

Practising Well Community of Practice

Appropriate opioid prescribing for chronic pain

July 28, 2021

The Practising Well Community of Practice is an intentional conversation for shared learning hosted by the OCFP. The Practising Well Community of Practice is one component of the **OCFP's Practising Well Program**. You can reach us by email at practisingwell@ocfp.on.ca.

Practising Well is designed to support you in providing the best care possible for your patients with their **mental health, substance use disorders and chronic pain**. It is an active and engaged online community that gives you access to a deep well of knowledge to make your practice easier today, and to improve it in the future.

At the core of Practising Well are three distinct, yet interrelated, parts:

- Community of Practice
- Information Exchange: An easy-to-navigate online repository of information.
- Peer to Peer Connect: An opportunity to partner with another family physician in a one-on-one setting and share experiences and best practices.

General Resources

- Practising Well - <https://www.ontariofamilyphysicians.ca/education/practising-well>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

Shared Resources

Ontario Health Opioid Prescribing for Chronic Pain Quality Standard

- **Opioid Prescribing for Chronic Pain** - <https://hqontario.ca/portals/0/documents/evidence/quality-standards/qs-opioid-chronic-pain-clinician-guide-en.pdf>
- **Patient Reference Guide** - <https://www.hqontario.ca/portals/0/documents/evidence/quality-standards/qs-opioid-chronic-pain-patient-guide-en.pdf>
- **Tools for Implementation** - <https://quorum.hqontario.ca/en/Home/Posts/Opioid-Prescribing-for-Chronic-Pain-Quality-Standard-Tools-for-implementation>

Guidelines

- CDC Guidelines for Prescribing Opioids for Chronic Pain
<https://www.cdc.gov/mmwr/volumes/65/rr/rr6501e1.htm/>
- Interagency Guidelines on Prescribing Opioids for Chronic Pain – Washington State
<http://www.agencymeddirectors.wa.gov/Files/2015AMDGOpioidGuideline.pdf>
- Canadian Pain Guidelines
<https://healthsci.mcmaster.ca/npc/guidelines>

Resources

- Iowa Health Care Collaborative – Podcast
<https://podcasts.apple.com/dm/podcast/compass-opioid-stewardship-program-podcast/id1560227718>
- University of Washington Pain Medicine
<https://depts.washington.edu/anesth/care/pain/telepain/mini-site/didactic-and-schedule.shtml>
- Physicians for Responsible Opioid Prescribing

- <http://www.supportprop.org/resource/educational-materials/>
- Advocates for the reform of prescription opioids
<https://rxreform.org/>
- Machealth Opioids Clinical Primer
https://machealth.ca/programs/opioids_clinical_primer/

CEP Clinical Tools

- Chronic Non-Cancer Pain
<https://cep.health/clinical-products/chronic-non-cancer-pain/>
- Opioid Manager
<https://cep.health/clinical-products/opioid-manager/>
- Opioid Tapering
<https://cep.health/clinical-products/opioid-tapering-template/>
- Opioid Use Disorder
<https://cep.health/clinical-products/opioid-use-disorder/>

Videos

- Understanding Pain in less than 5 minutes, and what to do about it!
https://www.youtube.com/watch?v=C_3phB93rvI
- Understanding Pain: Brainman stops his opioids
<https://www.youtube.com/watch?v=MI1myFQPdCE>

Mike Evan Videos:

- Managing Low Back Pain
<https://www.youtube.com/watch?v=BOjTegn9RuY>
- Opioids
<https://www.youtube.com/watch?v=7Na2m7lx-hU>
- Exercise
<http://www.evanshealthlab.com/23-and-12-hours/>

Interesting Articles

- Reducing the Risk of Relief
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4852278/>
- Moving Beyond Misuse and Diversion: The Urgent Need to Consider the Role of Iatrogenic Addiction in the Current Opioid Epidemic
<https://ajph.aphapublications.org/doi/abs/10.2105/AJPH.2014.302147>
- Opioids for Osteoarthritis Pain: Benefits and Risks
<https://pubmed.ncbi.nlm.nih.gov/23242901/>
- The Origins of Addiction: Evidence from the Adverse Childhood Experience Study
<https://www.nijc.org/pdfs/Subject%20Matter%20Articles/Drugs%20and%20Alc/ACE%20Study%20-%20OriginsofAddiction.pdf>
- When Physical and Social Pain Coexist: Insights Into Opioid Therapy
<https://www.annfammed.org/content/annalsfm/early/2020/12/15/afm.2591.full.pdf>