

CHRONIC PAIN



I am so tired of my back hurting all the time.



With this pain, I'm afraid I'll never lift my grandson.



It's been 10 days and my right shoulder still really hurts.



Oh, this headache. Not again today.



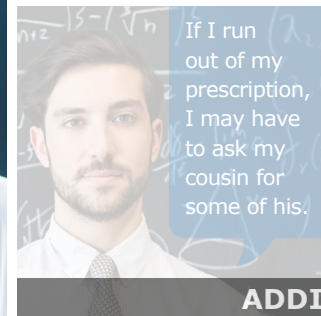
I've got to help my patients improve their functioning and manage their chronic pain.



The pain in my stomach isn't going away. Could something worse be going on?



Dealing with pain and PTSD from my combat injury is so hard.



If I run out of my prescription, I may have to ask my cousin for some of his.



This accident shouldn't have destroyed my life, but now it's just about the pills.

ACUTE PAIN

ADDICTION

PAIN HAS MANY FACES



Together We Can Manage This

When faced with a patient with chronic pain, consider the following:

- Respond to the patient's expression of dissatisfaction and distress
- Establish pain management, rather than relief, as the goal
- Discuss lifestyle choices that the patient can change and connect them to non-pharmacologic modalities of pain management

RESOURCES FOR YOU

- **Pain Treatment Guidelines.** Includes non-opioid therapies, from the state of Oregon → bit.ly/PainTxGuidelines
- **Treating Chronic Pain Without Opioids.** Free CME from the Centers for Disease Control and Prevention (CDC). → bit.ly/ChronicPainCME

RESOURCES FOR YOUR PATIENTS

- **PAINS Project.** Tips for patients about communicating their pain to healthcare providers. → bit.ly/PainTalk
- **Patient Information on Opioids and Chronic Pain.** Materials covering expectations for opioid therapy, FAQs, and more from the CDC. → bit.ly/PainFAQs

URLs are case-sensitive.

OPIOID RISK PREVENTION PARTNERSHIP



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