

## 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.

#### Disclaimer and Limitation of Liability

This document has been compiled by the British Columbia Ministry of Health, Pharmaceutical Services Division. The material contained is for information only and is not intended to be a substitute for professional medical advice, diagnosis or treatment. The Ministry of Health does not endorse, recommend, or control linked websites and accepts no responsibility whatsoever for their contents or views. The Ministry of Health does not accept any liability or blame for damages to any person or business entity because of using this document or any website linked to it.

Suggested Resource	Description
<b>Clinical Practice Guidelines</b>	
<a href="#">Canadian Guideline for Safe and Effective Use of Opioids for Chronic Noncancer Pain</a>	2010 consensus guideline developed by the National Opioid Use Guideline Group. A <a href="#">Practice Toolkit</a> is available. Clinical summaries for <a href="#">general</a> and <a href="#">special</a> populations by Kahan et al. 2011 are available.
<a href="#">Interagency Guideline on Opioid Dosing for Chronic Non-cancer Pain</a>	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.
<a href="#">VA/DOD Management of Opioid Therapy (OT) for Chronic Pain</a>	2010 consensus guideline jointly developed by the U.S. Department of Veterans Affairs (VA) and the Department of Defense (DOD).
<a href="#">Clinical Guidelines for the Use of Opioid Therapy in Chronic Noncancer Pain</a>	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.
<a href="#">AGS Guideline for the Pharmacological Management of Persistent Pain in Older Persons</a>	2009 consensus guideline developed by the American Geriatric Society.
<b>Physician Resources and Education</b>	
<a href="#">Rapid Access to Consultative Expertise (RACE) Program</a>  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
<b>Physician Resources and Education (continued)</b>	
<a href="#">Foundation for Medical Excellence Chronic Pain and Suffering Symposium</a>	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.
<a href="#">College of Physicians and Surgeons of British Columbia Prescribers Course</a>	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.
<a href="#">Safe Prescribing for Pain</a>	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.
<a href="#">Managing Patients Who Abuse Prescription Drugs</a>	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.
<a href="#">Minimizing the Risk of Prescription Opioid Misuse</a>	Accredited online module providing an overview of reducing the risk in use of opioids for non-cancer chronic pain.
<a href="#">Safer Prescribing, Dispensing and Administering of Opioids for Patients with Non-malignant Chronic Pain</a>	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.
<a href="#">Opioids – Friend or Foe?</a>	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.
<a href="#">Pain Management Without Psychological Dependence: A Guide for Healthcare Providers</a>	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.
<b>Patient Resources and Education</b>	
<a href="#">Understanding Pain: What to do about it in less than 5 minutes?</a>	A 5-minute patient focused video on chronic pain and what to do about it.
<a href="#">Best Advice for People Taking Opioid Medication</a>	An 11-minute physician and patient focused video by Dr. Michael Evans providing information and advice for patients taking opioids.
<a href="#">Consumers Can Help Prevent Harm from Opioid Use!</a>	A short video for patients by ISMP Canada what they can do to prevent potential harms related to opioids.
<a href="#">Opioid Information for Patients</a>	Messages for patients recommended by the National Opioid Use Guideline Group.
<a href="#">Conquering Pain for Canadians Booklet</a>	Patient information developed by the Canadian Pain Coalition.
<a href="#">Self-Management British Columbia</a>	Provides information and access to self-management programs that help to provide patients the knowledge, skills, and confidence to successfully manage chronic health conditions.
<a href="#">People in Pain Network</a>	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 <a href="#">Pain Toolkit</a> , an online guide to the principles of pain self-management.
<a href="#">Physical Activity Line</a>	A physical activity counselling service and resource for practical physical activity and healthy living information.

Suggested Resource	Description
<b>Pain Clinics</b>	
<a href="#">Complex Pain Clinic</a> 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.
<a href="#">Chronic Pain Clinic</a> 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.
<a href="#">Pain Program</a>  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.
<a href="#">Directory of BC Pain Clinics and Services</a>	A directory of BC pain clinics and services put together and maintained by <a href="#">Pain BC</a> .

Suggested Resource	Description
<b>Tools</b>	
<a href="#">Opioid Manager</a>	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.
<a href="#">Opioid Manager – Switching Opioids</a>	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.
<a href="#">National Opioid Use Guideline Group Practice Toolkit</a>	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).
<a href="#">Opioid Dose Calculator</a>	Online opioid dose converter. Can also be downloaded in the MS Excel format.
<a href="#">Monitoring and Assessment Tools</a>	Online access to a number of monitoring and assessment tools for opioid misuse (e.g., Opioid Risk Tool, CAGE-AID, and PHQ-9).
<a href="#">Monitoring and Assessment Tools</a>	Online access to a large number of monitoring and assessment tools.
<b>Substance Abuse</b>	
<a href="#">Primary Care Addiction Tool Kit</a>	Practical reference from the Center for Addiction and Mental Health for primary health care providers with patients who have substance abuse problems.
<a href="#">Pain Management Without Psychological Dependence: A Guide for Healthcare Providers</a>	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.
<b>Benzodiazepine Tapering</b>	
<a href="#">Canadian Guideline for Safe and Effective Use of Opioids for Chronic Noncancer Pain</a>	Outlines the benzodiazepine tapering regimen recommended by the National Opioid Use Guideline Group.
<a href="#">The Ashton Manual (Benzodiazepines: How They Work and How to Withdraw)</a>	A protocol published by Dr. Heather Ashton on how to safely taper and withdraw benzodiazepines.
<b>Opioid Tapering</b>	
<a href="#">Canadian Guideline for Safe and Effective Use of Opioids for Chronic Noncancer Pain</a>	Outlines the opioid tapering regimen recommended by the National Opioid Use Guideline Group.
<a href="#">When and How to Taper Opioids</a>	An article from the College of Physicians and Surgeons of Ontario on when and how to taper and discontinue opioid analgesics.
<a href="#">Opioid Tapering: Safely Discontinuing Opioid Analgesics</a>	An article briefly outlining some of the regimens used to taper and discontinue opioid analgesics.
<b>Prescription Monitoring Programs</b>	
<a href="#">BC PharmaCare Restricted Client Program</a>	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.
<a href="#">Non-Insured Health Benefits Prescription Monitoring Program (NIHB-PMP)</a>	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.
<b>Medical Marijuana</b>	
<a href="#">Health Canada</a>	Current information on the status of medical marijuana in Canada and how to apply for access.
<b>Organizations</b>	
<a href="#">College of Physicians and Surgeons of British Columbia</a>	Operates the <a href="#">Prescription Review Program</a> , a peer review initiative of the College to review physician prescribing of controlled substances. Co-sponsors the annual <a href="#">Foundation for Medical Excellence Chronic Pain and Suffering Symposium</a> and the twice yearly <a href="#">Prescriber's Course</a> . College staff are also able to search for and retrieve relevant scientific articles for physicians.



Suggested Resource	Description
<b>Organizations (continued)</b>	
<a href="#">Michael G. DeGroot National Pain Centre</a>	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.
<a href="#">Physicians for Responsible Opioid Prescribing (PROP)</a>	PROP's aims are to reduce morbidity and mortality resulting from prescribing opioids and to promote cautious, safe, and responsible opioid prescribing practices.
<a href="#">Pain BC</a>	Provides information to patients and health care providers with information on understanding pain, approaches available to treat pain, and self management.
<a href="#">Canadian Pain Society</a>	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.
<a href="#">International Association for the Study of Pain</a>	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.
<a href="#">The Foundation for Medical Excellence</a>	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 <a href="#">Chronic Pain and Suffering Symposium</a> .