

## Reducing opioid prescribing in chronic pain e-learning

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prescribing in  
chronic pain



The Reducing opioid prescribing in chronic pain e-learning course is CPD certified and is aimed at medicines management teams, GPs, practice nurses, practice pharmacists and non-medical prescribers.

There has been a marked and progressive rise in prescribing of opioid drugs in the UK over the past decade and the trend to increased prescribing continues. The increase in prescribing has been predominantly for the treatment of non-cancer pain.

Opioids have demonstrable effectiveness in the treatment of acute pain and pain related to cancer but there is little evidence for the effectiveness of opioids for the treatment

of chronic pain. This e-learning course will help equip healthcare professionals to tackle this growth in use and to improve care for patients with chronic pain and is comprised of eight modules:



### MODULE 1

#### Background to chronic pain

- Definition and the suffering and disability caused by chronic pain
- The expectations of chronic pain management
- The approach to chronic pain management with NICE guidelines

### MODULE 2

#### Opioid efficacy and trial of treatment

- The lack of evidence of efficacy of opioids in chronic pain and expectations
- How an opioid trial should be undertaken, the appropriate duration and how to assess and document the outcomes of the trial

### MODULE 3

#### Choice of strong opioid

- The evidence comparing non-morphine opioids with morphine
- The rationale for different formulations and routes of administration
- The approximate dose equivalence of opioids

### MODULE 4

#### Adverse effects of opioids

- The short-term and long-term adverse effects of opioids
- Withdrawal and addiction symptoms

### MODULE 5

#### Duration of opioid therapy and review

- The rise in prescribing of opioid medicines in the UK
- The repeat prescribing of opioids is discouraged
- The need for medication review

## MODULE 6

### Tapering and stopping opioids

- Improved outcomes anticipated after opioid dose reductions
- How to taper and stop opioids in practice

## MODULE 7

### Prescription opioid dependence

- Indicators that suggest the possibility of dependence on prescription opioids
- The potential need for specialist support for dependent patients
- The pharmacotherapy that may be prescribed by specialist service for opioid dependant patients during withdrawal

## MODULE 8

### Specialist services

- Specialist pain services and the variation in access to these across the UK
- Potential role of specialist drug and alcohol dependence treatment services for patients with opioid dependency

The course includes contributions from Dr Ruth Bastable, a GP with experience of working in health care of patients who are homeless and at risk of homelessness and health care of patients in secure environments. She has an interest in substance misuse, and an interest in prescription drug misuse.

This course should take approximately 3 hours. You'll need to complete all the modules and get at least 70% in the final assessment to pass the course, but you can attempt it up to three times. You'll also need to get 60% in each of the quizzes before you can move on to the next lesson, but you can retake these as many times as necessary.

## Course access

The course costs £14.99 and can be purchased via PayPal.

You will need to be logged in to the PrescQIPP site to access the course, so that it can record your progress and issue your e-learning certificate. If you do not already have a log in for the PrescQIPP site, you can [register here](#). Please ensure you specify the commissioning area on registration as this may mean you do not have to pay for the course, if your area are subscribed.

1. Log in to the [PrescQIPP site](#)
2. Click on the 'PrescQIPP e-learning' link under the 'Learning' menu, then once on the [E-learning Hub](#) click on 'Access e-learning' on the right hand side
3. Find the course and select 'Access course'

Don't forget that you can complete the course over a period of time. To return to the course and pick up where you left off at any time, simply log back into the site and follow the steps above.

**Please note that you will need an up to date browser and sufficient bandwidth to view the course. If you have any questions about the course, please contact [help@prescqipp.info](mailto:help@prescqipp.info).**