

3. Interventions for Low Risk Patients/Patients Awaiting Further Assessment

For patients who are at low physical, psychological and social risk, or for patients awaiting further assessment:

- Listen, validate, educate, reassure.
- Encourage a self-management approach.
- Advise the patient to stay active.
- Support the patient to stay at work.
- Treat the underlying cause of pain where possible (over-the-counter analgesics).

Useful links:

[Chronic Pain Self-care Guide](#)