics to edit and share with their patients to explain why they are changing their opioid prescribing practices.

[https://www.improvingopioidcare.org/wp-content/uploads/2018/05/Patient-letter\\_2018-05-23.docx](https://www.improvingopioidcare.org/wp-content/uploads/2018/05/Patient-letter_2018-05-23.docx)

### **Pregnancy and Opioid Pain Medications**

This CDC resource discusses the risks of using opioids while pregnant, what to do if you find out you are pregnant while taking opioids, and what to consider in terms of breastfeeding.

[https://www.cdc.gov/drugoverdose/pdf/pregnancy\\_opioid\\_pain\\_factsheet-a.pdf](https://www.cdc.gov/drugoverdose/pdf/pregnancy_opioid_pain_factsheet-a.pdf)

## **Chronic Pain Education Resources**

### **Pain Education Toolkit**

This resource includes a selection of handouts that educate patients on how pain works and how they can improve their health and manage their pain through exercise, sleep, nutrition, mood, and tapering.

<https://www.oregonpainguidance.org/patient-resources/patient-education-handouts/>

### **Tame The Beast — It's time to rethink persistent pain, Lorimer Moseley**

This 5 minute animation explains how pain works, how our nervous system can learn pain, and explains new approaches to help reduce your pain. (5 min)

<https://www.youtube.com/watch?v=ikUzvSph7Z4&vl=en>

### **Best Advice for People Taking Opioid Medication, Dr. Mike Evans**

This 11-minute video is great for both patients and clinicians. It explains what chronic pain is, what we know about the benefits and risks of opioid medications, and how to avoid the pitfalls that can be associated with opioid treatment. (11 min)

<https://www.youtube.com/watch?v=7Na2m7lx-hU>

### **Understanding Pain: What to do about it in less than five minutes?**

This easy to follow video about chronic pain helps you understand what current research has been saying about chronic pain. (5 min)

[https://www.youtube.com/watch?v=C\\_3phB93rvI](https://www.youtube.com/watch?v=C_3phB93rvI)

## **Opioid Overdose and Naloxone**

### **Preventing an Opioid Overdose**

This is a tip card by the CDC on how to prevent an opioid overdose and what to do in the event of an overdose.

<https://www.cdc.gov/drugoverdose/pdf/patients/Preventing-an-Opioid-Overdose-Tip-Card-a.pdf>

### **Introduction to Naloxone**

This YouTube series was developed by the VA as an introduction to naloxone, including how to administer it.

[https://www.youtube.com/playlist?list=PL3AQ\\_JVoBEyxacdQcDn5kJISzR-jouk7J](https://www.youtube.com/playlist?list=PL3AQ_JVoBEyxacdQcDn5kJISzR-jouk7J)

### **How to Use Naloxone**

A printable handout with a brief overview of naloxone and step-by-step directions with illustrations explaining how to administer this medication.

<https://harmreduction.org/wp-content/uploads/2016/04/patient-ed.pdf>



## Opioid Overdose Response

A printable handout from the Center for Opioid Safety Education on what to do in the case of an overdose.  
<http://stopoverdose.org/docs/OpioidOverdoseBrochure.pdf>

## Stigma

### Stigma and Opioids: Handout

A one-page document explaining the how and why of stigma's association with opioid medication use.  
[https://healthreach.nlm.nih.gov/files/English\\_OpioidAddiction-12.pdf](https://healthreach.nlm.nih.gov/files/English_OpioidAddiction-12.pdf)

### Stigma and Opioids: Audio and Video

This resource provides links to audio and video educational tools that complement the above one-page handout, explaining the association between stigma and opioid use.  
<https://healthreach.nlm.nih.gov/document/942/Stigma-and-opioids-Opioid-addiction-part-12>

## Chronic Pain Self-Management

### Chronic Pain Self-Management Resources

A list of recommended chronic pain self-management resources that might be useful for primary care practices and their patients.

[https://depts.washington.edu/fammed/improvingopioidcare/wp-content/uploads/sites/12/2019/05/Chronic-Pain-Self-Management-Resources\\_2019-05-02.pdf](https://depts.washington.edu/fammed/improvingopioidcare/wp-content/uploads/sites/12/2019/05/Chronic-Pain-Self-Management-Resources_2019-05-02.pdf)

