

CT BEHAVIORAL HEALTH HOMES

Pain Awareness Toolkit


“Everyone experiences pain differently, so each individual’s regimen to treat and manage that pain should be personal, too.”

-www.uspainfoundation.org



September 2020

Pain Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 World Sexual Health Day	5
6	7 Labor Day	8 World Physical Therapy Day	9	10	11	12
13	14	15	16	17	18	19
<p>Balance Awareness Week</p> <p><i>“The theme of this year’s Balance Awareness Week is ‘Uncovering the Mystery’ of vestibular diagnosis. So many people go for so long trying to figure out what is going on with them that they have become sleuth to advocate for their own health” -vestibular.org</i></p>						
20	21	22	23	24	25 Psychotherapy Day	26
27	28	29	30			

Resources For Providers

Online Resources

[Tips for Talking about Opioids and Pain with Patients](#)—A collection of materials that provide support to providers as they have difficult conversations around Opioids and pain

[Interprofessional Pain Curriculum Outline](#)—Curriculum that provides a basic overview of suggesting topics for interprofessional learning that can be developed further and in more detail unprofessionally

[Chronic Pain Acceptance Questionnaire](#)—Questionnaire to assess a client's level of pain

[Illness Perception Questionnaire](#)—Questionnaire to assess adverse side effects and client's thoughts on recent illness

[Types of Pain](#)—An in-depth look at the different types of pain related to the following categories: Acute Pain; Cancer Pain; Headache, Neuropathic Pain; Oral/Maxillofacial Pain; Rheumatologic/Myofascial Pain; Spine Pain; and Other Types of Pain

Relevant Articles

[Behavioral Health and Chronic](#)—Article that discusses how an integrative approach can help people find relief from chronic pain



Training Opportunities

[Pain Assessment in the Patient Unable to Self-Report: Position Statement with Clinical Practice Recommendations](#)—A document designed to provide guidance for clinicians caring for populations in which pain assessment is difficult

[Treating Chronic Pain without Opioids](#)—Review various options and tools for managing chronic pain





[Communicating with Patients](#)—Learn communication strategies that can be used when treating chronic pain

[Determining Whether to Initiate Opioids for Chronic Pain](#)—Mechanisms for deciding if opioids should be prescribed, and next steps for treatment

Resources in CT

[HUSKY Health Pain Management Program](#)—information and tools that allow for safe and effective management for patients dealing with chronic pain conditions

BHH Services and Pain Management

Comprehensive Care Management (TCM, CM)	Care Coordination (TCM, CM)	Health Promotion (Psycho-Education)	Patient and Family Support (TCM, CM)	Comprehensive Transitional Care (CM)	Referral to Community Support Services (TCM, CM)
<ul style="list-style-type: none"> ⇒ Assess a client's pain level ⇒ If, after an evaluation, the client indicates an above average level of pain, make plans for client to see PCP or a specialist in a field relevant to the source of the client's pain. ⇒ Follow up with client to ensure pain is properly managed ⇒ Follow up with client to ensure source of pain is correctly identified ⇒ Support client in understanding the source of, and treatment for, pain. 	<ul style="list-style-type: none"> ⇒ Help client set up appointments with primary care physician to discuss pain ⇒ Advocate on behalf of client to ensure care is received related to pain. ⇒ Follow-up with PCPs and specialists to ensure client receives services ⇒ Follow up with PCP and/or specialist to develop an understanding of client's needs and treatment to manage pain. 	<p>Educate clients using a curriculum/presentation that will:</p> <ul style="list-style-type: none"> ⇒ Enable clients to communicate their pain to community providers ⇒ Provide clients with the skills to manage pain without the use of opioids, if possible ⇒ Provide clients with the skills to schedule appointments to receive pain management services 	<ul style="list-style-type: none"> ⇒ Discuss barriers to managing pain and develop ways to overcome them ⇒ Designate a family member or natural support who can ensure does what is needed to manage pain (exercise, stretch, etc.) ⇒ Designate a family member or natural support who can advocate on behalf of client during appointments 	<p>If the client is hospitalized or receives inpatient services due unmanaged pain:</p> <ul style="list-style-type: none"> ⇒ Monitor the clients progress and ensure the client leaves the hospital with a pain management treatment plan ⇒ Help client understand although their pain may be chronic, there are ways to improve their quality of life 	<ul style="list-style-type: none"> ⇒ Make referrals on behalf of a client when necessary ⇒ Follow-up with PCPs and specialists to ensure client receives services

Resources For Clients

Handouts/Online Resource

[Headache Diary](#)—Form to give to clients to track the time and intensity of their headaches

[Fibromyalgia Fact Sheet](#)—Sheet that goes over symptoms of fibromyalgia

[A Patient Guide to Rheumatoid Arthritis](#)—A guide to help patients who are diagnosed with Rheumatoid Arthritis learn how to manage and treat the pain

[Acute Low Back Pain Fact Sheet](#)—Sheet to provide facts about low back pain and offer a few exercises that may help manage the pain

[Ticks and Lyme Disease](#)—Handout the reviews how to prevent Lyme Disease and when to see a doctor

[Patient education: Knee pain](#)—website that provides an overview of knee pain

[Safe and Effective Pain Control After Surgery](#)—Document highlighting how drugs and therapy can be used to control pain

Videos

[Migraine, Causes, Signs and Symptoms, Diagnosis and Treatment](#)

[What is Diabetic Neuropathy](#)

[Living with Lupus](#)



Communication Tools:

Tools created by the American Chronic Pain Association to help clients communicate with their healthcare providers

[Every Day Tools](#)

[During Your Visit Tools](#)

[Follow Up Tools](#)

Opioid Use and Pain

[What to Ask Your Doctor Before Taking Opioids](#)—Questions to ask when a doctor prescribes an opioid

[Opioids for Acute Pain: Get the Facts](#)—Informative flyer providing facts around opioid prescriptions as a treatment for acute pain

[Consumer Information on Pain](#)—Complementary and integrative health approaches for pain management

[Promoting Safer and More Effective Pain Management](#)—Informative flyer defining opioids, their effects, and their addictive characteristics

[Conversation Starters: If You Have Chronic Pain](#)—Overview of all options available to treat pain