Collaborative Approach to Chronic Non-Malignant Pain

ONTARIO FHT PHARMACISTS NETWORKING DAY

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Why Chronic Non-Malignant Pain?

- Multidimensional condition
- Time intensive
- Close monitoring for efficacy and safety of pharmacological therapy
- Goal: Provide effective pain management while minimizing risk of complications
Description of Service

- Referral from physician
- Capacity: 2 new patients per week
- Initial assessment (one hour scheduled)
  - Joint with pharmacist and nurse
  - Opioid agreement, pain & opioid teaching
  - Assess for additional supports
  - Documentation and recommendations
  - Review with physician
  - Implement recommendations, individual monitoring
- Criteria for referral back to physician
Opioid Teaching Tool

Opioid Side Effect Teaching Tool

- Constipation
  - This is the most common side effect.
  - Movement in the intestine slows, and there are fewer contractions, resulting in less bowel movement.
  - Your doctor may prescribe a bowel medication.
  - Eat enough fiber and drink enough fluids.
  - Exercise also helps.

- Constipation
  - The side effect usually lasts for a short time.
  - Maintenance or applying a cool compress may help.

- Tiredness
  - Change positions slowly.
  - Do not get up too quickly.

- Nausea
  - More common when starting or increasing a medication.
  - When on a new, you may need to ask yourself how to drive a car.
  - A medication review may be helpful to assess what medications may be contributing.

- Nausea, vomiting, upset stomach
  - These symptoms are of the common but are usually short-lived.
  - Try smaller, more frequent meals, bland foods may help.
  - You may need a medication for nausea.

Long Term Effects with High Doses:
- Increase in pain
- HeroinCravings

Potential Withdrawal Symptoms
Suddenly stopping or decreasing your opioid medication may result in:
- Stomach cramps
- Anemia
- Nurturing
- Headache
- Glaucoma
- Gastroenteritis
- Increased heart rate
- Nervous system
- Sleep disturbance

- Keeping a pain control journal may be helpful for your healthcare provider to track your medication effectiveness.
- Report any new or concerning side effects to your healthcare provider.

Guelph Family Health Team
Implementation

- Referring physicians = 4
- Initial assessments = 24 patients
- Pending referrals = 20 patients
- Follow up visits
  - Variable in frequency, duration
Outcome Measurement

- **Process outcomes**
  - Number of patients
  - Number of follow up visits
  - Time for assessments and follow up visits

- **Quality of life outcomes**
  - Functioning
  - Self management ability
  - Patient satisfaction
## Barriers & Facilitators

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<td>Physician support</td>
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<td>No shows</td>
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<td>Complicated mental health comorbidities</td>
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Areas in Development

- Outcome measurement tools
- Communication with support staff, prescriptions
- Skill development
  - Complex mental health/social issues
- Questions?