

Using medicines for persistent pain



www.my.livewellwithpain.co.uk

Think about whether your medicines help you to manage your persistent pain. This tool may help you decide about using medicines in better ways for you.

Answer the questions below to help you think and decide – please bring this with you to discuss at your appointment.

How much do your medicines relieve your pain at present?

Circle the amount that is closest to your experience

0% **10%** **20%** **30%** **40%** **50%** **60%** **70%** **80%** **90%** **100%**
(No pain relief) (Completely pain free)

Do you have side effects with your current medicines?

Circle yes or no

YES **NO**

If yes, what are they?

Circle all the side effects you experience

concentration difficulties constipation sickness dizziness weight gain
hallucinations depression/low mood rashes blurred vision dry mouth
sexual difficulties Any other side effects?

Does the pain relief effect reduce despite increases in the dose regularly?

Circle yes or no

YES **NO**

Do you get any of these symptoms on missing a dose or trying to reduce your medication?

Circle all the symptoms you experience

shaking tremors nausea vomiting diarrhoea itching aching muscles

Do the medicines help in a flare-up of your pain levels?

Circle yes or no

YES **NO**

Do they help you feel good about yourself?

Circle yes or no

YES

NO

Do they help you get a good night's sleep?

Circle yes or no

YES

NO

Do they help you to keep doing the things that are important to you?


Circle yes or no

YES

NO


Write down benefits and problems or side effects of taking medicines for your pain.

Benefits +



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Problems or side effects -



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Now look through your answers.

Are there more benefits or problems in taking medicines?

Circle the answer that applies to you

More benefits

More problems

Choose from these medicine options for you now:

Tick your choice

- Stay on the medicines**
- Explore ways to reduce or make changes to them**
- Plan to gradually reduce and stop**

Please share your answers with your GP, pharmacist or pain management team.

It may help to know more ways to manage pain and cope with how it affects your life. It often leads to better pain relief, using less medication and feeling more confident to live well with pain.

More information at www.nhsfife.org/chronicpain