

Top Ten Tips for Primary Care Management

Dr Tim Williams: GP with special interest in pain finds these tips can help management with those patients with persisting pain

- **S**elf-Managing with confidence is the aim of management
- **E**xpect persistent pain to be a Long Term Condition, so you can take your time.
- **L**isten to the 'pain story' from start to finish (appointment 1)
- **F**orm with patient- person centred goals for the future (appointment 2 and onwards)
- **M**etaphors can be used to explain persistent pain concepts to patients.
- **A**nalgesia should be kept simple and effective.
- **N**europathic pain may require special attention
- **A**sk about life – It's not all about the pain. Consider sleep, mood, activity etc
- **G**ive strong opiates with **extreme** caution and careful review.
- **E**ncourage continuity with a limited number of involved health care professionals