

Additional Patient and Provider Pain and Addiction Resources

1. Books

- a. [Explain Pain. 2nd ed.](#) (Butler D, Moseley L. *Explain Pain*. 2nd ed. Adelaide, Australia: Neuro Orthopaedic Institute. NOI Group Publications; 2013. ISBN: 978-0-9873426-6-9.) | This book discusses how pain experiences are constructed in response to dangers and threats in our bodies and influenced by our thoughts, beliefs and context.
- b. [Pain Chronicles: Myths, Mysteries, Prayers, Diaries, Brain Scans, Healing, and the Science of Suffering](#) (Thernstrom M. *Pain Chronicles: Myths, Mysteries, Prayers, Diaries, Brain Scans, Healing, and the Science of Suffering*. New York: Farrar, Straus, and Giroux; 2010. ISBN 978-0-86547-681-3) | This book traces conceptions of pain throughout the ages and interweaves first-person reflections on the authors own battle with chronic pain, reporting from leading pain clinics and research, and insights from a wide range of disciplines.
- c. [Managing Pain Before it Manages You. 4th ed.](#) (Caudill M, Benson H, Josephson N. *Managing Pain Before it Manages You*. 4th ed. Gilford Press; 2016. ISBN 978-1462522774.) | This book spells out 10 steps that can radically change the way your patients physically and emotionally feel. The book also provides information about the causes and treatment of pain and is a good resource for providers and patients.
- d. [You Are Not Your Pain.](#) (Burch, Vidyamala, and Danny Penman. *You Are Not Your Pain: USING Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-Being---an Eight-Week Program*. Flatiron Books, 2015. ISBN 978-1-250-05267-4) | Developed by two authors who themselves have struggled with severe pain after sustaining serious injuries, *You Are Not Your Pain* reveals a simple eight-week program of mindfulness-based practices that will melt away your suffering.
- e. [A Child in Pain.](#) (Kuttner, Leora. *A Child in Pain: How to Help, What to Do*. Crown House Publishing, 2008. ISBN: 9781845904364) | This comprehensive book is designed to help health professionals of all disciplines who work with children gain understanding and skill in how to approach and treat children's pain, and help children understand and cope with their own pain.
- f. [Say Goodnight to Insomnia](#) (Jacobs, Gregg D. *Say Goodnight to Insomnia: The 6-Week Programme Proven More Effective than Sleeping Pills*. Rodale, 2011. ISBN: 9780805089585) | This program is based on cognitive behavioral therapy and has been shown to improve sleep long-term in 80 percent of patients, making it the gold standard for treatment. He provides techniques for eliminating sleeping pills; establishing sleep-promoting behaviors and lifestyle practices; and improving relaxation, reducing stress, and changing negative thoughts about sleep.

2. Patient Handouts:

- a. [Communicating with Your Provider for Better Pain Management and Safer Opioid Use](#) (American Institute for Research) | This guide offers information to

help patients have conversations with their provider when developing a chronic pain treatment plan that may include opioids.

- b. [Communicating with Your Provider to Manage Chronic Pain](#) (American Institute for Research) | This guide can be given to patients and provides tips about working with their provider to develop a pain management plan and information to help patients discuss opioids with their providers.
- c. [Recovery Strategies – Pain Guidebook](#) (Lehman, Greg. “Recovery Strategies - Pain Guidebook.” *Greg Lehman*.) | The book is designed to help therapists and patients deal with injuries and persistent pain. The book can be used alone or can be used with a therapist.
- d. [The Pain Truth ... and Nothing But! An Easy to Understand Patient Education Handbook About Pain Management](#) (Jam, Bahram. *The Pain Truth ... and Nothing But! An Easy to Understand Patient Education Handbook About Pain Management*. Advanced Physical Therapist Education Institute, 2020.) | This book’s purpose is to provide a summary of the multitude of “pain” studies in ten simplified lessons. The intention of this book is to take advanced scientific knowledge and present them in easy-to-follow lay terms.

3. Provider Handouts:

- a. [Building Trust and Engaging People with Disability in Their Own Care](#). (American Institute for Research) | This resource offers information on applying person-centered communication techniques to engage people with disability and chronic pain in their own care.
- b. [Managing Difficult Conversations About Opioids](#) (American Institute for Research) | This guide explains how to prepare for and have conversations about changes in pain management plans in a supportive way while following safe pain control practices.

4. Conversation Guides

- a. [Navigation Strategies for Compassion-Based Patient Interactions](#) (Oregon Pain Guidance Group) | This overview describes a five-step process for navigating challenging conversations about opioids.
- b. [The Art of Difficult Conversations Pocket Cards](#) (Oregon Pain Guidance Group) | These pocket cards succinctly outline strategies for having difficult conversations about opioids.
- c. [Flip the Script: Discussion Guide](#) (Minnesota Department of Human Services) | This resource for providers offers guidance on having difficult conversations about pain, pain management, and the risks of opioids.
- d. [The “FAVER” Approach: Responding to Inappropriate Patient Requests](#) (American Academy of Family Physicians) | This pocket card for providers concisely outlines the FAVER approach to responding to inappropriate requests from patients.
- e. [Getting to no: How to respond to inappropriate patient requests](#). (Kane, M., & Chambliss, L. (2018). *FamilyPractice Management*, 25(1), 25–30.) |

- f. [Common Traps and Negotiation Strategies](#) (Oregon Pain Guidance Group) | This tip sheet presents examples of negative reactions to difficult opioid conversations and constructive ways to respond.

5. Video Vignettes:

- a. A Guide to Difficult Conversations About Chronic Pain (Group Health Institute and the University of Washington)
 - i. [High Risk Low Benefit Scenario](#) (6 minutes) | A provider models a discussion about reducing the opioid dose of a poorly motivated person with chronic pain by using good listening skills and motivational interviewing techniques.
 - ii. [Opioid Diversion Scenario](#) (4 minutes) | A provider demonstrates compassion and boundary setting with a person suspected of diverting medication.
 - iii. [Positive Urine Drug Screen Scenario](#) (4 minutes) | A provider sets boundaries and makes safe decisions for a person who tested positive for unprescribed benzodiazepine.
- b. [Tame the Beast](#) (5 minutes) | an animated video for patients explaining how pain scientists now understand pain including the approach of retraining patients pain system.

6. Articles:

- a. [Withdrawal-associated injury site pain: A descriptive case series of an opioid cessation phenomenon](#). (Rieb L, et al. Pain. 2016 Dec; 157(12):2865-2874 doi: 10.1097/j.pain.0000000000000710.) | This research represents the first known documentation that previously healed, and pain-free injury sites can temporarily become painful again during opioid withdrawal, an experience which may be a barrier to opioid cessation, and a contributor to opioid reinitiation.
- b. [The Power of Casual Gratitude](#) (Beck, Julie. *The Atlantic*, Atlantic Media Company, 27 June 2016) | an article about the power of gratitude and replacing “I’m sorry” with a simple “thank you”.

7. Miscellaneous

- a. [VOMIT \(Radiology Facts\) Wall Poster](#) (Advanced Physical Therapist Education Institute) | The purpose of the VOMIT poster (18" X 24") is to show patients at a glance the TRUE facts on their x-ray, ultrasound, CT Scan and MRI results in an easy to understand format; to optimistically prevent them from becoming a VOMIT (Victim Of Medical Imaging Technology).
- b. [Pain Care for Life, Self-Care Resources](#) (Lifemark)| For those living with chronic pain, these self-care resources offer guided practices that can help patients manage pain, move with more ease and get back to life. Resources include: guided video exercises, electronic books, audio lessons and fun,

interactive exercises which can be recommended to patients or integrated into a pain treatment plan.