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

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/Pubs/631077-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/Pubs/631078-ChronicPain.pdf

Safe and Responsible Use of Opioids for Chronic Pain: A Patient Information Guide

https://www.va.gov/PAINMANAGEMENT/Opioid_Safety/OSI_docs/10-791-Safe_and_Responsible_Use_508.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

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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://comagine.org/resource/1886

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

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

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_JVoBEyxacdQcDn5kJlSzR-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://www.doh.wa.gov/Portals/1/Documents/2300/2019/630146.pdf

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Opioid Overdose Response

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

Stigma

Words Matter: Preferred Language for Talking About Addiction

Article and resources from the National Institute of Drug Abuse that addresses how the words used may stigmatize the patient seeking help for a chronic medical condition.
https://www.drugabuse.gov/drug-topics/addiction-science/words-matter-preferred-language-talking-about-addiction

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://comagine.org/resource/1893

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