

## Pain Treatment Resources for Primary Care Providers and Patients

1. [www.retrainpain.org](http://www.retrainpain.org) this website provides short slide show lessons on pain related topics for patients with chronic pain. Additional resources are provided by signing up to their newsletters.
2. <https://fibroguide.med.umich.edu> A customizable self-management program available for fibromyalgia patients free of charge from the University of Michigan's Chronic Pain and Fatigue Research Center.
3. Understanding pain in less than 5 minutes – Video/cartoon published by the Australian Government.\_  
[https://youtu.be/C\\_3phB93rvI](https://youtu.be/C_3phB93rvI)

“Tame the Beast” is another self-management program from the NOI group who are known for developing the Explain Pain approach to pain management here is their link

<https://www.tamethebeast.org/understanding>

4. The opioid risk tool link is\_  
<https://www.drugabuse.gov/sites/default/files/files/OpioidRiskTool>
5. The clinical opiate withdrawal scale link is\_  
<https://www.drugabuse.gov/sites/default/files/files/ClinicalOpiateWithdrawalScale.pdf>
6. New MAPS program since 2017:\_  
<https://michigan.pmpaware.net/login>

Providing these resources may allow some of your patients to learn to manage their pain without further interventions and just with your help. Others, however may need more help. Some may benefit from the help of a physical therapist with a special interest in chronic pain. Others may need the help of a mental health professional and some will need more intensive treatment using an integrated multidisciplinary team. The longer the pain has persisted, the more disabled the patient and the more complicated their mental health history the more likely they are to need referral to a multidisciplinary team.