

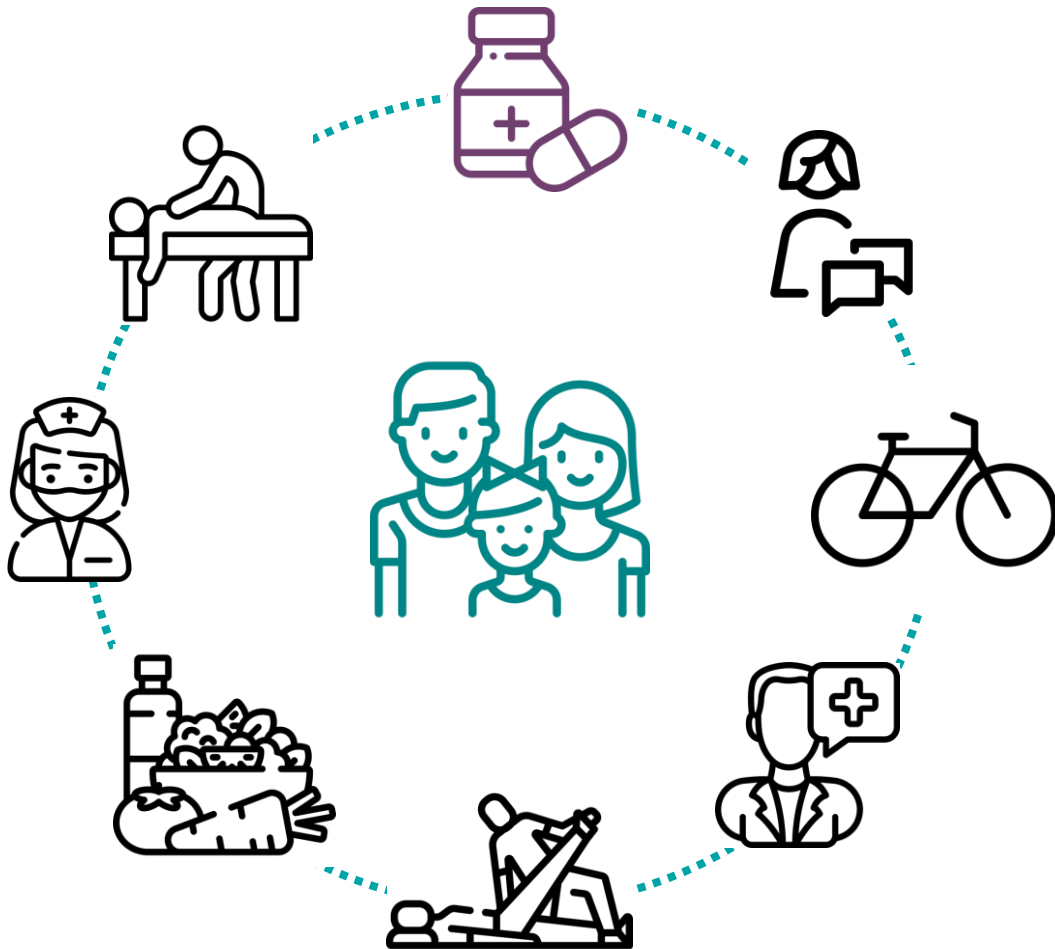
MEDICATION For Chronic Pain

Your pain physician may recommend you take certain medications. Ask:



- How does the medication work?
- How and when to take it?
- Where to keep it?
- What might happen if you do not take it as prescribed?

GOAL: provide an understanding, strategies & support to help you manage your pain & return to your normal activities



- Pediatric chronic pain management is complex
- It takes a team approach & many different management tools
- Medication is one management tool to help manage pain

KEY POINTS Medical Management



There are many different medications used for pain, but no “magic” pill

The goal of using medication is to improve overall function



There can be different risks in children than adults (e.g. Cannabis)

Must balance risk (side effects) with reward (relief)



Not all pain is the same- different medications for different pain

Medications used in mental health can also help with chronic pain



TIPS FOR safety with medication

Always follow a physician’s advice (when and how to take medications) and attend all follow-up appointments for close monitoring

Tell your doctor all other medications you are taking, including non-prescription medications, vitamins or illicit drugs as there may be drug interactions

Management of chronic pain should be a team approach that include medical management + other aspects of rehabilitation to allow you to return to activities

Your local pharmacist can also help answer your questions



LEARN MORE

Websites:

1. Solutions for Kids in Pain (SKIP)- a website that provides many resources that may be beneficial to patients and families.

www.kidsinpain.ca

2. Dr. Rachel Zoffness, a pediatric pain psychologist, maintains a useful website for patients with chronic pain <https://www.zoffness.com/resources/>

Books

1. Relieve Your Child’s Chronic Pain by Elliot Krane, MD

2. Managing Your Child’s Chronic Pain by Tonya Palermo, PhD

Ontario
Chronic Pain
Network