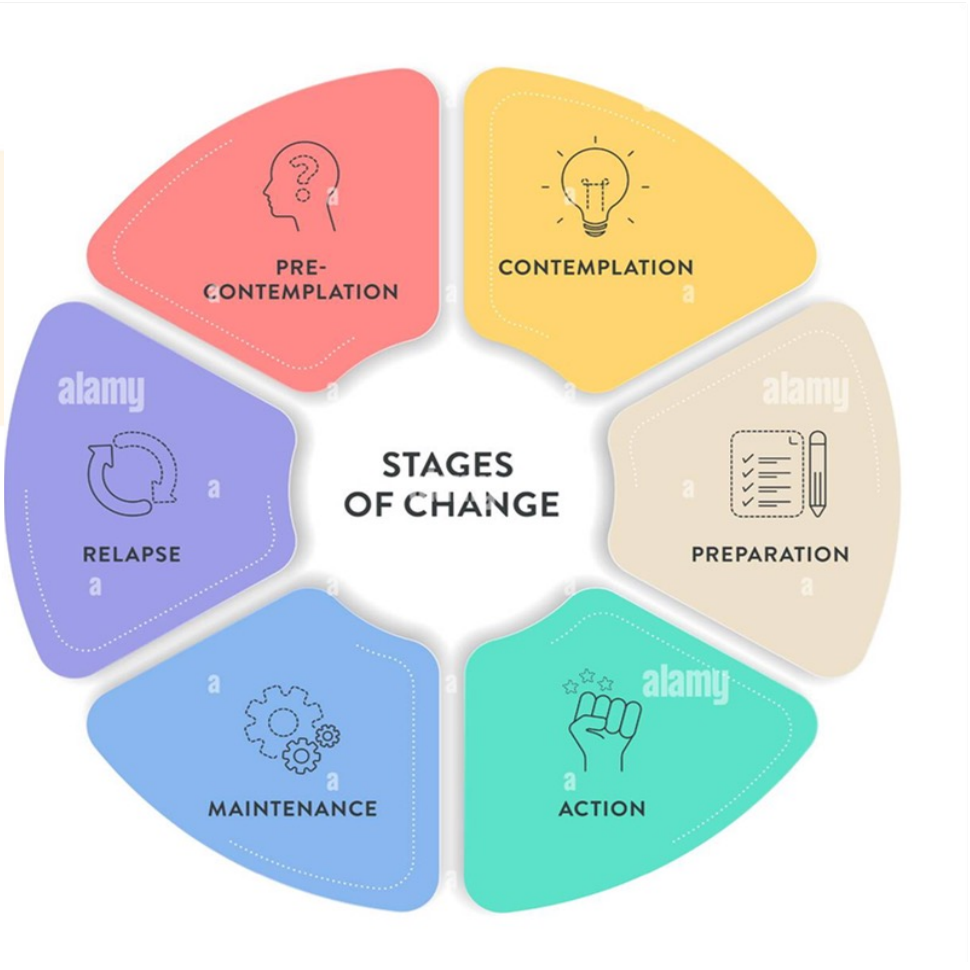
# Chronic Pain Management in Primary Care

A Pharmacists Experience

# Chronic Pain and The Cycle of Change



## Pre-Contemplation

? Patient living with Chronic Pain despite opioid use +/- polypharmacy.

? Unaware of risk.

## Contemplation

💡 Discuss risks associated with long term use of opioids and other medication.

💡 Discuss risk of dependence and tolerance (including addiction)

💡 Consider other factors that could be contributing to pain: social, domestic (occupation / lifestyle)

💡 Give the patient time to consider how pain affects them.

💡 Ask regarding side effects experienced: concentration, tremors, chronic headache. Consider Hyperalgesia.

## Preparation

- Agree a plan with the patient.
- Discuss potential withdrawal symptoms.
- Provide safety netting.
- Use your MDT if available.
- Identify non-drug pain management techniques
- Arrange Follow-up.

## Action

- Patient implements change
- Ensure records and prescriptions are clear to avoid errors.
- Continued follow-up as planned

## Maintenance

- Congratulate your patient.
- Engage your MDT.

## Relapse

- Revert to lowest tolerated dose where possible.
- Review achievements made.
- Advise on further review.

# Example Review of Chronic Pain

**Current High-Risk Medication**

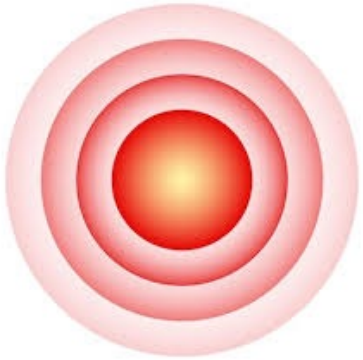
Transtec 70mcg Patch – Apply ONE patch every 72 hours.

Maxitram SR 200mg – One Capsule Twice a Day

DHC 60mg – One tablet Three Times a Day

Diazepam 5mg – One Tablet Twice a Day

Gabapentin 400mg – One capsule Three Times a Day



24 hrs:

| | |
|---|---|
| Dihydrocodeine Oral | 180 mg |
| Tramadol Oral | + 400 mg |
| Buprenorphine Patch | + 70 mcg/h |

is equianalgesic to any **one** of the following:

(dose -25% makes allowance for pharmacological variation)

| Oral Opioid | 24 hr dose | (dose -25%) |
|---|---|---|
| Morphine Oral | 258 mg | 193 mg |
| Codeine Oral | 2580 mg | 1935 mg |
| Dihydrocodeine Oral | 2580 mg | 1935 mg |
| Oxycodone Oral | 129 mg | 96 mg |
| Tramadol Oral | 1720 mg | 1290 mg |
| Hydromorphone Oral | 34 mg | 25 mg |
| Tapentadol Oral | 645 mg | 483 mg |

| SC Opioid | 24 hr dose | (dose -25%) |
|---|---|---|
| Fentanyl SC | 1720 mcg | 1290 mcg |
| Diamorphine SC | 86 mg | 64 mg |
| Alfentanil SC | 8600 mcg | 6450 mcg |
| Hydromorphone SC | 17 mg | 12 mg |
| Oxycodone SC | 64 mg | 48 mg |

| IV Opioid | 24 hr dose | (dose -25%) |
|---|---|---|
| Morphine IV | 86 mg | 64 mg |
| Fentanyl IV | 860 mcg | 645 mcg |

| Patch Opioid | 24 hr dose | (dose -25%) |
|---|---|---|
| Fentanyl Patch | 86 mcg/h | 64 mcg/h |
| Buprenorphine Patch | 100 mcg/h | 75 mcg/h |

# My Tips for Success

