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Subject: FW: Difficult conversations--experiences from a front-line clinician
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To: lauren.walker@comcast.net

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From: PainEDU.org [<mailto:info@painedu.ccsend.com>] **On Behalf Of** PainEdu Newsletter
Sent: Wednesday, January 16, 2013 2:04 PM
To: Lauren Walker
Subject: Difficult conversations--experiences from a front-line clinician

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PainEDU.org Newsletter

IMPROVING PAIN TREATMENT THROUGH EDUCATION

VOLUME 107, NUMBER 2

PainEDU is an educational resource for clinicians who treat patients with chronic pain.

Seeking chronic pain patients for a study on making opioid medication safer

Inflexxion, Inc., the company that produces and maintains PainEDU.org, is investigating ways to promote the safe use, storage, and disposal of pain medication to reduce the risks of diversion and overdose. We are looking for adults who have chronic pain and have been taking opioids for 3 months or longer. Participants will earn up to \$60 for completing the study requirements. **Please post this flyer** in your waiting room, and encourage your eligible patients to participate. If you have questions, please contact research coordinator [Kim McHugh](#).

This week's features:

Difficult conversations: Reducing reliance on pharmacologic treatment

Medication alone is seldom the most effective strategy for managing chronic pain. Lifestyle changes, including nutrition and exercise, can play a significant role. Dr. Ilene Robeck, co-chair of the National VA Primary Care Pain Task Force, recommends discussing non-pharmacologic therapies with chronic pain patients from the outset of treatment, and offers [strategies to help patients](#) understand and accept your lifestyle and self-management recommendations.

Difficult conversations: Reports of lost or stolen medications

When a patient claims that medication has been lost or stolen, it is your responsibility to figure out what's really happening before you issue a new prescription. Missing medication can indicate misuse or diversion, but it can reveal other possibilities--a previously unknown problem, such as cognitive impairment, or an unsafe living situation. **In this article**, Dr. Robeck explains the value of setting a consistent policy on lost or stolen medication and communicating that policy to patients before an incident occurs.

A resource for your patients with pain-painACTION.com

Developed with grant support from the NIH, [painACTION](#) is a website for your patients that provides information about self-managing chronic pain. Patients can subscribe to a weekly painACTION newsletter that highlights articles, lessons, and tools from the painACTION website. Starting today, your PainEDU newsletter will include an update on what's in the patient newsletter, and offer ideas on how to use the painACTION materials with your patients.

What painACTION subscribers are reading

The painACTION patient website recently started a series of articles that focus on techniques developed by pain patients themselves to cope with daily challenges and maintain their quality of life. *Voices of Experience* will enable those who live with pain to share their advice on enjoying life and relationships despite the limitations that pain can impose. [The first article](#), on enjoying the holidays, appeared in December. Encourage your patients to [contact us](#) and lend their own experienced voices.

New to PainEDU?

Welcome to new subscribers! On PainEDU.org, you'll find information and resources tailored to the needs of front-line clinicians who treat patients with chronic pain. Each week in the PainEDU.org Newsletter, we highlight new and topical articles, interviews, and tools from the [PainEDU website](#), and related patient-education materials from [painACTION](#).

How can PainEDU help you in 2013?

What would you like to see on PainEDU in the coming year? [Let us know your thoughts](#) on what information you need to help you treat your patients with chronic pain.

painACTION ACTIONSteps: 12 Medication Safety Resources for Your Patients

ACTIONSteps are concise, single-sheet handouts designed to help you teach your patients about managing their medications safely; the handouts can help facilitate communication on these topics.

Each of these printable patient-education sheets covers an aspect of medication safety. In *How to fill and refill an opioid prescription*, we explain the term "controlled substances" and list important questions that patients taking an opioid should review with their prescriber.

Download [ACTIONStep #2: How to fill and refill an opioid prescription](#) or, click to [download the entire set of 12 ACTIONSteps](#).

News and Resources

Remember to [check this page on our website](#) to find the latest pain news, as well as links to other resources.

What clinicians are saying about us:

"I encourage all our pain resource nurses to read the articles on PainEDU.org. It's a great jumping off point for them to begin increasing their knowledge of pain management and build their skills. I'm also strongly encouraging that each of our incoming internal medicine residents receive a copy of the PainEDU Manual and register for PainEDU."

Lee H. Stringer, Pharm.D.

Clinical Pharmacist | Surgical Service | Acute Pain Service Billings Clinic Billings, MT

To Visit the PainEDU website, go to <http://www.painedu.org>

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