



RI OPIOIDS CRISIS

Our Response. Our Recovery.



2. PREVENTION: ADDRESS PAIN OVERVIEW



- Prevent unsafe self-medication with early and consistent pain management.
- Addressing acute and chronic pain directly and with healthcare providers can prevent opioid dependency.
- **Strategies included to:**
 - 1. Describe pain to healthcare provider**
 - 2. Consider alternative treatments**
 - 3. Use safely when prescribed**

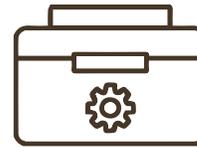
**24/7 confidential support is
available at BH Link
Call 401-414-LINK (5465)**

BH Link helps Rhode Islanders experiencing mental health and substance use crises receive needed services

Point your phone's camera on the code to link to a video of this toolbox talk



TOOLBOX



TALKS



Notes for Trainer

1. Review talking points.
2. Add any injury prevention strategies in use at your jobsite.
3. If you choose, add any personal experience you have with pain management strategies outlined.



RI Opioids Crisis Toolbox Talk Series

1. Stress Defense
2. Address Pain
3. Find Support
4. Support Recovery
5. Rescue Training



Trainer's Talking Points

- Sometimes opioid dependency starts as pain management.
- Opioid dependency and unsafe self-medication may be avoided by addressing pain early, directly, and consistently.
- Learning how to describe and address pain effectively through an open, honest, and accurate conversation with a healthcare provider is a skill you can use to address acute and chronic pain head on.
- Don't wait to seek treatment. A small problem now can become chronic pain down the road.

TIPS FOR TALKING ABOUT PAIN WITH YOUR PROVIDER

1. Get Descriptive

- Using descriptive language like burning, stinging, stabbing, or words that paint a picture- 'like a knife' for example- can help your provider understand and treat the pain.
- Describe the activities you are doing when you experience pain. When does the pain increase? When does it decrease?
- Talk about function. How does the pain impact your ability to complete and enjoy daily activities.

2. Share Treatment History

- Share the history of pain and treatments you've tried- the ones that worked and the ones that didn't.

CONSIDER ALTERNATIVE TREATMENT OPTIONS



- Chronic and acute pain can be treated with alternative therapies. These can be things you learn to do on your own to manage pain, or can be supported by a professional service provider.
- Chiropractic care, massage therapy, acupuncture, physical therapy, and occupational therapy are all proven strategies to manage and treat pain. These professional services may also be covered by your insurance.
- Some providers will give you "homework" to allow you to continue pain management on your own.
- Yoga, meditation, and mindfulness are also proven pain management strategies. You can learn these skills in a class, from a professional, or on your own by reading or watching videos.
- An anti-inflammatory diet is a proven chronic pain strategy. The food you eat can, over time, make pain worse, or help to manage it. Anti-inflammatory diets include whole, unprocessed foods like leafy greens, berries, nuts, fish, veggies, and beans. You can find more resources from a nutritionist or online.



Trainer's Talking Points (cont'd)

SAFE USE OF OPIOIDS WHEN PRESCRIBED

With the support of a healthcare provider, opioids can have a role in pain management. If you are prescribed opioids, here are some tips for safe use.

- Ask questions. What are your options?
- Know the risks: side effects, dependency, addiction, withdrawal, and overdose.
- Ask for a treatment plan and talk it through with your provider so you understand it.
- Ask for a co-prescription of naloxone.
- Take what is prescribed, not more, not less.
- Don't mix with alcohol, other medications, or other substances, especially benzodiazepines like Xanax.

Count It!



Safe Storage & Disposal

You can take additional safety considerations once opioids are in your home:

Lock It!



- Count your pills once every two weeks to prevent theft and keep track of your use.
- Lock up your medications and store them in a place that others would not think to look.
- Drop off unused/expired medications for proper disposal.
- Many municipal safety complexes & pharmacies statewide accept unused medications.

Drop It!

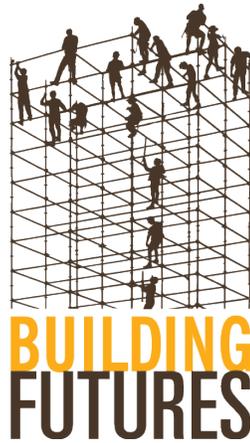


TAKE AWAY ACTION: WHAT IS YOUR PLAN?

Take a moment to answer these questions for yourself:

- **What works for you when you experience pain?**
- **Do you have any issues with pain that you haven't addressed with a professional?**
- **How can you get more effective at working with healthcare providers to address pain treatment and management?**
- **What alternative treatment options could you explore to prevent, treat, and manage pain?**

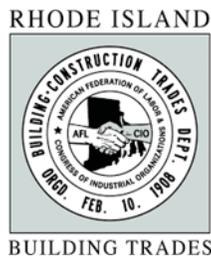
Support is available: Call BH Link at 401-414-LINK (5465) 24/7 to confidentially access mental health and substance use services.



More resources available at www.bfri.org/opioidresponse/

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Thank you to our partners.



REFERENCES

Neighmond, P. (2018, July 23). Words Matter When Talking About Pain With Your Doctor. NPR Newscast Morning Edition. <https://www.npr.org/sections/health-shots/2018/07/23/626202281/words-matter-when-talking-about-pain-with-your-doctor>

<http://www.providenceri.gov/healthy-communities/countitlockitdropit/>

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