

What is a pain medication review?

You may have a medication review with a pharmacist as part of your pain management referral. This will be after your first assessment with the physiotherapist or pain specialist.

Your first medication review will be for about 40 minutes. You will be asked about your pain and the medication you take.

Questions such as;

- Which give you the best pain relief?
- When you take your medication?
- If you have any side effects?
- What changes you make when your pain gets worse?
- What pain medication you have used before?

This helps in understanding how helpful your current pain medication is. The pharmacist can then advise how medication, along with other pain management tools, can be best used to help you.

Role of the pharmacist

The pharmacist will review your current pain medication. To make sure they are safe and of benefit. They will help you to increase your knowledge of pain and how best to use your medication.

They will discuss options with you and agree a plan, to get the most benefit from medication and reduce the risk of side effects or harm.

All our pharmacists are qualified prescribers. They may prescribe for your pain condition, if appropriate and in agreement with your doctor. They cannot prescribe for any other conditions.

They may also speak to your hospital consultant or community pharmacist.

You and the pharmacist may agree to;

- Start a new medication
- Make changes to a current medication
- Stop a medication that is not helping your pain or causing side effects

You may need a further review to check how you are getting on. This may be an appointment or by telephone.

A letter will be sent to your doctor to let them know about any changes and your progress. It will include any more suggestions about your pain medication.

Before your medication review

It is useful to keep a pain diary. This will give a good idea of your level of pain and any triggers. It will also clearly show what medication you are taking and when.

Please complete and return the pain diary you have been issued.

Tell the pharmacist about any other products you take or use. Including non-prescribed medication, vitamins or herbal supplements.

Think about any questions you may wish to ask the pharmacist. You can write these down and bring them along with you.

Contact

If you have any questions about this leaflet, or your pain medication review, contact the pain service secretary on;
01383 623623 ext 20903

Medication in chronic pain

The benefit from taking medication should always be more than any side effects you may have. Only **you**

- know how bad your pain is
- are able to say if your medicine is helping
- know what side effects you are having

It may take a few weeks or several trials of different medications to find the best combination for you and your pain. It may help to keep a diary of your pain and other symptoms. Side effects often become less once you have been on a medicine for a few days.

Please read the patient information sheet given with each medication. It gives more information about the medicine and any side effects.

You can discuss your pain medication with your doctor, pharmacist or pain specialist. They can give you advice on which pain medicines may help. They can help you find the best way to take your medicines. They can advise you on putting your dose up safely if your pain is worse and on taking less medication safely when your pain is less.

If your medicine is not helping you may not need to take it. Please talk to your doctor, pharmacist or pain specialist first. Some pain medicines should not be stopped suddenly.

Do not share or take other peoples medication. Always advise your doctor, pharmacist or pain specialist about any other medication or products you are taking for chronic pain. This includes anything bought from the pharmacy, herbal supplements or non- prescribed medicines.

Understanding how your medications work may help you to get the best pain relief from it with the least side-effects.



Pain Medication Review

Patient Information Leaflet



GETTING YOU ON TRACK TO RECOVERY

NHS Fife provides accessible communication in a variety of formats including for people who are speakers of community languages, who require Easy Read versions, who speak BSL, read Braille or use Audio formats.

NHS Fife SMS text service number 07805800005 is available for people who have a hearing or speech impairment.

To find out more about accessible formats contact:
fife-UHB.EqualityandHumanRights@nhs.net or phone 01592 729130