

# Using medicines for persistent pain



Think about whether your medicines help you to manage your persistent pain. This tool may help you decide about using medicines in better ways for you. **Answer the questions below to help you think and decide.**

## How much do your medicines relieve your pain at present?

Circle the amount that is closest to your experience

**0%**   **10%**   **20%**   **30%**   **40%**   **50%**   **60%**   **70%**   **80%**   **90%**   **100%**  
(No pain relief) (Completely pain free)

## Do you have side effects with your current medicines?

Circle yes or no

**YES**   **NO**

## If yes, what are they?

Circle all the side effects you experience

concentration difficulties   constipation   sickness   dizziness   weight gain  
hallucinations   depression/low mood   rashes   blurred vision   dry mouth  
sexual difficulties   Any other side effects? .....

## Does the pain relief effect reduce despite increases in the dose regularly?

Circle yes or no

**YES**   **NO**

## Do you get any of these dependence symptoms?

Circle all the dependence symptoms you experience

shaking   tremours   nausea   vomiting   diarrhoea   itching   aching muscles

## Do medicines help in a setback with high pain levels?

Circle yes or no

**YES**   **NO**

## Do they help you feel good about yourself?

Circle yes or no

**YES**   **NO**

**Do they help you get a good night's sleep?**

Circle yes or no

**YES**

**NO**

**Do they help you to keep doing the things that are important to you?**

Circle yes or no

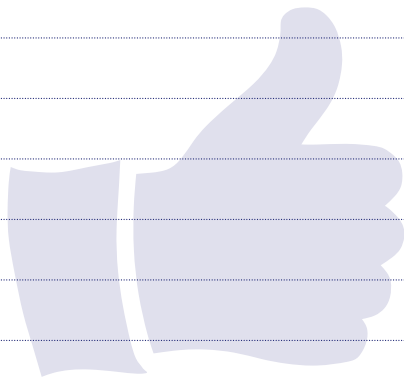
**YES**

**NO**

**Write down benefits and problems or side effects of taking medicines for your pain.**

Benefits +

Problems or side effects -



**Now look through your answers.**

**Are there more benefits or problems in taking medicines?**

Circle the answer that applies to you

**More benefits**

**More problems**

**Choose from these medicine options for you now:**

Tick your choice

- Stay on the medicines**
- Explore ways to reduce or make changes to them**
- Plan to gradually reduce and stop**

Please share your answers with your GP, pharmacist or pain management team.

It may help to know more ways to manage pain and cope with how it affects your life. It often leads to better pain relief, using less medication and feeling more confident to live well with pain.