

How does the opioid prescribing in your practice measure up? Is it too hot to handle?



- There are increasing concerns about the number of prescriptions for opioid medicines being issued each year for people living with persistent pain.
- The evidence does not support the use of opioids for long-term, non-cancer pain, and there are risks of harm increasing with the dose prescribed and the duration of use.
- Doses above 120mg oral morphine equivalent per day are associated with little additional analgesic benefit but significantly higher risks of harm.

So how does the prescribing in your practice measure up? Use the thermometer to take the temperature of opioid prescriptions you issue.

- If you co-prescribe opioids, then it can be easy for the opioid temperature to creep up without realising.
- People taking opioid medicines should have a review at least every year.
- Advice on non-medicinal ways to live with persistent pain should be provided at every opportunity.
- For useful resources to help you advise your patients with persistent pain in other ways, visit: www.livewellwithpain.co.uk

The opioid thermometer is intended for illustrative purposes and should not be used to assist with conversions between opioid medicines. All equivalences are approximate; there can be significant inter-patient variability.

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