

WHAT IS THIS TOOLKIT?

This toolkit is a brief patient-focused education toolkit that reviews health promotion strategies in physical activity, sleep, nutrition, mood, and tapering as they relate to pain management. Learning is patient guided - they decide what domains to focus on and what aspects of the health promotion strategies to employ in their lives.

THE GOALS AND OBJECTIVES

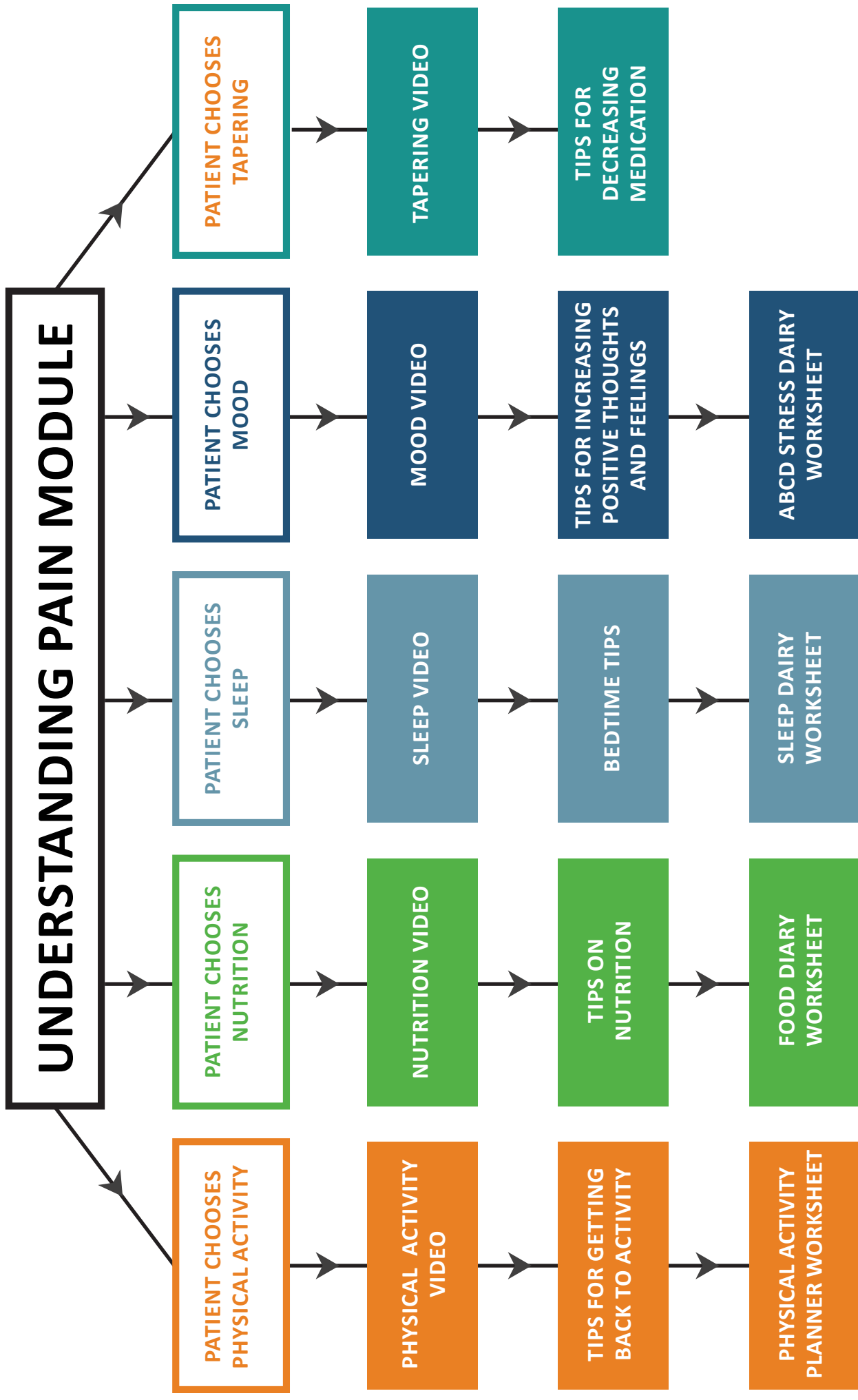
THIS TOOLKIT HOPES TO:

- Educate patients on how everyday behaviors can affect pain.
- Help reduce the patient's pain through health promotion strategies.
- Provide patients with structure for their health behavior change.
- Empower patients to take control over their pain experience and treatment.
- Facilitate discussions between patients and their healthcare team and encourage communication.
- Compliment and not replace a treatment plan.

WHAT IS INCLUDED

- **Clinician Guide:** This guide reviews the components of the toolkit and provides clinicians with information on how to present the content to patients.
- **Understanding Pain Handout:** This is a brief introductory handout that briefly discusses what persistent pain is, and asks patients to identify domains in their life that they struggle with because of their pain. The domains they choose on this worksheet, informs which module they should begin with.
- **5 Pain Management Domain Videos:** Each module starts with a 5-7 minute video that give background information on how pain interacts with the specific health domain and provides experiences from both clinicians and patients on how to improve them.
- **5 Pain Management Domain Learning Tool Handouts:** Each module will have a 2-sided handout that is meant to explain what kinds of behaviors improve pain experience, and why.
 - Decision Making Checklist:** The first side is a very quick list of health behaviors that any
 - patient can learn best practices from. They are also asked to select several health behaviors from this side that they want to employ in their lives.
 - Getting a Deeper Understanding:** The second side of the learning tool is a more
 - in-depth explanation of how pain and the health domain interact, what processes are often at play, and why the health promotion strategies work.
- **4 Pain Management Domain Worksheets:** Each module ends with a worksheet that allows patients to track their progress in employing the health behaviors they chose from the decision-making checklist located in the corresponding learning tool. These include a sleep diary, food diary, ABCD stress diary, and physical activity planner. The tapering domain does not have a corresponding worksheet because it is a sensitive topic that should be navigated differently from patient to patient.

CLINICIAN GUIDE: TOOLKIT CONTENTS



Toolkit Walkthrough Algorithm

Step 1: Introduce toolkit and ask if patient is interested in using it.

- Discuss with the patient why you think using this toolkit will help them (e.g. they need to initiate a taper, or they have difficulties with health behaviors that affect their pain).
- Proceed if the patient is interested in learning more.

Step 2: Walk the patient through the first module – Understanding Painin using it.

- Let the patient look through the “Understanding Pain” handout and talk about the complexity of persistent pain.
- Show the patient the “Rethinking Pain” worksheet and ask them to identify areas that they want to improve in their life.

UNDERSTANDING PAIN

UNDERSTANDING PAIN: WITH KNOWLEDGE COMES POWER

YOUR RELATIONSHIP WITH PAIN

No one wants to feel pain. Whether you like your foot being stepped on with a hammer, that short burst of pain with a bump, even those twinges in your knee, nothing gets you more frustrated than persistent pain. This is pain that won't go away no matter how hard you try.

Persistent pain can have a profound effect on daily life. It can change your ability to work, exercise, sleep, and enjoy activities and hobbies.

DID YOU KNOW?

- There's a lot you can do to ease your pain.
- When people understand their pain, it decreases.
- All pain comes from your brain. That means that the brain makes sense of the whole situation and creates a pain response to protect you.
- Pain doesn't always equal harm. Your brain may have become so good at protecting you that it doesn't stop or ease when you're hurt from an injury or illness, or a situation like this, don't avoid movement. By staying in bed and quiet, you can actually get back to normal and doing more, even with some surgery.
- Stress and pain are closely related. Stress can make things worse, and changing the way you respond to stress. You will study that in as your own module, but there you go!
- You can change your pain, but it is a process. Be patient with yourself!



RETHINKING PAIN

UNDERSTANDING YOUR PAIN STORY

DEVELOPING A PLAN

1. My most important goal around pain is _____
2. Below, circle the two things that represent some of the biggest part of your pain story.
 - MY MENTAL/EMOTIONAL
 - MY PHYSICAL ACTIVITY
 - MY NUTRITION
 - MY SLEEP
 - MY PAIN MEDICATION
 - MY RELATIONSHIP WITH WORK
 - MY EDUCATION
3. Consider whether you'd like help with these things. If you select, what would you want that help with? _____

Step 3: Review the patient’s “Rethinking Pain” worksheet and begin the module that corresponds with their choice on that worksheet.

- Looking at what the patient wants the most help with, ask the patient if they would like to start there, and open that corresponding module.
- Start by showing the video, then walking through the learning tool and the worksheet.
- After going through the entire module, make an agreement with the patient to fill out the worksheet over the next several weeks or months, and check back in about it at the next visit.

*Below examples are from the Sleep Module.

The collage consists of three main components: a video of a woman, a learning tool titled "TIPS FOR INCREASING RESTFUL SLEEP" which includes a cartoon sheep and various sleep tips like "Create a bedtime routine", "Avoid caffeine after 2pm", and "Get back on track with a nap or short nap", and a worksheet titled "SLEEP HYGIENE TRACKER" with a grid for tracking sleep habits.

Step 4: Follow-up with the patient on their worksheet progress, and if the patient is ready and willing, begin another module.

- After checking in about a patient’s progress on their worksheet, suggest some adjustments for them to incorporate into their health behavior change.
- When the patient begins successfully making changes in a module, ask them if they would like to learn about and start another module.
- If the patient wants to learn more about another module, repeat Step 3.

COACHING YOUR PATIENT THROUGH THE TOOLKIT

This guide will give some examples of ways to coach your patient in using the toolkit to navigate through behavior change. When working with a person with longstanding pain, they are often frustrated, defeated and scared. It is so helpful to say four key things:

- 1.) I am glad you are here and I look forward to our work together. I think there is a lot we can do together to change your pain.
- 2.) You are the expert on your own pain experience, AND there are some new ideas about pain that I think are important to look at together because it will help us build your plan.
- 3.) This is a process, so be patient with yourself.
- 4.) Remember, small gains are very important. It's very important to recognize what you are able to do, despite having pain.

Below is a sample script that includes language you can use to coach your patient through the toolkit. Sleep is used in this script as the domain of focus, but only to provide an example.

1. Introduce your patient to the toolkit. You can say something along these lines:

We now understand that pain is complex and the result of a lot of different pieces of the puzzle. I would like to explore that with you. Can we have a conversation about how pain works, so I can better understand your experience?

2. If the patient agrees and is interested, direct them to the first module about "Understanding Pain". You could introduce this first domain by saying something along these lines:

There is a video that explains a bit about how pain works that I would like to ask you to watch if you are willing. After you are done, could you look through this "Understanding Pain" handout and circle the things that sound like your experience? This will help me better understand you and your pain story.

Since you chose nutrition and sleep, lets pick one to start with and save the other one for later. I'd like to suggest we start with sleep since you told me earlier today how tired you felt. Are you okay with that?

3. Once your patient has decided on what domain to learn more about, pull up the corresponding video. You can introduce it by saying the following:

Each domain in this toolkit has a video, a learning tool, and a worksheet to help you get started on making health behavior changes. We are starting with a video on sleep that's going to talk a little bit more about why sleep is so important for pain management, and then learn a bit about ways to improve sleep. Would you mind taking 5 minutes right now to watch this short video?

4. If the patient agrees then go ahead and play the video for them. After the video, ask them to reflect on it a bit by asking something like the following:

So, what did you think of the video? What are things that you already knew, and things that you learned? Did you catch anything that you can relate to specifically?

5. After the video, ask the patient if they would like to continue with the handouts. You can say something like this:

Now that you know a little bit more about sleep and pain from that video, would you like to spend some time on the handouts? I can walk through them with you now if you are interested.

6. If the patient agrees, start by showing them the Learning Tool Handout. You can say something like the following:

Here are some ideas that can help with sleep. Do any of these things sound like they might be helpful for you to work on?

7. After reviewing the first handout with your patient, show them the Worksheet that corresponds to that health domain. You can introduce it and talk about it a little bit:

If you're willing, we could start on the tracking worksheet for sleep. Would you like to look at that today?

If yes, proceed. If they are unsure, don't want to, or you get the sense that the patient is overwhelmed, just ask them to experiment with the changes you identified and talk with them about their progress during the next visit.

8. During your next appointment with the patient, review their worksheet with them. If they are trying to accomplish too much, try to reduce how many health behaviors they are trying to change. You can say something along these lines:

Don't worry too much about not being able to change all of these habits in a single month. Remember, this is a process, so be patient with yourself. I am here to be your coach and I know this is a process that will take time. I also know that there is a great deal that we can address together to change your pain. I am so glad you are here.

This project was made possible with funding from the Oregon Health Authority, and the efforts of numerous individuals from a wide variety of backgrounds related to pain management. The following people were instrumental in the creation of this toolkit (ordered alphabetically by last name):

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