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Pain Medication Guidance Clinic Workbook

Information, worksheets and strategies to support you on your journey to reducing your pain medication

Name ……..
Date……..

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INTRODUCTION TO THIS WORKBOOK

This workbook has been developed by members of the Pain Medication Guidance Clinic from the Norfolk and Norwich University Hospital (NNUH) Pain Management Clinic. It has been written by a Clinical Psychologist, a Trainee Clinical Psychologist, and Clinical Nurse Specialists. We are grateful to our Peer Supporters for their input into this workbook.

Our Clinic Aims

The Pain Medication Guidance Clinic offers **support and guidance** for people to make **reductions in their use of pain medication**.

We aim to support people to **improve their quality of life** by **reducing side effects and long-term effects** of pain medication.

We believe that the more people **understand**, and the more **equipped they feel**, the more they will be able to **make helpful choices towards their goals and values**.

Our Pain Medication Guidance Clinic Values

We aim to support people to make shared decisions about their pain medication reduction. We aim to support people by **guiding, not telling**. We aim to keep **people's individual situation at the heart** of your plan of care. We aim to be **honest and clear** and **support people** with **compassion and empathy**.

Who is this Workbook for?

The workbook is for anyone who is interested in understanding more about their pain medication; people considering reducing their medication but unsure about doing so, and those open to exploring additional ways of managing pain.

This workbook complements the **Pain Medication Reduction Video** which can be accessed by scanning this QR code, or visiting: https://www.youtube.com/watch?v=hK30cM9CCtU.

Our **NNUH Pain Management Department website** also contains extra tools and resources for you to access and use: https://www.nnuh.nhs.uk/departments/pain-management/

This workbook covers 5 key areas:

About me	Identifying your support network, your current pain medication plan, and your thoughts about making changes
Learn	Learning about pain medication, what to expect when reducing and skills to help manage difficult thoughts, feelings and sensations
Prepare	Building on the Learn chapter, you will continue to develop skills and make plans to prepare for your journey in reducing your medication
Reduce	Working together to make a plan of how to take steps to reduce
Maintain	Supporting you to maintain your reductions in medication and help you to continue making progress towards your goals, in line with your values

How do I use this Workbook?

We want you to use this workbook in a way that works for you. You might like to read it from start to finish and complete the sections as you go along, or you may prefer to dip in and out. Everyone is different, you might find that certain sections of the workbook may be more relevant to you.

Throughout the workbook, you will see this image where we invite you to complete a written exercise:

This workbook includes information, worksheets and signposting including QR codes and website links. If you are new to using QR codes, open the camera app on a mobile phone (or another internet enabled device with a camera) and point it at QR code. This should bring up a link which you can then click on to visit the webpage.

There is a glossary at the end of the workbook.

Outcome Measures

We may ask you to complete some outcome measure questionnaires throughout your journey with our clinic. This helps us to keep track of how you are progressing towards your goals and helps us to support the evaluation and development of this service.

ABOUT ME

My Support Network

Who are the people/places that can help support you through this journey, and how can they help? This might be family, friends, your GP, a service that you are in regular contact with. You may also wish to write down some places where you feel safe/ calm.

Name

_____

Relationship

_____

Contact number

_____

A safe place for me is

_____

_____

_____

Name

_____

Relationship

_____

Contact number

_____

A safe place for me is

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Name

_____

Relationship

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Contact number

_____

A safe place for me is

_____

_____

_____

Making Changes

The idea of reducing your medication may be something you have been considering for a long time, or not long at all. It might be that you have made the decision that you wish to reduce your medication, or somebody may have suggested it to you. Everyone is different.

Have a look at these images: When you think about reducing your medication, where are you at with it right now? Are you not considering it? Are you considering or thinking about it? Have you thought about it, and feel ready to start planning? Have you started making some changes and you would like to keep these going?

Be honest with yourself and circle which picture/ number best describes you at this point in time.

Image source credit: CommunicateHealth. Inc.

We do not underestimate how difficult it can be to make changes, and the Pain Medication Guidance Clinic team are here to support you with this and help you navigate your journey.

Peer supporter quotes

Here are some quotes from our peer supporters. We asked them how they felt when they first thought about reducing their pain medications.

"After a car accident [I] was in considerable pain…I was taking 12 medications and was just desperate to take some more medications to end my pain. What I didn't realise at that time was the difference between acute and chronic pain and how medications work with long term pain. I ran through the issues and side effects I was having and the team suggested looking at the medications I was taking and seeing if I could reduce some. This thought terrified me. I thought the medications were the only thing allowing me to get up in the morning. I was really worried about stopping them and the impact it would have"

"I've always been someone that doesn't like taking medications however you'd never have known that with the amount I was taking. The doses started off low but increased with time as their effectiveness wore off. I then got to the point that I was only taking them for the benefit of the side effect that it helped me get to sleep but with time it didn't even help with this either. I decided to try and come off all regular pain medicine as I felt I wasn't sure which of my symptoms were due to a medical reason and which just side effects. I wanted to know what 'me' was without the medications. Although they were no longer helping me it was difficult to decide the best time to come off my regular medication as I was concerned with how my body would cope with this on top of everything else"

You might like to use this space to make a note of any thoughts, feelings or questions that come up for you when you think about the idea of reducing your pain medications.

My Current Pain Medications

Please use this section to list the pain medications you are currently taking, the dose, and how often you take them. This will help you and your team to know where you are starting in this journey and help you to keep a record of your reductions.

Date:

Pain Medication	Dose	How often do I take this medication?

My Pain Management Strategies Jigsaw

We know that managing pain goes beyond medication. There may be many other strategies that you may be using to help your pain. You might be using strategies which are part of the persistent pain self-management jigsaw below, or you may have other strategies. You may have a broad range of strategies, or these may feel quite limited at the moment.

The persistent pain self-management jigsaw shows the many different areas which can help you to live well with pain. It also highlights how there are a number of different puzzle pieces which fit together to support people to best manage their pain.

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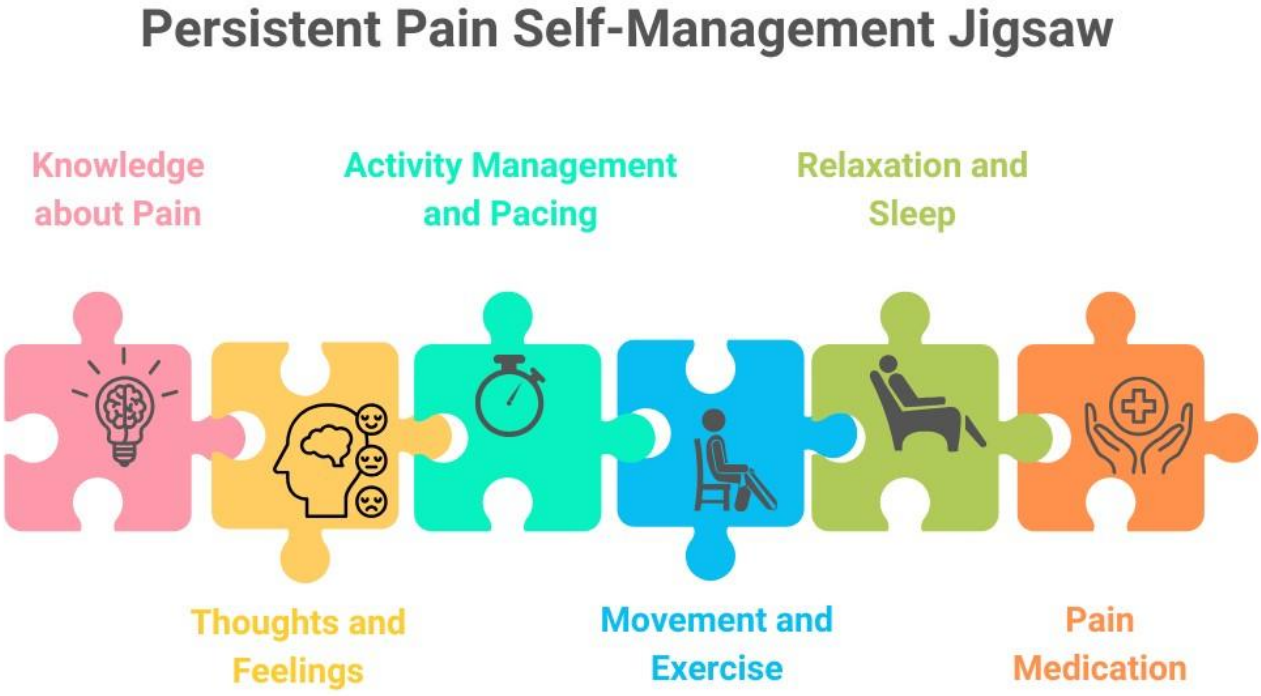


Our Living Well with Pain: Supported Self-Management sessions can provide further information and education in relation to the pain self-management jigsaw. Our Pain Management team run these sessions both online and face to face. **Please speak to a member of the team if you would like to attend this session**

Please use the space below to make a note of the strategies which you use to cope with pain, that build up your own pain management jigsaw:

Pain Diary

You can use this pain diary to keep track of your pain, and the strategy you used to try and manage your pain. This will help you and the team to understand more about your day-to-day life and help us think together about strategies which you use to manage your persistent pain.

Activity	Time	0	1	2	3	4	5	6	7	8	9	10	Strategy (medication or other)
	8am												
	10am												
	12pm												
	2pm												
	4pm												
	6pm												
	8pm												
	10pm												
	12am												
	2am												
	4am												
	6am												

LEARN

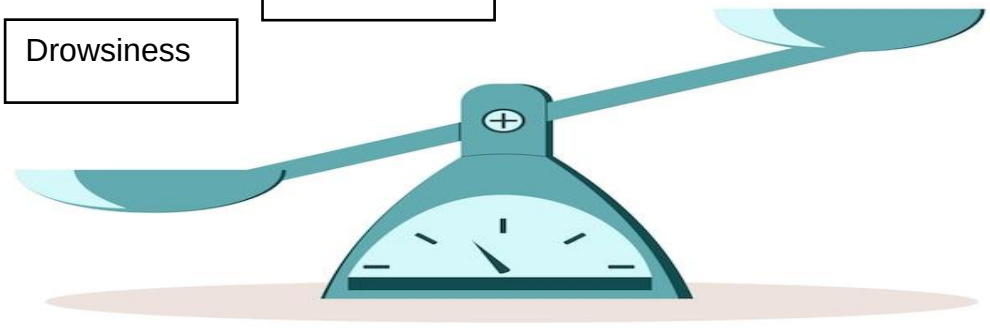
Why are we Supporting you to Reduce your Pain Medication?

Some pain medications might have been helpful when your pain began, but they can become less effective as time goes on. There are different groups of medications that are used to treat pain. These include: opioids, anti-neuropathic drugs, anti-depressants and non-steroidal anti-inflammatory drugs. Whilst these all work differently, they can cause side effects and when taken for a long time can have significant effects on our long-term health. The dose and length of time you have taken these for can impact your reduction experience.

Getting the Balance right

We can think about the benefits and risks of taking pain medications for persistent pain a bit like items on weighing scales. It is important that we try and find a middle ground where we can get the balance right, maximising benefits and minimising risks, negative impacts and side effects.

Risks/ Negative impacts/Side effects	Benefits/ positives
Headaches	Helping you to engage with enjoyable and meaningful activities
Hormonal changes	Temporary reduction in intensity of pain
Increase in pain	
Reduced libido	
Increased risk of	
Reduced bone strength	
Sleep issues- insomnia, sleep apnoea	
Dry Mouth	
Dizziness	
Skin sensitivity	
Drowsiness	
Memory issues and brain fog	
Weight changes	
Mood changes	
Digestive problems e.g. constipation	



Please use the space below to make a note of any symptoms which you notice which you think may be a side effect of your pain medication(s).

What is important to you? What are your values?

"Values" describe how you want to behave as a human being. Values are not about what you want to get or achieve; they are about how you want to behave or act on an ongoing basis. Values refer to how you want to treat yourself, others, and the world around you. Identifying your values can help give you a direction for how you choose to treat yourself and others. Everybody's values are different. Take a moment to think about what is important to you. **You might like to circle some values which resonate with you:**

Adventurous	Fun	Responsible
Authentic	Grateful	Self-aware
Caring	Honest	Self-caring
Compassionate	Humorous	Self-controlled
Connected	Independent	Sexual
Courageous	Intimate	Supportive
Creative	Kind	Trusting
Fit	Loving	Other:
Flexible	Open-minded	.....
Friendly	Patient	.....
Forgiving	Present	.....

Taking pain medication might impact how you live your life. For example, if *being present* is important to you, but your pain medication makes you drowsy, you might not be able to live in line with this value. **Use the space below to make a note of any of the ways that pain medication and their side effects might get in the way of your values.**

What are the Pros and Cons of you Reducing your Pain Medication?

It can be helpful to think about the pros and cons of reducing your medication so you can see the impact it could have on your life. There are likely to be both pros for making a change (such as having fewer side effects), along with cons (such as “it might feel like hard work”).

	Staying the same	Making a change
Pros		
Cons		

Peer supporter quotes

Here are some quotes from our peer supporters. We asked them about their experiences of reducing their pain medication.

"There was no difference in my amount or frequency of pain than when I'd been taking the medications"

"We talked about the process involved and how I would go about it and with the support of a specialist nurse we set about reducing and changing my medication routine. I am now able to drive an adapted vehicle again and many of the side effects I had have gone. I know the things I take help with my pain management and I am much better off having gone through this process. It was really scary at first and I needed the support of my family and friends and the pain team to help me but it was one of the best things I have done on my journey to living well with pain"

"I'd been very anxious about coming off my pain medication, but my pain is no worse and my wife says she has her husband back"

What is my why?

It can be helpful to write a “why” statement which describes the reasons why you would like to reduce your pain medication. This might be influenced by your values, your pros and cons, and your knowledge about side effects and long-term effects. It will be different for everyone. Your “why” statement can be written in whatever way you like. Some ideas could include writing a letter to yourself or making a bullet point list of your reasons for change. Keep a copy of this to hand, for example, stick it your fridge or cupboard, or save it as a background on your phone.

My “why” statement:

What Happens When We Start to Reduce Medications?

You should not reduce or stop taking your medication unless directed or told it is safe to do so

When reducing in a planned way, any withdrawal effects should be minimal. However, depending what pain medications you take, the dosage and length of time you have been taking them, you may experience a degree of withdrawal when reducing.

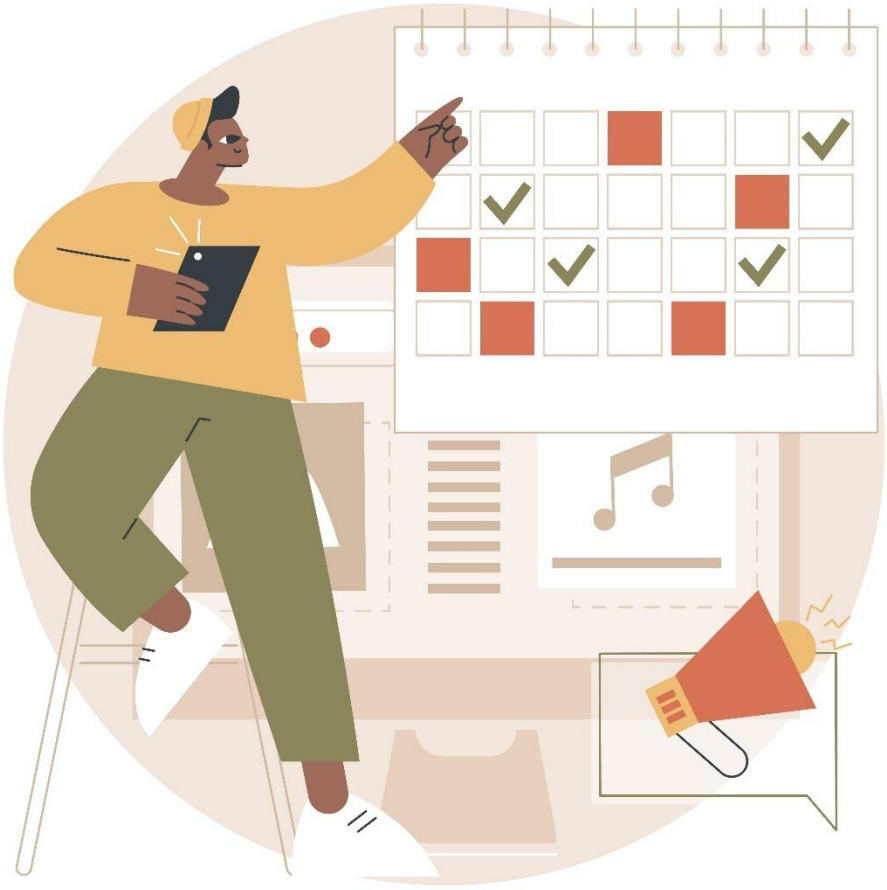
Withdrawal symptoms can include:

- Feeling shivery/sweaty/ flu like symptoms
- Diarrhoea/ stomach cramps
- Feeling anxious
- Disturbed sleep
- Restlessness
- Initial increase in pain (which will settle in time as your body gets used to the change)
- Irritability
- Mood changes
- Tremors

It is important to reduce medication slowly and in a structured way. Focus on one medication at a time.

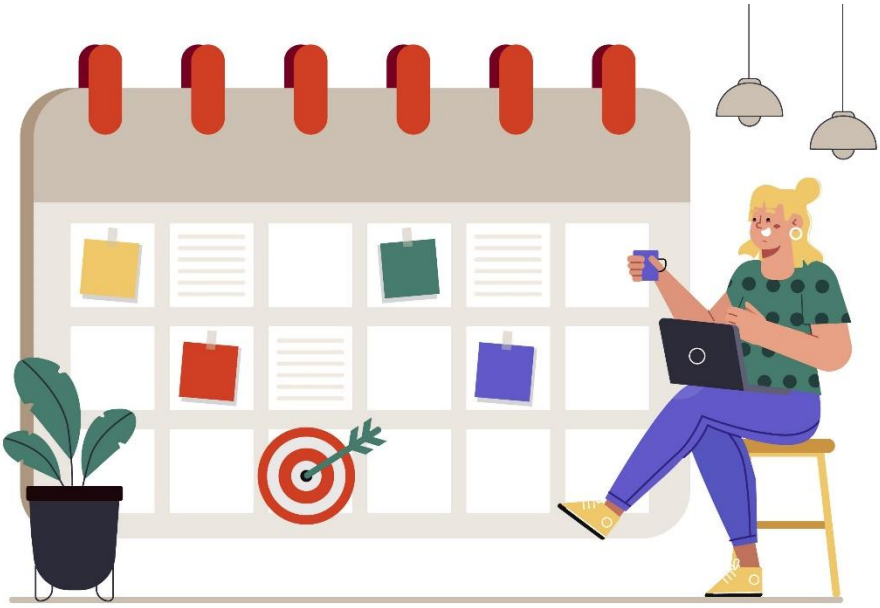
Reducing might take a while, especially if you are on a high dose of pain medication and have been taking it for some time. There is no specific timeframe for reduction, and you may at points need to take a break in your plan. **This is a life change, not a race to a finish line. We will work alongside you in this process.**

PREPARE



Planning for the change

In the Pain Medication Guidance Clinic, we think about taking **steps in the right direction**, (such as “I will commit to making gradual planned reductions of my medications”) rather than setting a **rigid goal** (such as “I will stop taking this medication by this date”).



The process of reducing medication

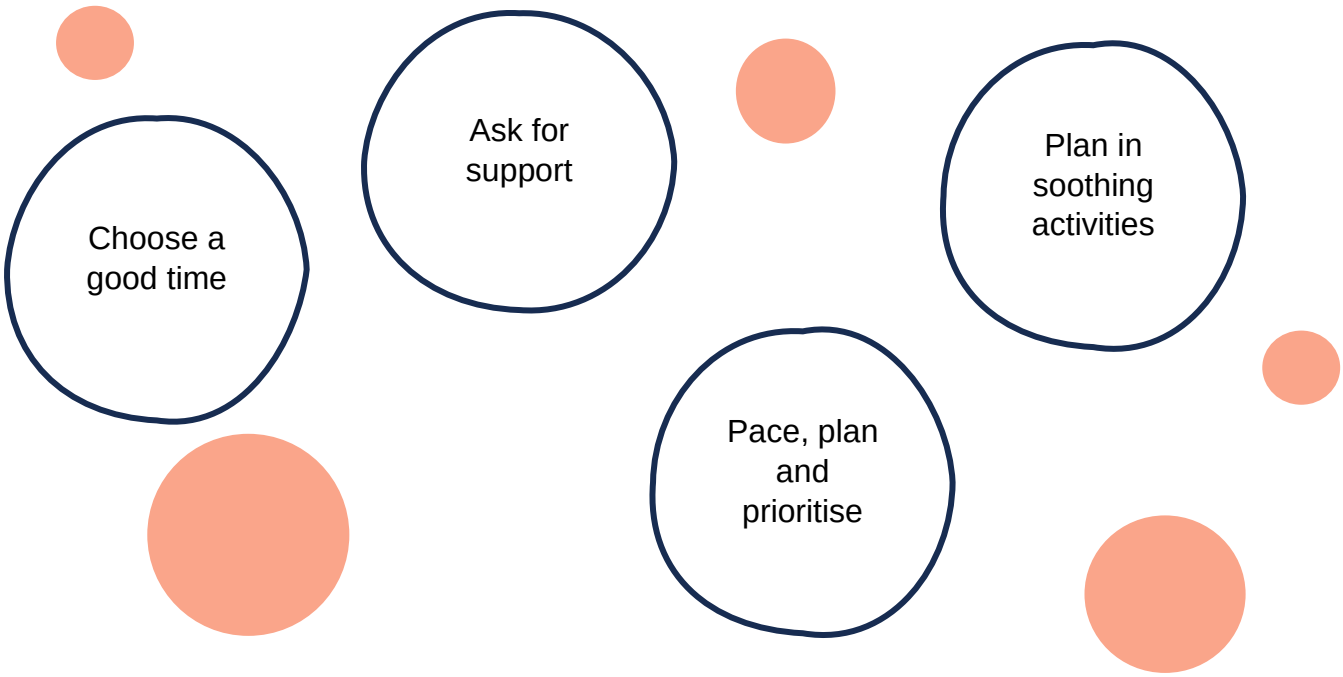
There are different ways to reduce pain medications, and this depends on several factors including the medications and doses which you are taking, and your preferences. We will talk through the process of reducing with you. At times, we may need to change you onto a different medication to start the reduction. At other times, we will suggest changing the type of medication which you take, e.g. swapping tablets to liquid, to be able to make smaller dosage reductions.

It is important to remember that the reductions will be gradual. We will support you to reduce at a safe rate, guided by the evidence and you.

Planning for a Successful Reduction

For the reduction to be as smooth as possible, we would recommend thinking about practical considerations as well as coping strategies to manage in more difficult times. The following pages outline some ideas and strategies to support you.

Practical Considerations



Choose a good time (whist being realistic!)

We understand that life can feel very busy, and it might feel like there is never a "right time" to make a reduction. We recommend that you start the process at a time in the week or month when things are slightly quieter. This is different for everyone but planning ahead to find a time when you can focus on looking after yourself is important. Making a plan will help you have the best chance of coping with possible withdrawal symptoms and manage this transition more smoothly.

Ask for support

Is there any additional support which you can put in place for the times when you make reductions? Is there anyone who could support you with the day-to-day tasks, or with your caring responsibilities for others? If you are working, could you speak to your manager and let them know that you are going through this process? Is there a friend or family member that you can speak to who can support you emotionally? Perhaps you could look back at the "my support network" page of this workbook and approach some friends or family members for help.

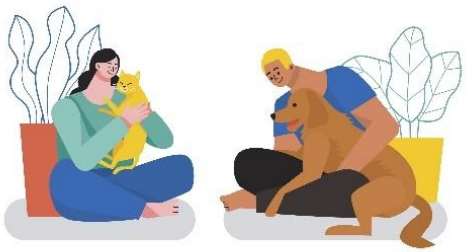
Pacing, planning and prioritising

Prioritise the tasks that need to be completed to help you pace throughout the day. This will help you to manage your daily activities. It may also be helpful to plan some quieter days when you begin to reduce your medication.

Do it, dump it, delegate, or delete it. This is a phrase which we use in Pain Management to help people to prioritise and plan the activities which they engage in when living with persistent pain. Think about this when planning to make a medication change. Could you reduce your expectations on yourself and your workload during this time?

Further information leaflets on **pacing activity for persistent pain** and **managing daily activities** can be found on the **resources** section of our NNUH Pain Management Website: https://www.nnuh.nhs.uk/departments/pain-management/resources/ or you can scan this QR code

Planning in soothing, relaxing and enjoyable activities



It is an important part of pain management to engage with enjoyable and meaningful activities, guided by your values. As part of managing your medication reduction, building in activities within your day which prioritise your wellbeing is key. We know that engaging in activities that increase the body's nervous system soothing pathways helps to release the body's natural "happy hormones" which include dopamine, serotonin, endorphins and oxytocin.

Nervous system soothing activities could include engaging in self-care, relaxation and self-compassion. Start small and gradually build up soothing practices. Perhaps you could consider going to bed 10 minutes earlier, having a warm bath, eating your favourite meal, getting some fresh air, taking time to notice and be present with nature, planning in rest and relaxation periods, spending time with animals or engaging in some gentle movement such as stretching. This will look different for everybody.

Further information leaflets on **relaxation** can be found on the **resources** section of our NNUH Pain Management Website: https://www.nnuh.nhs.uk/departments/pain-management/resources/

Relaxation audio recordings can be found on the **audio** section of our NNUH Pain Management Website: https://www.nnuh.nhs.uk/departments/pain-management/media/

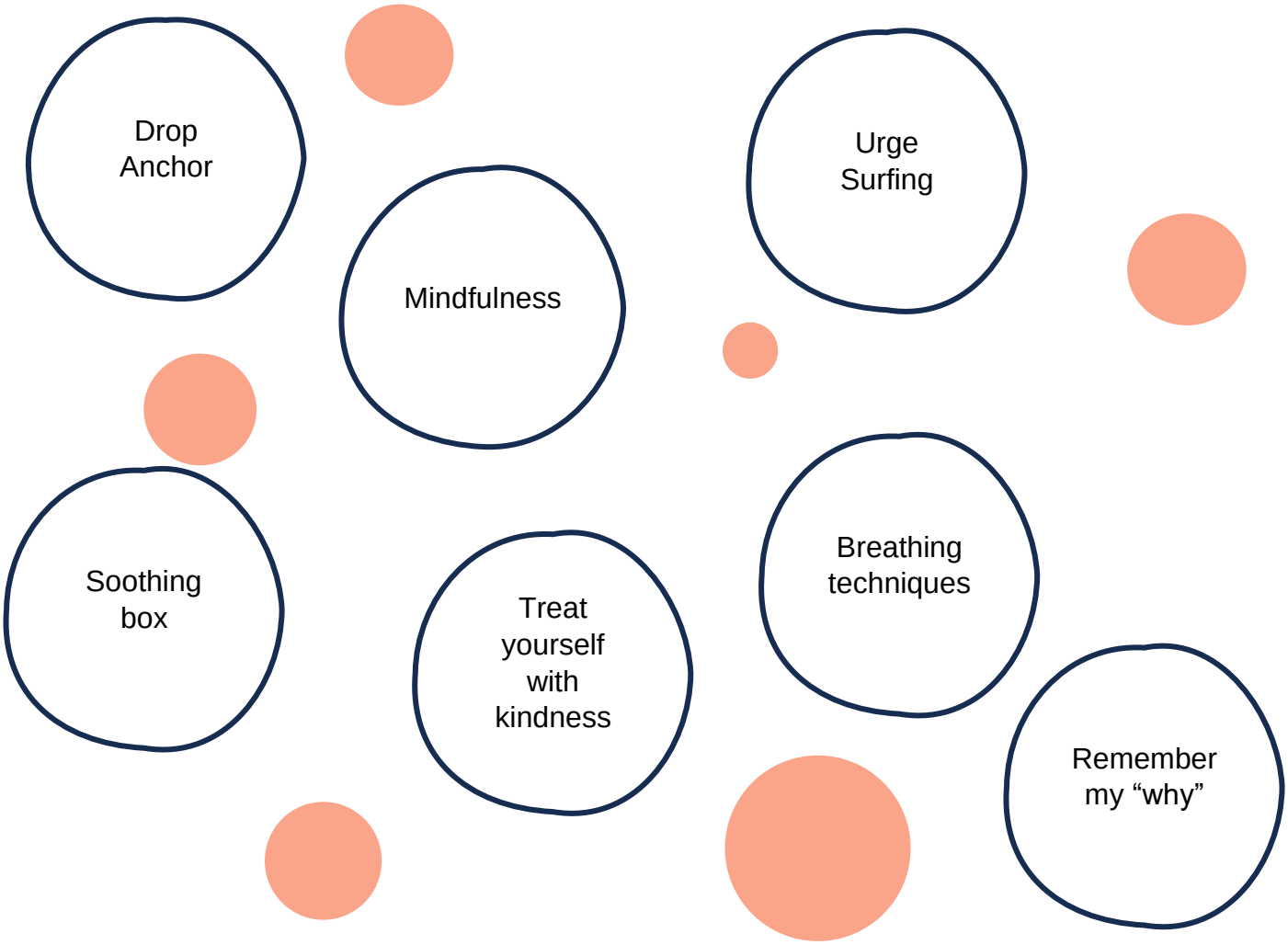
My Practical Considerations Plan:

You could use the space below to write down your own practical considerations.

Coping Strategies

We know that preparing for any change in our lives can help us to feel more confident and equipped to take the next steps. Keep an open mind. There may be some strategies which you find you connect with more than others.

Learning coping strategies is a little like learning to drive a car. It is most helpful to try new strategies for the first time “in the carpark” rather than “on the motorway”. By trying out these skills before you start your reduction, you will be more practiced and better able to use them at a time when you need them most (e.g. if you are having a pain flare, or experiencing withdrawal symptoms).



Dropping anchor

Imagine that you are a boat on the ocean and your emotions are the weather. Sometimes there are clear blue skies, and at other times, there are storm clouds. Just as we have no control over the weather, we cannot control our emotions. However, we can drop an anchor to help to keep our boat steady whilst the storm runs its course.

The **dropping anchor** skill can be used to help us when we face difficult emotions, thoughts and physical sensations when they feel overwhelming. The acronym **ACE** is often used to summarise the practice:

A is for Acknowledge: Start by noticing and naming the thoughts, feelings and sensations which you are experiencing without judging them. This is a good way of stepping back and observing the thoughts and feelings. You might say in your head something like “I am noticing anxiety” or “I’m noticing I am having the thought that the pain is too much “or “I am noticing a feeling of overwhelm” or “here’s the *I’m useless* story”.

C is for Connect with your body: Push your feet into the floor, take a few deep breaths, or have a gentle stretch, or move your eyes to look at the space around you. Do whatever works for you, choosing a gentle way to connect with your body which does not make your pain worse. Here, we are expanding our awareness; here are difficult thoughts, feelings and sensations, and there is a body around these which we can move, even if in small ways.

E is for Engage: Tune in to the present moment using your senses. What can you see, hear, smell, touch and taste? Look around the room and name some things you can see or feel the floor beneath your feet or the material beneath your hands. We are continuing to widen out our awareness and open up to the present moment alongside the difficult thoughts, feelings and sensations.

An audio recording of **dropping anchor** can be found in the **Resources** section of our website: https://www.nnuh.nhs.uk/departments/pain-management/resources/

Mindfulness (Present moment awareness)

We can often find ourselves in "autopilot" mode, where we go about our day without really paying much attention to the world around us.

Mindfulness helps us to develop the skill of being present and "in the moment" alongside our difficult thoughts and feelings. We are not trying to "get rid" of unwanted thoughts or feelings. Instead, we are noticing them and letting them be there whilst focusing our awareness on the present. Mindfulness practice involves learning to pay attention to being in the present, moment by moment, without judgement. Here are some mindfulness practices you could try:

Mindfulness of an object

Pick up an object (it can be anything you have to hand) and really notice what it feels like/ looks like/smells like/ tastes like. Look at the item with curiosity and openness, as it you have never seen it before. Your mind is likely to wander off at some point (this is what minds do!) Notice any thoughts, feelings and sensations as they come up and allow them to be there.

You could name the thought/process/sensation, for example "here's thinking", or "I'm noticing a sensation in my leg" and then once you have noticed and named it, gently bring your focus back to looking at the object. Keep repeating this process of focusing and re-focusing (kindly and without judgement) when your mind starts to wander.

Mindfulness of music

Put on a piece of music and start by focusing your attention onto one of the instruments. After a while, shift your focus to another instrument, or to any vocals. Next, you might like to focus in on the lyrics. Notice when your mind wanders and gently bring your focus back to listening to the music.

Further **mindfulness resources, apps, books and audio tracks** can be found on our **resources** section of the NNUH Pain Management Department Website: https://www.nnuh.nhs.uk/departments/pain-management/resources/

Mindfulness audio recordings can be found on the **audio** section of our NNUH Pain Management Website: https://www.nnuh.nhs.uk/departments/pain-management/media/

Urge Surfing

This is a mindfulness technique which helps us to manage urges without acting on them, so they aren't controlling your actions. The skill is about learning to live alongside uncomfortable urges rather than fighting them or "giving in" to them.

Urge surfing can help with managing urges to take more pain medication than is advised. It is also helpful for supporting you with pain flares and other emotional reactions to stressful situations.

The skill can be broken down into the following steps:

Notice the urge: Identify the urge (e.g. desire to take extra medication or urge to push into pain). Name it: "I am noticing an urge to….".

Acknowledge the urge: Without judgement, recognise the urge as a normal human experience, live waves in the ocean.

Observe the urge: Notice the thoughts, feelings and physical sensations which accompany the urge. Notice how this builds, hits a peak and then subsides with time.

Ride the wave: Without trying to control, change or suppress it, allow the urge to be there, like a surfer riding a wave. Give it permission to be there, just as it is.

Widen your focus to your values and the world around you: When facing a strong urge, bringing yourself back to your "why" statement. Being guided by your values allows you to choose meaningful action, even in the presence of strong urges. Make room for the urge to be there whilst also noticing the world around you. What can you see, hear, touch, smell?

Wait it out: Like each wave in the ocean, urges are temporary, and they will pass. By riding the wave and not acting on it, it *will* pass on its own. The more practiced you get at this skill, the more confidence you will feel to surf the urges.

An audio recording of an **urge surfing practice** can be found on our **resources** section of the NNUH Pain Management Department Website: https://www.nnuh.nhs.uk/departments/pain-management/resources/

Soothing box

It can be helpful to plan ahead and prepare a box or bag filled with soothing and comforting objects to have to hand if you are going through a difficult time. You could include:

- Something you like to listen to/read
- Something to hold/squeeze/feel such as some soft/fluffy material or a fidget toy
- Some helpful words to look at such as “take things hour by hour or minute by minute”.
- Something pleasant to smell such as a spray of essential oil, perfume or some dried herbs or flowers.

Treating yourself with kindness

If a loved one was experiencing a difficult time, how would you offer them support? What tone of voice would you use? What words would you say to them? Try speaking to yourself in this same kind way. Use phrases and actions towards yourself that you would towards them. You might like to consider giving yourself a hug or giving your hands or feet a self-massage using a moisturising cream or massage oil.

Kind Hand

You could try this practice in treating yourself with kindness and compassion:

Bring to mind a mild to moderate difficult feeling or sensation that has been bothering you. Notice it…where do you feel it most… what is it like? Name the feeling or sensation, for example “here is a burning sensation in my leg”, or “I am noticing a feeling of frustration”.

Now put one or both of your hands out in front of you, palms upright. Think of all the times that you have used these hands in kind and compassionate ways towards others. Times when you have comforted someone who was upset, times when you have held the hand of another person in distress. Imagine filling up your hands with this love and kindness. You might also like to imagine a warm golden light flowing into your hands as you do this

Now, place your hand or hands onto the part of your body which needs some kindness, or on top of your heart. You can hover your hands above your body if you prefer. Sense the warmth as it flows inwards. Imagine your body softening around the pain (both emotional and physical) and the golden light flowing around your body. Hold the pain gently as if it were a crying baby or a fragile work of art. Send warmth and kindness to the area and say something that you would to a loved one who was hurting, such as “this is hhard,and I am here for you”. Stay here as long as you wish before bringing the exercise to an end.

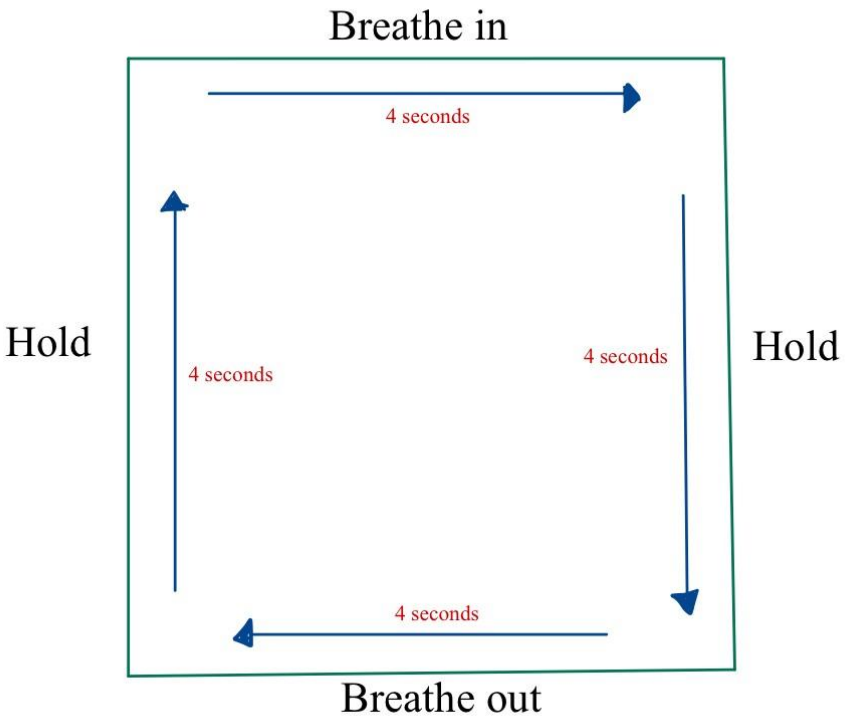
Further information and links to **self-compassion audio tracks** can be found on the **resources** section of our NNUH Pain Management Website: https://www.nnuh.nhs.uk/departments/pain-management/resources/

Breathing Techniques

Breathing techniques can help us to ground ourselves in the presence of difficult emotions, thoughts and physical sensations. Often when we ground ourselves by using the breath, there can be a helpful side effect that the body may also start to relax.

Box Breathing

Breathe in for four seconds, hold for four seconds, exhale for four seconds, and then hold again for four seconds. Box breathing can be particularly effective in stressful moments. Visualising a box as you do this can help maintain focus and rhythm.



Extended Exhale Breathing

Focus on making your exhale longer than your inhale. Start by inhaling through your nose for a count of four, then exhale slowly through your mouth for a count of six or more. You can do this while sitting in a chair or even lying in bed before you sleep.

Remembering my why!

Looking back at your “why” statement can help remind you why you are going through this process.

You can find further information about **coping skills** on the **resources** page of our NNUH Pain Management Website:

https://www.nnuh.nhs.uk/departments/pain-management/

My Coping Skills Plan:

Mental Health Crisis Support

If you are experiencing thoughts of wanting to hurt yourself or others, it is important that you seek urgent professional advice. We would suggest you contact Norfolk and Suffolk’s mental health crisis line by **dialling 111** and selecting **option 2**.

Further information and links to **mental health crisis support** can be found on the **resources** section of our NNUH Pain Management Website: https://www.nnuh.nhs.uk/departments/pain-management/resources/

REDUCE

My Medication Reduction Plan

You will not be reducing your medication alone. The Pain Medication Guidance Clinic Team will support you in making a plan for your reduction journey. You might like to use this table to help you keep track of the changes you are making.

Having a plan helps us stay committed to making changes and reaching our goals. You will be able to use the tools that you have developed from your appointments and the workbook to help you manage these changes.

Remember that it is important to reduce medication slowly and in a structured way, one medication at a time.

Reducing might take a while, especially if you are on a high dose of pain medication and have been taking it for some time. There is no specific time frame for reduction, and you may at points need to take a break in your plan. Remember it is better to pause and take a break, rather than increase your medication if you are struggling. **We will work alongside you in this process.**

Medication:				
Current daily dose	**Morning**	**Afternoon**	**Evening**	**Night**
Date of reduction:				
New daily dose	**Morning**	**Afternoon**	**Evening**	**Night**

Medication:				
Current daily dose	**Morning**	**Afternoon**	**Evening**	**Night**
Date of reduction:				
New daily dose	**Morning**	**Afternoon**	**Evening**	**Night**

Medication:				
Current daily dose	**Morning**	**Afternoon**	**Evening**	**Night**
Date of reduction:				
New daily dose	**Morning**	**Afternoon**	**Evening**	**Night**

Notes or reminders

MAINTAIN

Congratulations!

Reflecting on change

It is important to acknowledge how far you have come. Making changes can feel challenging, but we hope that you can see the progress that you have made. **You have made a series of important steps in the right direction**. Maintenance looks different for everyone. We want to support you to find that balance that works for you.

Let's take some time to reflect on the changes you have made.

Image source credit: CommunicateHealth. Inc.

Let's start by re-rating where you are at with the image above. Circle the number or picture which best describes where you are at this point in your journey of pain medication reduction. You might like to reflect on any changes you notice from the start of your journey.

How are you feeling?

Have you noticed any positive changes in your mind and/or body?

Have you noticed any positive changes in your daily activity?

Are you able to think more clearly?

Have you noticed any reduction in side effects (perhaps you could have a look back at the side effects that you noted previously)

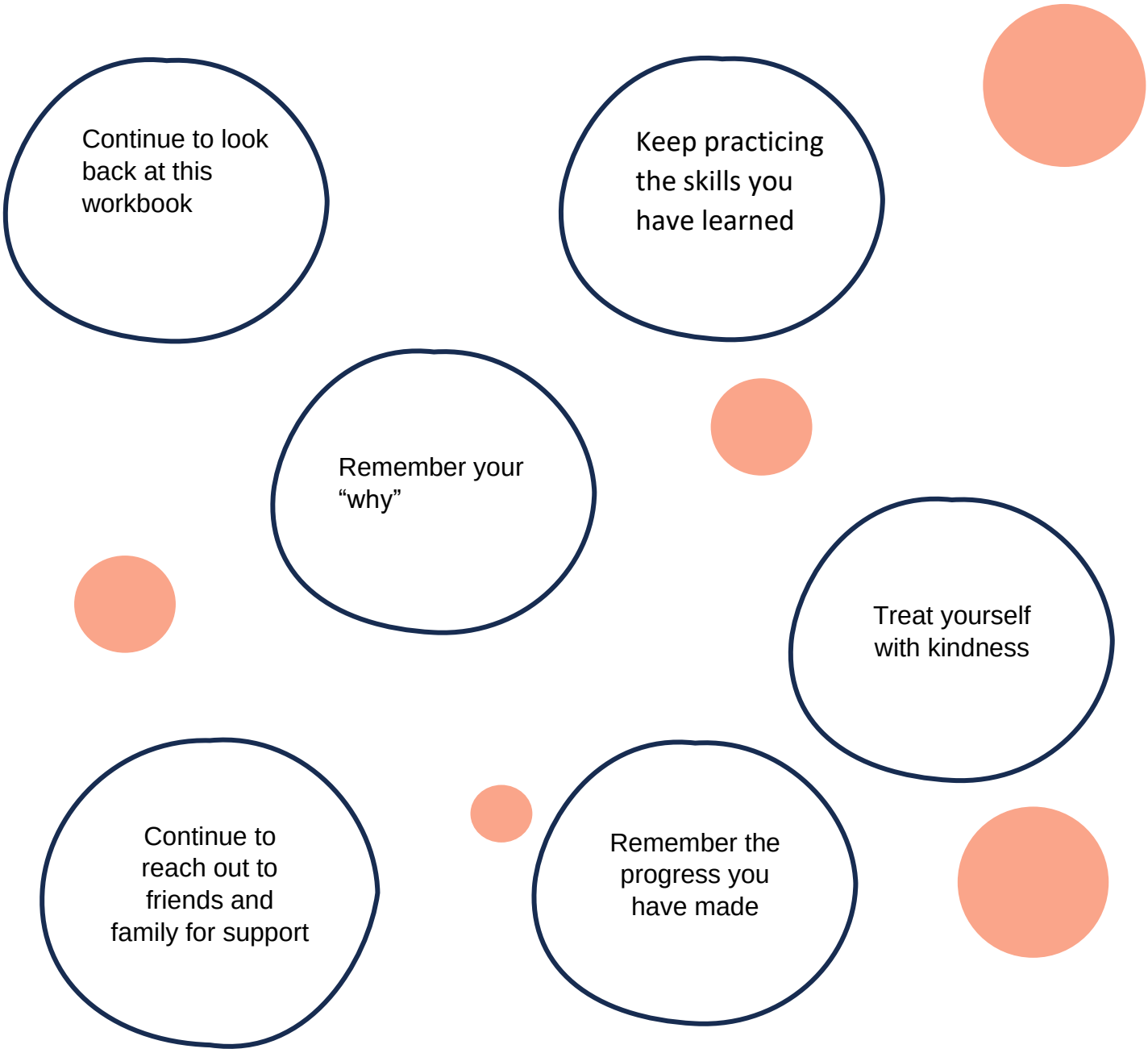
What would you say to a friend or family member who had made the changes you have made?

What do you feel most proud of when you think about what you have achieved?

Please use this space to make a note of anything else you have noticed since making medication reductions.

Preparing for the Future

We hope that you have found the information and tools in this workbook and your clinic appointments supportive on your journey to reduce your pain medication. Life is not a straight road, and there will be twists and turns. Here are some top tips to help you to prepare for the future:



My “Preparing for the Future” Plan:

You could use this space to make a note of the information, tools, or strategies which you have found the most useful on your pain medication reduction journey:

GLOSSARY

Clinical Nurse Specialist/ Non-medical Prescriber

A member of the team who is an experienced nurse who has completed additional specialist training which enables them to prescribe and manage medication.

Clinical Psychologist

A member of the team who has specialist doctoral level training in applying psychological theory to mental and physical health care.

Outcome Measures

These are questionnaires which we ask you to fill out at several points whilst you are accessing support from the clinic. These questionnaires help us to understand how you are feeling, and track progress. Outcomes from questionnaires can also help us to evaluate our service.

Peer Supporter

A member of the team who has previously received support from the Pain Management Service and now volunteers their time to support others who are in receipt of care from the service.

Trainee Clinical Psychologist

A member of the team who has an undergraduate degree in psychology and is currently undertaking further specialist training to qualify as a Clinical Psychologist. Trainee Clinical Psychologists are on training placements in the service for around 6 months, and they are supervised by a qualified Clinical Psychologist.

Our Vision
The best care for every patient

NHS
Norfolk and Norwich University Hospitals
NHS Foundation Trust

AUTHORS

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With thanks to our Peer Supporters for their contributions

Images Designed by Freepik

IN TRAN
communication for all