

# Collaborative Approach to Chronic Non-Malignant Pain



**ONTARIO FHT PHARMACISTS  
NETWORKING DAY**

**NOVEMBER 10, 2009**

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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**

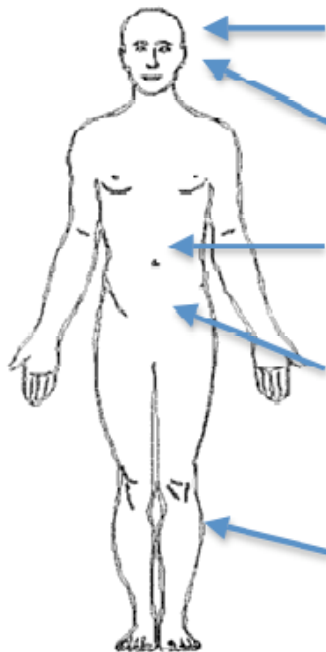
# Description of Service



- 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



### Dizziness

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

### Sedation/drowsiness

- More common when starting or increasing a medication.
- Drive with caution, you may need to ask someone else to drive at times.
- A medication review may be helpful to assess what medications may be contributing.

### Nausea, vomiting, upset stomach

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

### Constipation

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

### Itching

- This side effect usually lasts for a short time.
- Moisturizers or applying a cool compress may help.

### Long Term Effects with High Doses:

- Increase in pain
- Hormone changes

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

### Potential Withdrawal Symptoms

Suddenly stopping or decreasing your opioid medication may result in:

- Abdominal cramps
- Anxiety
- Sweating
- Coughing
- Dilated pupils
- Goose bumps
- increase in blood pressure
- insomnia
- increase in tear production
- Muscle cramping
- Runny nose
- increased heart rate
- increased breathing rate

It is important to know that withdrawal symptoms are uncomfortable but are NOT life-threatening.

# 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



<b>Barriers</b>	<b>Facilitators</b>
<p data-bbox="247 722 966 787"><b>Scheduling appointments</b></p> <p data-bbox="472 868 745 933"><b>No shows</b></p> <p data-bbox="226 1023 987 1161"><b>Complicated mental health comorbidities</b></p> <p data-bbox="483 1250 724 1315"><b>Capacity</b></p>	<p data-bbox="1239 722 1753 787"><b>Physician support</b></p> <p data-bbox="1081 868 1900 933"><b>Collaborative team approach</b></p> <p data-bbox="1144 1023 1837 1161"><b>Autonomy in design and implementation</b></p>

# Areas in Development



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