

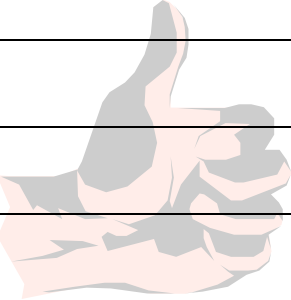
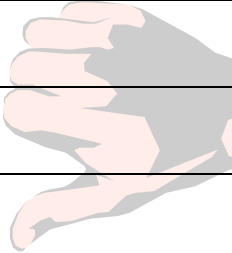
## Using medications for persistent pain

Think about whether medications help you to manage your pain. To help you decide about using medication, make a list of the benefits and problems of taking drugs for pain problems.

### Use the following questions to help you think and decide

How much do your drugs relieve your pain <u>at present</u>  No pain relief <span style="float: right;">Pain free</span>  0__ 10__ 20__ 30__ 40__ 50__ 60__ 70__ 80__ 90__ 100%		
Do you have side effects with your current drugs? <b>Circle your answers</b> concentration difficulties <span style="margin-left: 100px;">constipation</span>  sickness <span style="margin-left: 50px;">dizziness</span> <span style="margin-left: 50px;">weight gain</span>  hallucinations <span style="margin-left: 100px;">depression/low mood</span>  rashes <span style="margin-left: 50px;">blurred vision</span> <span style="margin-left: 20px;">dry mouth</span>  sexual difficulties? <span style="margin-left: 50px;">Other symptoms.....</span>	Yes	No
Does the pain relief effect reduce despite increasing the medication dose regularly?	Yes	No
Do you get any dependence symptoms? <b>Circle your answers</b> shaking <span style="margin-left: 20px;">tremors</span> <span style="margin-left: 20px;">nausea</span> <span style="margin-left: 20px;">vomiting</span>  diarrhoea <span style="margin-left: 20px;">itching</span> <span style="margin-left: 20px;">aching muscles</span>	Yes	No
Do drugs help in a setback with high pain levels?	Yes	No
Do they help you feel good about yourself?	Yes	No
Do they help you to get a good night's sleep?	Yes	No
Do they help you to keep doing the things that are important to you?	Yes	No

**Write down benefits and problems or side effects of taking drugs for your long term pain problem.**

+ Benefits	- Problems or side effects
	
	

**Look through the list of benefits and problems. (Circle your answer)**

- Are there more the benefits in taking drugs?                      Yes                      No
- Are there more problems in taking drugs?                      Yes                      No

Share with your GP and work out the best options for you **now** to stay on the medication or ways to reduce it.

Learning ways to manage pain and cope with how it affects your life is possible. It can lead to using less medication and feel more confident.

Ask your GP about help with self-management resources and courses available locally.