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.