Are you frustrated with your patient interactions around pain care? As our nation struggles with a dual crisis of chronic pain and opioid overdose, all clinicians need better tools for helping their complex pain patients.

High quality evidence demonstrates that educating your patients about pain can actually improve their pain and disability, and the likelihood that they will actively engage in a plan of care.\(^1\)\(^2\) Our patients often have a poor understanding of pain, leading to fear, decreased activity, and requests for medications. But as clinicians we struggle to talk with our patients about pain in an effective and motivating manner. And often there is not enough time.

Providence Health and Services has created a pain education toolkit for the entire care team that makes the conversation easier, without lengthening appointments. It uses videos and teaching aids based on the latest research and refined/validated through clinical application.

We are pleased to announce that these “Persistent Pain Toolkit” resources have recently been made available to the health care community and general public at no charge.

**Persistent Pain Toolkit**

**Change the conversation about pain**

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**Patient Pain Education**

- Understanding Persistent Pain Videos (in 7 languages)
- Understanding Acute Pain after injury/surgery

**Patient Relaxation Videos (in 3 languages)**

- Progressive Muscle Relaxation
- Body Scan
- Breathing

**Opioid Tapering Video:**

*One Patient’s Journey*

**Clinician teaching aids**

Clinician prompts on the back

**Written Education Materials**

Patient handouts

Simplified language and extensive use of graphical elements ensure concepts are easily accessible.
Training
The best tools aren't much good if you struggle to apply them in real-world settings.

Providence offers half-day clinician training on a powerful nonpharmacological approach that utilizes the Toolkit resources to address persistent pain and promote self-efficacy.

Through key foundational information, small group learning and practical advice, it teaches participants to:

- Recognize features of complex pain presentations
- Explain the key domains of knowledge of pain, sleep, mood, and activity using the Persistent Pain Toolkit
- Explain at a sixth-grade level the bio-psychosocial aspects of pain to patients

Each student is provided:

- One printed set of tools, including a laminated set of clinician teaching aids
- Case study
- Printed copy of presentation
- List of other resources, including local pain education classes & groups
- Electronic access to all Toolkit videos, teaching aids, and other resources

Results and Outcomes
A study of 81 Providence pain patients treated by clinicians using the Toolkit resources demonstrated decreased utilization of services.

Across all back pain-related services from 2012-2014 (tracked from 2012 to 2014 using linear regression analysis):³

- Decrease of $297/patient case costs
  - Reduced rehab and in-patient costs
  - No change in back pain related primary care costs
- Decrease of 2.2 claims/patient

For more information on the Persistent Pain Toolkit, visit ProvidenceOregon.org/paintoolkit or email us at Knowaboutpain@providence.org.

¹Butler, D., and Moseley, GL, Explain Pain Supercharged, Noigroup Publications, Adelaide, Australia 2017