

Persistent Pain Resources: PROVIDERS

Pain Management CME:

{Required for MD and PA license renewal}

1. **NEJM Knowledge+** Free CME on Pain Management and Opioids
 - a. <https://secureknowledgeplus.nejm.org/buy/?promo=PXX9XG6X>
2. **SCOPE of Pain** – Boston University School of Medicine series of continuing education activities designed to help health professionals whose practices manage acute and chronic pain to safely and effectively treat patients with acute and/or chronic pain. Program consists of online and in-person training. For more information: <https://link.zixcentral.com/u/9c6cbf14/5iqGyNmX6xGgbybihnsoMg?u=https%3A%2F%2Fwww.scopeofpain.org%2Findex.php>

Consultation Resources:

1. **Massachusetts Consultation Service for the Treatment of Addiction and Pain (MCSTAP)** provides clinicians with free telephonic support in caring for patients with chronic pain, substance use disorder (SUD), or both. Please call **1-833-PAIN-SUD (1-833-724-6783)**, **Monday to Friday, 9 a.m. to 5 p.m.**, to reach a physician consultant. For more information: www.mcstap.com or click [here](#) to schedule a consultation in advance.

Videos: Persistent Pain Management and Taper off Opioids for Patients

1. UC Davis Opioid Patient Education (7:03)
https://www.youtube.com/watch?v=vzAID2p_Ycg
2. Outpatient Radio: A chronic Pain Listening Project
Patients sharing their experience with persistent pain and their treatment.
<http://dipi.design/outpatient-radio/>
3. Patients Stories about Opioid Tapering by DiPi UC Davis (13:03)
<https://www.youtube.com/watch?v=bdAdkcpXdw>
4. Learning to Taper off of Chronic Opioid Therapy for Patients (14:48)
<https://www.youtube.com/watch?v=BCTyqEOjK-Y>
5. This is What Happens to Your Brain on Opioids by HarvardX (4:37)

https://www.youtube.com/watch?v=NDVV_M_CSI

6. ACPA Car with Four Flat Tires (2:02)

Metaphor: Medication helps to fill up one tire but, what about the others?
Introduce the interdisciplinary approach to manage pain.

<https://www.youtube.com/watch?v=QWcr9J3MLfo>

7. How I got off prescription opioids and got my life back | This Happened To Me (4:34)

<https://www.youtube.com/watch?v=6Fxu0ZmhpjU>

8. Tapering Benzos

<http://www.benzo.org.uk/manual/>

Educational Video on Persistent Pain for Providers

Primary Care Providers Capitalizing on Behavioral Skills for Pain Management (59:51)
by Primary Care Development Corporation

https://www.youtube.com/watch?v=vV7es0KXf_U

Websites for Providers

American Society of Addiction Medicine <https://www.asam.org/asam-home-page>

The International Association for the Study of Pain <https://www.iasp-pain.org/>

Books for Providers

1. "The Body Keeps the Score" by Bessel Van Der Kalk
2. "Less Pain, Fewer Pills" by Beth Darnall
3. "The Opioid-Free Pain Relief Kit: 10 Simple Steps to Ease Your Pain" by Beth Darnall

Podcasts

1. PAINweek podcasts
2. The Painless Health podcast
3. Pain Reframed podcast

Persistent Pain Resources: Education for Patients

Websites for Patients

1. Design in the Public Interest (dipi) UC Davis: Pain Project
<http://dipi.design/pain-project/>
2. Introduction to opioids booklet (video companion)
This is a great option if someone does not have access to video or prefer reading material.
http://dipi.design/wp-content/uploads/2017/08/DiPi-UCDavis_OpioidVideo_Slideshow_07-12-2017_cc.pdf
3. Alternate Treatments Poster
Non-medication options for treating chronic pain.
http://dipi.design/wp-content/uploads/2017/08/DiPi-UCDavis_AltTreatPoster_8-5x11_07-13-2017.pdf
4. Alternative Treatments Card Deck
Shared-decision tool that providers can tailor to and integrate into their practice.
http://dipi.design/wp-content/uploads/2017/09/DiPi-UCDavis_PainTreatment_Cards_08-29-2017_cc.pdf
5. Tapering Booklet
It helps with the conversation about tapering and it normalizes the process.
Discuss common questions and answers and what to expect.
http://dipi.design/wp-content/uploads/2017/08/DiPi-UCDavis_Tapering_Slideshow_07-12-2017_cc.pdf
6. US Pain Foundation – online resource for patients and minimal resources for providers
<https://uspainfoundation.org/>
7. The American Chronic Pain Association <https://www.theacpa.org/>

Groups for Patients

1. The Recover Project in Greenfield <https://recoverproject.org/>
2. Pain Pals at Greenfield YMCA – had to move – location to be determined
3. Mindfulness- Based Stress Reduction class – at CDH

Alternative Options for Treatment

1. Acupuncture
 - a. Easthampton Community Acupuncture – has a sliding scale
2. Massage
3. ‘The People’s Medicine Project - <https://www.peoplesmedicineproject.com/>
Provides access to everyone seeking any alternative medicine treatments – Acupuncture, Massage, Homeopathy, Trauma centered yoga, Herbal consults

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