

# CAFÉ Scientifique

What a Pain! Debate Around the Use of Opioids in Chronic Pain Management

November 2, 2011



NOTICE: Effective November 1st you will be required to provide ID to obtain your prescription

<http://nationalpaincentre.mcmaster.ca>

## KEY MESSAGES

### From Patients:

- The person living with pain and their physician need to be open and honest with each other.
- Opioids are part of a pain management program, not the entire plan.
- Patients need to educate themselves about their health issues in order to utilize the skills of their team (e.g. physician, physiotherapist) and all the available “tools” appropriately.

### From Physicians:

- The expected benefits of opioids include on average a 30% reduction in pain relief for those conditions for which they are effective.
- There is value in carrying out an opioid trial.
- A hesitance or reluctance by your physician to increase your dose is not because he/she does not want to alleviate your pain.

### From Pharmacists:

- Use only one pharmacy for all of your medications.
- For patients with pain who also have a mood disorder or dependence it is difficult for the patient and the physician to manage the competing problems.
- There is a difference between addiction and physical dependence.