

Opioids in Chronic Non-Cancer Pain: The Basics

List of Suggested Resources

This document is a list of useful resources discovered during the development of the Opioids in Chronic Non-Cancer Pain topic. It is not intended to be a comprehensive list of resources for the use of opioids in the treatment of chronic non-cancer pain.

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Suggested Resource	Description
Clinical Practice Guidelines	
Canadian Guideline for Safe and Effective Use of Opioids for Chronic Noncancer Pain	2010 consensus guideline developed by the National Opioid Use Guideline Group. A Practice Toolkit is available. Clinical summaries for general and special populations by Kahan et al. 2011 are available.
Interagency Guideline on Opioid Dosing for Chronic Non-cancer Pain	2010 consensus guideline sponsored by the Washington State Agency Medical Directors Group (AMDG). Also provides online access to opioid dose calculator, assessment tools, CME activities, and educational videos.
VA/DOD Management of Opioid Therapy (OT) for Chronic Pain	2010 consensus guideline jointly developed by the U.S. Department of Veterans Affairs (VA) and the Department of Defense (DOD).
Clinical Guidelines for the Use of Opioid Therapy in Chronic Noncancer Pain	2009 consensus guideline developed for the American Pain Society – American Academy of Pain Medicine Opioids Guideline Panel. A free PDF copy of the guideline is available through the website.
AGS Guideline for the Pharmacological Management of Persistent Pain in Older Persons	2009 consensus guideline developed by the American Geriatric Society. A free PDF copy of the guideline is available through the website.
Physician Resources and Education	
Rapid Access to Consultative Expertise (RACE) Program Monday to Friday 8am to 5pm Greater Vancouver: 604 696-2131 Toll-free: 1 877 696-2131	RACE is an innovative model of shared care involving a telephone advice line where family physicians and nurse practitioners can call one phone number and choose from a selection of specialty services for real-time telephone advice.

<http://www.medmatters.bc.ca/pdf/opioids-resources.pdf>

Suggested Resource	Description
Physician Resources and Education (continued)	
Foundation for Medical Excellence Chronic Pain and Suffering Symposium	A symposium designed to assist health care providers in managing patients with complex chronic pain. The symposium is presented by the Foundation for Medical Excellence in cooperation with the College of Physicians and Surgeons of British Columbia.
College of Physicians and Surgeons of British Columbia Prescribers Course	A twice yearly course designed to assist physicians in talking to patients in realistic terms about the risks and benefits that attend the use of opioids, benzodiazepines and other potentially habituating medications.
Safe Prescribing for Pain	Accredited and Non-accredited online module describing the prevalence of opioid abuse in the US and the skills and tools clinicians can use to screen for and prevent opioid abuse in patients with pain.
Managing Patients Who Abuse Prescription Drugs	Accredited and Non-accredited online module describing the symptoms and prevalence of opioid addictions and the steps clinicians can take to screen for, prevent, and treat such conditions.
Minimizing the Risk of Prescription Opioid Misuse	Accredited online module providing an overview of reducing the risk in use of opioids for non-cancer chronic pain.
Safer Prescribing, Dispensing and Administering of Opioids for Patients with Non-malignant Chronic Pain	A course developed by the Centre for Addiction and Mental Health to provide primary care physicians, pharmacists, nurses and dentists with a set of evidence-based strategies for the safe prescribing, dispensing and administering of opioids for chronic non-malignant pain.
Opioids – Friend or Foe?	A webinar by Dr. Andrea Furlan discussing the myths around addiction and opioids and the skills needed by physicians to communicate with patients about opioid use.
Pain Management Without Psychological Dependence: A Guide for Healthcare Providers	Brochure produced by the U.S. Department of Health and Human Services providing healthcare providers with research-based information on how to provide pain management while avoiding psychological dependence on opioids. Discusses screening for inappropriate opioid use and how to address suspected opioid abuse or dependence.
Patient Resources and Education	
Understanding Pain: What to do about it in less than 5 minutes?	A 5-minute patient focused video on chronic pain and what to do about it.
Best Advice for People Taking Opioid Medication	An 11-minute physician and patient focused video by Dr. Michael Evans providing information and advice for patients taking opioids.
Consumers Can Help Prevent Harm from Opioid Use!	A short video for patients by ISMP Canada what they can do to prevent potential harms related to opioids.
Opioid Information for Patients	Messages for patients recommended by the National Opioid Use Guideline Group.
Conquering Pain for Canadians Booklet	Patient information developed by the Canadian Pain Coalition.
Self-Management British Columbia	Provides information and access to self-management programs that help to provide patients the knowledge, skills, and confidence to successfully manage chronic health conditions.
People in Pain Network	A non-profit organization whose vision is to connect people and their families to education, support, and services to help manage chronic pain. Membership provides access to the Pain Toolkit , an online guide to the principles of pain self-management.
Physical Activity Line	A physical activity counselling service and resource for practical physical activity and healthy living information.

Suggested Resource	Description
Pain Clinics	
Complex Pain Clinic Vancouver General Hospital (VGH) Gordon and Leslie Diamond Health Care Centre 2775 Laurel Street Vancouver, BC V5Z 1M9 T. 604 875-4788 F. 604 875-4749	Provides pain assessment and treatment services for inpatients at the Vancouver General Hospital. Also educates patients and health care staff about pain and conducts clinical research.
St. Paul's Pain Centre St. Paul's Hospital 1081 Burrard Street Vancouver, BC V6Z 1Y6 T. 604 682-2344 x62896 F. 604 806-8782	Provides multidisciplinary assessment, consultation, and treatment. Staff includes physicians, anesthetists, nurse clinicians, psychologists, occupational therapists, and physiotherapists. Referral by primary care provider or specialist is required.
Chronic Pain Clinic Jim Pattison Outpatient Care and Surgery Centre 9750 140th Street Surrey, BC V3T 0G9 T. 604 582-4587 F. 604 582-4591	Provides multi-disciplinary assessments, focusing on pain management, using multiple strategies tailored to the needs of the patient. Services include: self management programs, counselling, group education sessions, physiotherapy, occupational therapy, psychiatry, interventional procedures, and suggestions for medication. Referral by primary care provider or specialist is required.
Pain Program Royal Jubilee Hospital 1952 Bay Street Victoria, BC V8R 1J8 T. 250 519-1836 F. 250 519-1837 Nanaimo Regional General Hospital 1200 Dufferin Crescent Nanaimo, BC V9S 2B7 T. 250 739-5978 F. 250 739-5989 Comox Valley Community Pain Support 615 Tenth Street Courtenay, BC V9N 1R2 T. 250 331-8502 F. 250 331-8503	Provides multi-disciplinary services including medications, injections, neuromodulation, physiotherapy, occupational therapy, and counselling. Referral by primary care provider or specialist is required.
Pain Clinic Kelowna General Hospital 2268 Pandosy Street Kelowna, BC V1Y 1T2 T. 778 478-0960 F. 778 478-0961	Provides a therapeutic approach emphasizing wellness and empowering individuals to participate in the healing process following chronic stress, chronic pain, illness, injury, or surgery. Referral by primary care provider or specialist is required.
Pain Management Program Sparwood Health Centre 570 Pine Avenue Sparwood, BC V0B 2G0 T. 250 425-6212 F. 250 425-2313	Provides services to assist people deal with pain and to realize personal goals and improve coping mechanisms to deal with the changes that pain can bring. Offers education, group support, physiotherapy, massage therapy, counselling, classes, appropriate medications, biofeedback, stress management classes and goal setting. Treatment options, medication needs and information needs are explored and individual plans are developed. Referral by primary care provider or specialist is required.
Directory of BC Pain Clinics and Services	A directory of BC pain clinics and services put together and maintained by Pain BC .

Suggested Resource	Description
Tools	
Opioid Manager	The Opioid Manager is designed to be a point-of-care tool which distills onto one double-sided page, essential information and advice from the Canadian Guideline for Safe and Effective Use of Opioids for Chronic Non-Cancer Pain. Access is free, but sign up is required to download the manager.
Opioid Manager – Switching Opioids	Designed to guide providers in switching from one opioid to another using the table of morphine equivalents suggested by the Canadian Guideline for Safe and Effective Use of Opioids for Chronic Non-Cancer Pain.
National Opioid Use Guideline Group Practice Toolkit	Provides access to a number of assessment and monitoring tools (e.g., Opioid dose conversion, Brief Pain Inventory, Opioid Risk Tool, SOAP-R, and COMM).
Opioid Dose Calculator	Online opioid dose converter. Can also be downloaded in the MS Excel format.
Monitoring and Assessment Tools	Online access to a number of monitoring and assessment tools for opioid misuse (e.g., Opioid Risk Tool, CAGE-AID, and PHQ-9).
Monitoring and Assessment Tools	Online access to a large number of monitoring and assessment tools.
Substance Abuse	
Primary Care Addiction Tool Kit	Practical reference from the Center for Addiction and Mental Health for primary health care providers with patients who have substance abuse problems.
Pain Management Without Psychological Dependence: A Guide for Healthcare Providers	Brochure produced by the U.S. Department of Health and Human Services providing healthcare providers with research-based information on how to provide pain management while avoiding psychological dependence on opioids. Discusses screening for inappropriate opioid use and how to address suspected opioid abuse or dependence.
Benzodiazepine Tapering	
Canadian Guideline for Safe and Effective Use of Opioids for Chronic Noncancer Pain	Outlines the benzodiazepine tapering regimen recommended by the National Opioid Use Guideline Group.
The Ashton Manual (Benzodiazepines: How They Work and How to Withdraw)	A protocol published by Dr. Heather Ashton on how to safely taper and withdraw benzodiazepines.
Opioid Tapering	
Canadian Guideline for Safe and Effective Use of Opioids for Chronic Noncancer Pain	Outlines the opioid tapering regimen recommended by the National Opioid Use Guideline Group.
When and How to Taper Opioids	An article from the College of Physicians and Surgeons of Ontario on when and how to taper and discontinue opioid analgesics.
Opioid Tapering: Safely Discontinuing Opioid Analgesics	An article briefly outlining some of the regimens used to taper and discontinue opioid analgesics.
Prescription Monitoring Programs	
BC PharmaCare Restricted Client Program	The Restricted Claimant Program assists in reducing misuse by limiting PharmaCare coverage for certain patients to medications prescribed by a single prescriber and/or medications dispensed by a single pharmacy. Restricted coverage may be requested by physicians, pharmacists, or other healthcare professionals.
Non-Insured Health Benefits Prescription Monitoring Program (NIHB-PMP)	The program assists in reducing misuse and abuse of opioids, benzodiazepines, stimulants, and gabapentin by limiting NIHB coverage to medications prescribed by a single prescriber.
Medical Marijuana	
Health Canada	Current information on the status of medical marijuana in Canada and how to apply for access.
Organizations	
College of Physicians and Surgeons of British Columbia	Operates the Prescription Review Program , a peer review initiative of the College to review physician prescribing of controlled substances. Co-sponsors the annual Foundation for Medical Excellence Chronic Pain and Suffering Symposium and the twice yearly Prescriber's Course . College staff are also able to search for and retrieve relevant scientific articles for physicians.

Suggested Resource	Description
Organizations (continued)	
Michael G. DeGroot National Pain Centre	Established at McMaster University in 2010 to use evidence-based medicine to identify, collate, review, revise, update, develop, and disseminate clinical practice guidelines for the treatment of chronic pain.
Physicians for Responsible Opioid Prescribing (PROP)	PROP's aims are to reduce morbidity and mortality resulting from prescribing opioids and to promote cautious, safe, and responsible opioid prescribing practices.
Pain BC	Provides information to patients and health care providers with information on understanding pain, approaches available to treat pain, and self management.
Canadian Pain Society	Fosters and encourages research on pain mechanisms and pain syndromes and helps improve the management of patients with acute and chronic pain by promoting and facilitating the dissemination of new information in the field of pain.
International Association for the Study of Pain	Brings together scientists, clinicians, health care providers, and policy makers to stimulate and support the study of pain and to translate that knowledge into improved pain relief worldwide.
The Foundation for Medical Excellence	A public non-profit foundation, whose mission is to promote quality healthcare and sound health policy. To achieve its mission, The Foundation develops and presents a wide range of educational programs, and provides consulting services. Co-sponsors the annual Chronic Pain and Suffering Symposium .