



Knowledge Translation in Primary Care Initiative

The Centre for Effective Practice is collaborating with the Ontario College of Family Physicians and the Nurse Practitioners' Association of Ontario to develop and disseminate health information and clinical tools for primary care providers.

Management of Chronic Non-Cancer Pain

Through a topic selection process, that brings together the needs of primary care providers as well as system priorities, the CEP identified the need for a tool on the management of chronic non-cancer pain. This tool is designed to help primary care providers develop and implement a management plan for adult patients with Chronic Non-Cancer Pain (CNCP) in the primary care setting.

It focuses on a multi-modal approach to manage CNCP. Primary care providers should use non-pharmacological options, with or without pharmacological options, to build a comprehensive and personalized plan that incorporates the patient's goals.

Approach of the Tool

The CNCP tool is designed to support primary care providers as they work with patients to identify and understand the complexity of their pain, and to emphasize the value of a multi-modal approach to pain management. Management is often a process of repeated trials to determine the effects of specific treatments and can take a few months or years to optimize. The tool supports the initiation, adaptation, and evaluation of pain management plans in terms of patient function, mood, pain, quality of life, and risks/benefits for long-term use of pharmacological options. It is also important to optimally manage any active underlying health issues related to the patient's pain.

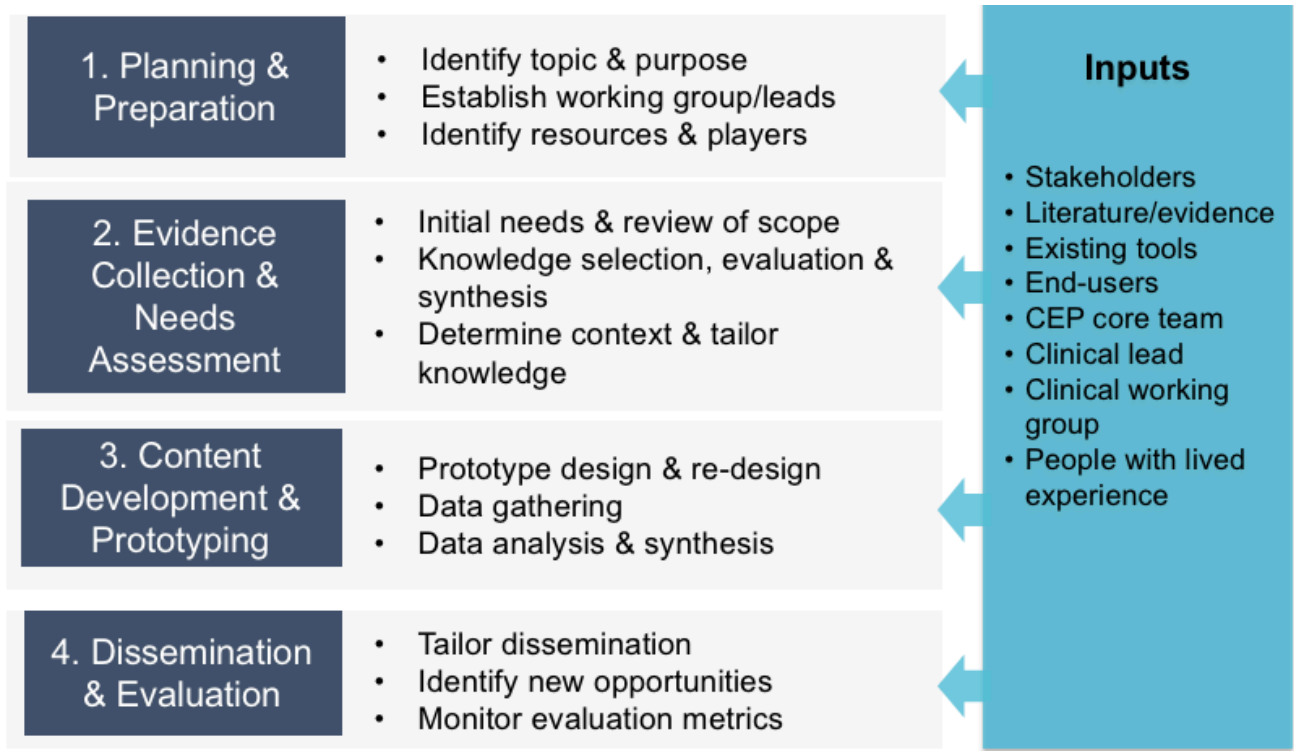
Features of the Tool

The tool includes:

- Patient record & treatment plan
- Supporting material for both the provider and patient
- Appendices
 - Non-pharmacological treatments;
 - Non-opioid medication tables; and
 - Opioid prescribing and monitoring for chronic non-cancer pain.
- LHIN-specific resources

The CEP's Tool Development Process

To ensure that the tool met the needs of primary care providers, the CEP followed their rigorous tool development process, which is outlined below.



To download the tool or to review other materials on chronic non-cancer pain, visit:
thewellhealth.ca/cncp