

STRATEGIES FOR PREVENTING CHRONIC PAIN

Preventing Chronic Pain - Following these basic guidelines may help prevent acute pain from becoming chronic.

Effective management of conditions that increase the risk of chronic pain (ex: Effectively managing Diabetes to prevent diabetic neuropathy, weight loss/weight control strategies to limit the painful conditions such as arthritis and low back pain associated with obesity).

Screen for and offer intervention for drug and/or alcohol abuse, dependence or problematic consumption.

Tobacco cessation – Smoking is associated with an increased risk of back pain and other pain disorders and smokers have high pain intensity scores (with associate functional implications) than do non-smokers.

Effective treatment of depression and anxiety which are risk factors for developing chronic pain as well as significant complicating factors in managing chronic pain.

Preventive strategies to prevent conditions that might result in chronic pain (ex: vaccinating for herpes zoster to prevent acute zoster and post herpetic neuralgia).

Try non-opioid therapies. In most cases, treat acute pain with non-opioid analgesics, physical therapy or other non-opioid therapies. Consider opioid if non-opioid strategies do not provide adequate relief and/or the severity of pain/clinical presentation warrants that choice.

Use opioids with caution. Follow these guidelines if prescribing opioids for acute pain.

Dispense on the number of doses needed, based on the usual severe enough to require opioids for that condition.

Use the lowest potency opioid effective for the condition.

Reevaluated, rather than simply continuing opioids, if pain persists beyond the normal time of acute pain treatment. Continuing opioids may represent initiation of COT without a proper chronic pain assessment.

Your provider at Snodgrass' Pain & Family Clinic is in charge of seeing you regularly. Your provider needs to make sure your medicine is helping your pain and that you are staying with the Snodgrass' Chronic Pain Medication Management Agreement. Your provider needs to make sure you are not having problems with your medicine.