KEY MESSAGES

From Patients:
- The person living with pain and their physician need to be open and honest with each other.
- Opioids are part of a pain management program, not the entire plan.
- Patients need to educate themselves about their health issues in order to utilize the skills of their team (e.g. physician, physiotherapist) and all the available “tools” appropriately.

From Physicians:
- The expected benefits of opioids include on average a 30% reduction in pain relief for those conditions for which they are effective.
- There is value in carrying out an opioid trial.
- A hesitance or reluctance by your physician to increase your dose is not because he/she does not want to alleviate your pain.

From Pharmacists:
- Use only one pharmacy for all of your medications.
- For patients with pain who also have a mood disorder or dependence it is difficult for the patient and the physician to manage the competing problems.
- There is a difference between addiction and physical dependence.