

“The Experiences of People Living with Chronic Pain While Receiving Opioids to Manage Their Pain in the Primary Care Setting”

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Webcast Post-test Answers

*(Answers are in **bold**)*

Objective: The goal/purpose of this activity is to inform healthcare providers of the barriers and facilitators of experiencing chronic pain and receiving opioid for the treatment of chronic pain through a primary care clinic.

Questions:

1. State three barriers patient say they experience while receiving opioids for pain management.
 - a. **Insurance coverage**
 - b. **Finding provider willing to prescribe opioids**
 - c. **Fighting stigma of being on opioids**
 - d. **Fear of relapse of substance use disorder**
 - e. **Lack of provider expertise**
 - f. **Lack of physiological measurements of pain**

2. There is evidence that Risk Evaluation Mitigation Strategies work to improve opioid treatment for patients.
 - a. True
 - b. **False**, there is no evidence that REMS work to improve pain management. That doesn't mean that it doesn't help, we need studies in this area.

3. State three ways a healthcare provider can support patients receiving opioids for chronic pain in the primary care setting.
 - a. **Reduce fear/anxiety by reassuring patient that they will do all they can to reduce help patient reduce pain.**
 - b. **Become politically active to make sure the voice of the patient is heard.**
 - c. **Balance the approach for pain management with non-opioids and non-medicine ways of managing pain.**
 - d. **Maintain a therapeutic relationship.**
 - e. **Care about your patient**
 - f. **Instill confidence in your patient**
 - g. **Communicate and advocate for your patient with other providers**

4. Patients with chronic pain with substance use disorder in remission do not worry about relapse while receiving opioids for pain.
 - a. True
 - b. **False**, they do worry about this. One component of your care would be to recommend support through community of faith, contact sponsor, group support such as AA or NA, individual counseling.

5. State three non-medicine ways of managing pain that the participants in this study used.
 - a. **Walking their dog**
 - b. **Fishing, swimming**
 - c. **Adjusting diet so they eat healthy**
 - d. **Get a massage**
 - e. **Go to physical therapy**
 - f. **Exercise and stretching on their own**
 - g. **Use distraction by working at their job**
 - h. **Use background noise**
 - i. **Sitting and walking with good posture**

6. 3 categories for recommendations for treatment of chronic pain in primary care are:
 - a. **Non-medicine modalities**
 - b. **Medications (opioid and non-opioid)**
 - c. **Monitoring**
 - d. **Safety**
 - e. **Follow up care**