

Module: QScript Learning – Understanding pain, opioid therapy and managing an inherited patient

Course: PRESCRIBER AND DISPENSER TRAINING

Suggested Citation:

Insight: Centre for AOD Training and Workforce Development. Understanding pain, opioid therapy and managing an inherited patient. QScript Learning. Prescriber and dispenser training [Internet]. 2023. Available from: <https://insight.qld.edu.au/training/elearning>.

1. Lewin E. Australia's overdose crisis is 'getting worse' [cited 2020 28 Sep]. Available from: <https://www1.racgp.org.au/newsgp/clinical/australia-s-overdose-crisis-is-getting-worse>.
2. Makdessi CJ, Day C, Char BB. Challenges faced with opioid prescriptions in the community setting – Australian pharmacists' perspectives. *Research in Social and Administrative Pharmacy*. 2019;15(8):966-73.doi: 10.1016/j.sapharm.2019.01.017
3. Royal Australian College of General Practitioners. Prescribing drugs of dependence in general practice, Part A – Clinical governance framework [cited 2019 Aug 1]. Available from: <https://www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/drugs-of-dependence>.
4. Hoppe D, Ristevski E, Khalil H. The attitudes and practice strategies of community pharmacists towards drug misuse management: A scoping review. *Journal of clinical pharmacy and therapeutics*. 2020;45(3):430-52.doi: 10.1111/jcpt.13100
5. Nielsen S, Kowalski M, Wood P, Larney S, Bruno R, Shanahan M, et al. Routine opioid outcome monitoring in community pharmacy: Pilot implementation study protocol. *Research in Social and Administrative Pharmacy*. 2019;15(8):1047-55.doi: 10.1016/j.sapharm.2018.10.024
6. Grinzi P. The inherited chronic pain patient. *Australian Family Physician*. 2016;45(12):868-72.doi:
7. Holliday S, Hayes C, Jones L, Gordon J, Harris N, Nicholas M. Prescribing wellness: Comprehensive pain management outside specialist services. *Australian Prescriber*. 2018;41:86-91.doi: 10.18773/austprescr.2018.023
8. Royal Australian College of General Practitioners. Prescribing drugs of dependence in general practice, Part C2: The role of opioids in pain management [cited 2019 Mar 21]. Available from: <https://www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/drugs-of-dependence>.
9. Wan A. GP pain management: What are the 'Ps' and 'As' of pain management? *Australian Family Physician*. 2014 8/01 [cited 2019 30 June]; 43:[537-40 p.]^pp.]. Available from: <http://www.racgp.org.au/afp/2014/august/gp-pain-management/>.
10. Faculty of Pain Medicine ANZCA. PM01 (Appendix 1) - Quick reference recommendations for conduct of an opioid trial on chronic non-cancer pain [cited 2020 14 Apr]. Available from: <https://www.anzca.edu.au/safety-advocacy/standards-of-practice/policies,-statements,-and-guidelines>.
11. Bolton D, Gillett G. The biopsychosocial model of health and disease. New philosophical and scientific developments. Cham, Switzerland: Palgrave Macmillan; 2019 [cited 2020 20 Jul]. Available from: <https://doi.org/10.1007/978-3-030-11899-0>.
12. Vardeh D, Mannion RJ, Woolf CJ. Toward a Mechanism-Based Approach to Pain Diagnosis. *The Journal of Pain*. 2016;17(9):T50-T69.doi: 10.1016/j.jpain.2016.03.001
13. Berna C, Kulich RJ, Rathmell JP. Tapering Long-term Opioid Therapy in Chronic Noncancer Pain. *Mayo Clinic Proceedings*. 2015;90(6):828-42.doi: 10.1016/j.mayocp.2015.04.003
14. Agency for Clinical Innovation. How to de-prescribe and wean opioids in general practice [cited 2019 16 May]. Available from: <https://www.aci.health.nsw.gov.au/chronic-pain/health-professionals/quick-steps-to-manage-chronic-pain-in-primary-care/how-to-de-prescribe-and-wean-opioids-in-general-practice>.
15. Murphy L, Babaei-Rad R, Buna D, Isaac P, Murphy A, Ng K, et al. Guidance on opioid tapering in the context of chronic pain: Evidence, practical advice and frequently asked questions. *Can Pharm J (Ott)*. 2018;151(2):114-20.doi: 10.1177/1715163518754918

16. Royal Australian College of General Practitioners. Prescribing drugs of dependence in general practice - Part C1: Opioids [cited 2019 Mar 21]. Available from: <https://www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/drugs-of-dependence>.
17. Royal Australian College of General Practitioners. Prescribing drugs of dependence in general practice, Part B - benzodiazepines. Melbourne, VIC: RACGP; 2015 [cited 2019 Aug 1]. Available from: <https://www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/drugs-of-dependence>.
18. Malpus Z. Pain as a Biopsychosocial Experience. In: Abd-Elsayed A, editor. Pain: A Review Guide. Cham: Springer International Publishing; 2019. p. 345-8.
19. James JR, Scott JM, Klein JW, Jackson S, McKinney C, Novack M, et al. Mortality after discontinuation of primary care-based chronic opioid therapy for pain: a retrospective cohort study. *Journal of General Internal Medicine*. 2019;34(12):2749-55.doi: 10.1007/s11606-019-05301-2
20. Owston L. The inherited patient on opioids: A challenge for primary care clinicians. *Journal of the American Academy of Physician Assistants*. 2016;29(10):37-43.doi: 10.1097/01.JAA.0000496955.25829.7f
21. Thistlethwaite J, Weeks L. Prescribing new medicines. *Australian Journal for General Practitioners*. 2018 06/01 [cited 2020 28 Sep]; 47:[327-31 p.]^pp.]. Available from: <https://www1.racgp.org.au/ajgp/2018/june/prescribing-new-medicines>.
22. Australian Commission on Safety and Quality in Health Care. Health literacy national statement. Sydney, NSW: ACSQHC, Commonwealth of Australia; 2014.
23. Eccleston C, Morley SJ, Williams ACdC. Psychological approaches to chronic pain management: evidence and challenges. *BJA: British Journal of Anaesthesia*. 2013;111(1):59-63.doi: 10.1093/bja/aet207
24. Derry CJ, Derry S, Moore RA. Sumatriptan (all routes of administration) for acute migraine attacks in adults - overview of Cochrane reviews. *Cochrane Database of Systematic Reviews*. 2014(5).doi: 10.1002/14651858.CD009108.pub2
25. Els C, Jackson TD, Kunyk D, Lappi VG, Sonnenberg B, Hagtvedt R, et al. Adverse events associated with medium- and long-term use of opioids for chronic non-cancer pain: an overview of Cochrane Reviews. *Cochrane Database of Systematic Reviews*. 2017(10).doi: 10.1002/14651858.CD012509.pub2
26. Wiffen PJ, Derry S, Moore RA, Aldington D, Cole P, Rice ASC, et al. Antiepileptic drugs for neuropathic pain and fibromyalgia - an overview of Cochrane reviews. *Cochrane Database of Systematic Reviews*. 2013(11).doi: 10.1002/14651858.CD010567.pub2
27. Gibson W, Wand BM, Meads C, Catley MJ, O'Connell NE. Transcutaneous electrical nerve stimulation (TENS) for chronic pain - an overview of Cochrane Reviews. *Cochrane Database of Systematic Reviews*. 2019(4).doi: 10.1002/14651858.CD011890.pub3
28. Williams A, Eccleston C, Morley S. Psychological therapies for the management of chronic pain (excluding headache) in adults. *Cochrane Database of Systematic Reviews*. 2012(11).doi: 10.1002/14651858.CD007407.pub3
29. Insight Centre for AOD Training and Workforce Development, QScript Learning. Different types of pain- Dr Geoff Mitchell and Dr Ian Thong [cited 2020 20 Sep]. Available from: https://youtu.be/d_FYmq9_Rfc.
30. Scholz J, Finnerup NB, Attal N, Aziz Q, Baron R, Bennett MI, et al. The IASP classification of chronic pain for ICD-11: chronic neuropathic pain. *Pain*. 2019;160(1):53-9.doi: 10.1097/j.pain.0000000000001365
31. Nugraha B, Gutenbrunner C, Barke A, Karst M, Schiller J, Schäfer P, et al. The IASP classification of chronic pain for ICD-11: functioning properties of chronic pain. *Pain*. 2019;160(1):88-94.doi: 10.1097/j.pain.0000000000001433
32. Aydede M, Shriver A. Recently introduced definition of “nociceptive pain” by the International Association for the Study of Pain needs better formulation. *Pain*. 2018;159(6):1176-7.doi: 10.1097/j.pain.0000000000001184
33. Freynhagen R, Parada HA, Calderon-Ospina CA, Chen J, Rakhmawati Emril D, Fernández-Villacorta FJ, et al. Current understanding of the mixed pain concept: a brief narrative review. *Current Medical Research and Opinion*. 2019;35(6):1011-8.doi: 10.1080/03007995.2018.1552042
34. Insight Centre for AOD Training and Workforce Development, QScript Learning. Dr Ian Thong - Initial approach to persistent pain [cited 2020 20 Sep]. Available from: <https://youtu.be/t-1udP0blU>.
35. Oliveira CB, Maher CG, Pinto RZ, Traeger AC, Lin C-WC, Chenot J-F, et al. Clinical practice guidelines for the management of non-specific low back pain in primary care: an updated overview. *European Spine Journal*. 2018;27(11):2791-803.doi: 10.1007/s00586-018-5673-2

36. Health S. Lumbar disorders: screening for yellow flags [cited. Available from: <https://www.sahealth.sa.gov.au/wps/wcm/connect/e1ae0c0049e52202b955fb3a89b74631/YellowFlagScreening-RAH-AlliedHealth-20220301.pdf?MOD=AJPERES&CACHEID=ROOTWORKSPACE-e1ae0c0049e52202b955fb3a89b74631-nZcWRW4>.
37. Psychotropic Expert Group. Anxiety and associated disorders [cited 2020 06/02]. Available from: https://tgldcdp.tg.org.au/viewTopic?topicfile=anxiety-disorders#toc_d1e189.
38. Fenner P. Returning to work after an injury. Australian Family Physician. 2013;42:182-5.doi:
39. Turk DC, Fillingim RB, Ohrbach R, Patel KV. Assessment of psychosocial and functional impact of chronic pain. The Journal of Pain. 2016;17(9):T21-T49.doi: 10.1016/j.jpain.2016.02.006
40. Dahan A, van Velzen M, Niesters M. Comorbidities and the complexities of chronic pain. Anesthesiology. 2014;121(4):675-7.doi: 10.1097/ALN.0000000000000402
41. Li J-X. Pain and depression comorbidity: a preclinical perspective. Behavioural brain research. 2015;276:92-8.doi: 10.1016/j.bbr.2014.04.042
42. Cosio D, Meshreki LM. Anxiety and pain. Practical pain management. 2017 [cited 2020 4 Aug]; 17(3)p.]^pp.]. Available from: <https://www.practicalpainmanagement.com/treatments/psychological/cognitive-behavioral-therapy/anxiety-pain>.
43. Cosio D, Meshreki LM. The association between depressive disorder and chronic pain. Practical Pain Management. 2017 [cited 2020 4 Aug]; 17(1)p.]^pp.]. Available from: <https://www.practicalpainmanagement.com/pain/other/co-morbidities/association-between-depressive-disorder-chronic-pain>.
44. Insight Centre for AOD Training and Workforce Development, QScript Learning. Anjelo Ratnachandra - Goal setting [cited 2020 20 Sep]. Available from: <https://youtu.be/xYF-qavL64k>.
45. IASP. Declaration of Montréal [cited 2021 22 Feb]. Available from: <https://www.iasp-pain.org/DeclarationofMontreal?navItemNumber=582>.
46. Schug SA, Palmer GM, Scott DA, Halliwell R, Trinca J. Acute pain management: Scientific evidence (4th edition). Melbourne: Working Group of the Australian and New Zealand College of Anaesthetists and Faculty of Pain Medicine; 2015.
47. Kress H-G, Aldington D, Alon E, Coaccioli S, Collett B, Coluzzi F, et al. A holistic approach to chronic pain management that involves all stakeholders: change is needed. Current Medical Research and Opinion. 2015;31(9):1743-54.doi: 10.1185/03007995.2015.1072088
48. Australian Government Department of Health. National strategic action plan for pain management [cited 2019 22 June]. Available from: <https://www.painaustralia.org.au/static/uploads/files/national-action-plan-11-06-2019-wftmzrzushlj.pdf>.
49. Wheeler L, Karran E, Harvie D. Low back pain: Can we mitigate the inadvertent psycho-behavioural harms of spinal imaging? Australian Journal for General Practitioners. 2018;47(9):614-7.doi: 10.31128/AJGP-03-18-4525
50. Vos T BR, Bell B, Bertozzi-Villa A, Biryukov S, Bolliger I, Charlson F, Davis A, Degenhardt L, Dicker D, Duan L. . Global, regional, and national incidence, prevalence, and years lived with disability for 301 acute and chronic diseases and injuries in 188 countries, 1990-2013: a systematic analysis for the Global Burden of Disease Study 2013. Lancet (London, England). 2015;386(9995):743-800.doi: 10.1016/s0140-6736(15)60692-4
51. Insight Centre for AOD Training and Workforce Development, QScript Learning. Dr Ian Thong - Assessment of lower back pain [cited 2020 20 Sep]. Available from: <https://youtu.be/pgb8UysTmy8>.
52. Petersen T, Laslett M, Juhl C. Clinical classification in low back pain: best-evidence diagnostic rules based on systematic reviews. BMC Musculoskelet Disord. 2017;18(1):188-.doi: 10.1186/s12891-017-1549-6
53. Warren Magnus OV, Vibhu Krishnan Viswanathan, Fasil B Mesfin. Cervical Radiculopathy. StatPearls [Internet]. 2022 [cited; p.]^pp.]. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK441828/>.
54. Chiu CC, Chuang TY, Chang KH, Wu CH, Lin PW, Hsu WY. The probability of spontaneous regression of lumbar herniated disc: a systematic review. Clin Rehabil. 2015;29(2):184-95.doi: 10.1177/0269215514540919
55. NSW Agency for Clinical Innovation, Pain Management Network. Red flags- low back pain [cited 2020 22 May]. Available from: https://www.aci.health.nsw.gov.au/_data/assets/pdf_file/0003/212889/Red_Flags.pdf.
56. NSW Therapeutic Advisory Group Inc. Preventing and managing problems with opioid prescribing for chronic non-cancer pain [cited 2020 3 Dec]. Available from: <https://www.nswtag.org.au/wp-content/uploads/2017/07/pain-guidance-july-2015.pdf>.

57. Verhagen AP, Downie A, Popal N, Maher C, Koes BW. Red flags presented in current low back pain guidelines: a review. *European Spine Journal*. 2016;25(9):2788-802.doi: 10.1007/s00586-016-4684-0
58. Della-Giustina D. Acute low back pain: Recognizing the “red flags” in the workup. *Consultant*. 2013 [cited 2020 28 May]; 53(6)p.]. Available from: <https://www.consultant360.com/article/acute-low-back-pain-recognizing-%E2%80%9Cred-flags%E2%80%9D-workup>.
59. Ramanayake RPJC, Basnayake BMTK. Evaluation of red flags minimizes missing serious diseases in primary care. *J Family Med Prim Care*. 2018;7(2):315-8.doi: 10.4103/jfmpc.jfmpc_510_15
60. Downie A, Williams CM, Henschke N, Hancock MJ, Ostelo RWJG, de Vet HCW, et al. Red flags to screen for malignancy and fracture in patients with low back pain: systematic review. *BMJ*. 2013;347:f7095.doi: 10.1136/bmj.f7095
61. Galliker G, Scherer DE, Trippolini MA, Rasmussen-Barr E, LoMartire R, Wertli MM. Low back pain in the emergency department: prevalence of serious spinal pathologies and diagnostic accuracy of red flags. *Am J Med*. 2020;133(1):60-72.e14.doi: 10.1016/j.amjmed.2019.06.005
62. O'Connell NE, Cook CE, Wand BM, Ward SP. Clinical guidelines for low back pain: A critical review of consensus and inconsistencies across three major guidelines. *Best practice & research Clinical rheumatology*. 2016;30(6):968-80.doi: 10.1016/j.berh.2017.05.001
63. Tsiang JT, Kinzy TG, Thompson N, Tanenbaum JE, Thakore NL, Khalaf T, et al. Sensitivity and specificity of patient-entered red flags for lower back pain. *Spine J*. 2019;19(2):293-300.doi: 10.1016/j.spinee.2018.06.342
64. George SZ, Beneciuk JM, Bialosky JE, Lentz TA, Zeppieri G, Jr., Pei Q, et al. Development of a Review-of-Systems Screening Tool for Orthopaedic Physical Therapists: Results From the Optimal Screening for Prediction of Referral and Outcome (OSPRO) Cohort. *J Orthop Sports Phys Ther*. 2015;45(7):512-26.doi: 10.2519/jospt.2015.5900
65. Wáng YXJ, Wu A-M, Ruiz Santiago F, Nogueira-Barbosa MH. Informed appropriate imaging for low back pain management: A narrative review. *Journal of Orthopaedic Translation*. 2018;15:21-34.doi: 10.1016/j.jot.2018.07.009
66. Lin I, O'Sullivan P, Coffin J, Mak D, Toussaint S, Straker L. Disabling chronic low back pain as an iatrogenic disorder: A qualitative study in Aboriginal Australians. *BMJ open*. 2013;3.doi: 10.1136/bmjopen-2013-002654
67. Rao D, Scuderi G, Scuderi C, Grewal R, Sandhu SJ. The use of imaging in management of patients with low back pain. *J Clin Imaging Sci*. 2018;8:30-.doi: 10.4103/jcis.JCIS_16_18
68. Faculty of Pain Medicine ANZCA. PS01 (PM): Statement regarding the use of opioid analgesics in patients with chronic non-cancer pain [cited 2020 Jun 30]. Available from: <http://fpm.anzca.edu.au/resources/professional-documents>.
69. Busse JW, Wang L, Kamaleldin M, Craigie S, Riva JJ, Montoya L, et al. Opioids for Chronic Noncancer Pain: A Systematic Review and Meta-analysis. *JAMA*. 2018;320(23):2448-60.doi: 10.1001/jama.2018.18472
70. Faculty of Pain Medicine (ANZCA). Recommendations from the Faculty of Pain Medicine, ANZCA on chronic pain, neuropathic pain and low back pain. Avoid prescribing opioids (particularly long-acting opioids) as first-line or monotherapy for chronic non-cancer pain (CNCP): NPS MedicineWise; 2018.
71. Carlino E, Frisaldi E, Benedetti F. Pain and the context. *Nature Reviews Rheumatology*. 2014;10(6):348-55.doi: 10.1038/nrrheum.2014.17
72. Pino CA, Covington M, Wakeman SE. Prescription of opioids for acute pain in opioid naïve patients. *UpTo Date*. 2020 [cited 2020 2 Apr]; p.]. Available from: <https://www.uptodate.com/contents/prescription-of-opioids-for-acute-pain-in-opioid-naive-patients>.
73. Tilyard M, Harris R. The principles of managing acute pain in primary care [cited 2020 2 Apr]. Available from: <https://bpac.org.nz/2018/acute-pain.aspx>.
74. Insight Centre for AOD Training and Workforce Development, QScript Learning. Champika Pattullo- Setting expectations [cited 2020 20 Sep]. Available from: <https://youtu.be/ZTUzAkCCSRg>.
75. Ahmadi A, Bazargan-Hejazi S, Heidari Zadi Z, Euasobhon P, Ketumarn P, Karbasfrushan A, et al. Pain management in trauma: A review study. *J Inj Violence Res*. 2016;8(2):89-98.doi: 10.5249/jivr.v8i2.707
76. Brown TT, Ahn C, Huang H, Ibrahim Z. Reducing the prevalence of low-back pain by reducing the prevalence of psychological distress: Evidence from a natural experiment and implications for health care providers. *Health Services Research*. 2020;55(5):631-41.doi: <https://doi.org/10.1111/1475-6773.13557>
77. Chahl LA. Opioids - mechanisms of action. *Australian Prescriber*. 1996;19(3):63-5.doi:

78. Cooney MF. Postoperative Pain Management: Clinical Practice Guidelines. *Journal of PeriAnesthesia Nursing*. 2016;31(5):445-51.doi: 10.1016/j.jopan.2016.08.001
79. Analgesic Expert Group. Acute Pain: A general approach [cited 2020 02/04]. Available from: <https://tgldcdp.tg.org.au/guideLine?guidelinePage=Analgesic&frompage=etgcomplete>.
80. Garimella V, Cellini C. Postoperative pain control. *Clin Colon Rectal Surg*. 2013;26(3):191-6.doi: 10.1055/s-0033-1351138
81. Pagé MG, Kudrina I, Zomahoun HTV, Ziegler D, Beaulieu P, Charbonneau C, et al. Relative frequency and risk factors for long-term opioid therapy following surgery and trauma among adults: a systematic review protocol. *Systematic Reviews*. 2018;7(1):97.doi: 10.1186/s13643-018-0760-3
82. Carlos A Pino M, Melissa Covington M, Sarah E Wakeman M. Prescription of opioids for acute pain in opioid naïve patients [cited 2020 29 Apr]. Available from: <https://www.uptodate.com/contents/prescription-of-opioids-for-acute-pain-in-opioid-naive-patients>.
83. Insight Centre for AOD Training and Workforce Development, QScript Learning. Champika Pattullo- Simple analgesia with opioids [cited 2020 20 Sep]. Available from: <https://youtu.be/NT-7Oi-DxNU>.
84. Swartzendruber DSAJ. The R.I.C.E Protocol is a MYTH: A Review and Recommendations. *The Sport Journal*. 2020 [cited; 25p.]^pp.]. Available from: <https://thesportjournal.org/article/the-r-i-c-e-protocol-is-a-myth-a-review-and-recommendations/#:~:text=So%2C%20today%2C%20RICE%20is%20not,process%20is%20unequivocally%20a%20myth>.
85. Doherty C, Bleakley C, Delahunt E, Holden S. Treatment and prevention of acute and recurrent ankle sprain: An overview of systematic reviews with meta-analysis. *British Journal of Sports Medicine*. 2017;51(2):113.doi: 10.1136/bjsports-2016-096178
86. Lewin E. Is it time to rethink RICE for soft-tissue injuries? [cited 2020 30 Jun]. Available from: <https://www1.racgp.org.au/newsqg/clinical/is-it-time-to-rethink-rice-for-soft-tissue-injurie>.
87. Bervoets DC, Luijsterburg PAJ, Alessie JJN, Buijs MJ, Verhagen AP. Massage therapy has short-term benefits for people with common musculoskeletal disorders compared to no treatment: a systematic review. *Journal of Physiotherapy*. 2015;61(3):106-16.doi: 10.1016/j.jphys.2015.05.018
88. Chang AK, Bijur PE, Esses D, Barnaby DP, Baer J. Effect of a single dose of oral opioid and nonopioid analgesics on acute extremity pain in the emergency department: a randomized clinical trial. *Jama*. 2017;318(17):1661-7.doi: 10.1001/jama.2017.16190
89. Gervasoni F. Pain management with paracetamol and ibuprofen in combination *Medical Academy Journal*. 2022;1(1):26-33.doi:
90. Australian Medications Handbook. Opioid analgesics [cited 2019 4 April]. Available from: <https://amhonline.amh.net.au/chapters/analgesics/drugs-pain-relief/opioid-analgesics>.
91. Insight Centre for AOD Training and Workforce Development, QScript Learning. Initiating a monitored medicine - Tho (Consumer) [cited 2020 20 Sep]. Available from: <https://youtu.be/hm8ABULfmaQ>.
92. Brighton & Sussex University Hospital Trust. Clavicle fracture - with follow up at 6 weeks [cited 2020 24 Jul]. Available from: <https://www.fracturecare.co.uk/care-plans/shoulder/mid-shaft-clavicle-fracture/clavicle-with-fu-6-52/#:~:text=Shoulder%20pendulum%20exercises&text=Try%20to%20relax%20your%20injured,and%20gently%20in%20circles%20clockwise>.
93. Insight Centre for AOD Training and Workforce Development, QScript Learning. Champika Pattullo- Restricting quantity [cited 2020 20 Sep]. Available from: <https://youtu.be/FbtXgaxANrl>.
94. Agarwal D, Udoji MA, Trescot A. Genetic testing for opioid pain management: A primer. *Pain Ther*. 2017;6(1):93-105.doi: 10.1007/s40122-017-0069-2
95. Solhaug V, Molden E. Individual variability in clinical effect and tolerability of opioid analgesics - Importance of drug interactions and pharmacogenetics. *Scandinavian journal of pain*. 2017;17:193-200.doi: 10.1016/j.sjpain.2017.09.009
96. Ruano G, Kost JA. Fundamental considerations for genetically-guided pain management with opioids based on CYP2D6 and OPRM1 polymorphisms. *Pain physician*. 2018;21(6):E611-e21.doi:
97. Martinez V, Beloeil H, Marret E, Fletcher D, Ravaud P, Trinquart L. Non-opioid analgesics in adults after major surgery: systematic review with network meta-analysis of randomized trials. *British Journal of Anaesthesia*. 2017;118(1):22-31.doi: 10.1093/bja/aew391
98. Chou R, Turner JA, Devine EB, Hansen RN, Sullivan SD, Blazina I, et al. The Effectiveness and Risks of Long-Term Opioid Therapy for Chronic Pain: A Systematic Review for a National Institutes of Health Pathways to Prevention Workshop. *Annals of Internal Medicine*. 2015;162(4):276.doi: 10.7326/m14-2559

99. Bruggink L, Hayes C, Lawrence G, Brain K, Holliday S. Chronic pain. Australian Journal for General Practitioners. 2019 09/26 [cited; 48(10):[689-92 p.]^pp.]. Available from: <https://www1.racgp.org.au/ajgp/2019/october/chronic-pain>.
100. Dowell D, Haegerich TM, Chou R. CDC Guideline for prescribing opioids for chronic pain--United States, 2016. JAMA. 2016;315(15):1624-45.doi: 10.1001/jama.2016.1464
101. Pain Australia. Clinical assessment of pain [cited 2019 4 April]. Available from: https://www.aci.health.nsw.gov.au/data/assets/pdf_file/0007/212956/Clinical_Assessment_of_Pain_P_A.pdf.
102. Rosenquist R. Use of opioids in the management of chronic non-cancer pain [cited 2020 Apr 9]. Available from: <https://www.uptodate.com/contents/use-of-opioids-in-the-management-of-chronic-non-cancer-pain>.
103. Cohen SP, Hooten WM. Balancing the risks and benefits of opioid therapy: The pill and the pendulum. Mayo Clin Proc. 2019;94(12):2385-9.doi: 10.1016/j.mayocp.2019.10.006
104. Rosenquist EWK. Overview of the treatment of chronic non-cancer pain. UpToDate. 2019 [cited 2019 14 March]; p.]^pp.]. Available from: <https://www.uptodate.com/contents/overview-of-the-treatment-of-chronic-non-cancer-pain>.
105. NPS MedicineWise. Opioid Prescribing decision aid [cited. Available from: <https://www.nps.org.au/assets/d643bca669b74660-d93429063450-Opioid-prescribing-decision-aid.pdf>.
106. State of Victoria (Department of health and Human Services). Opioid risk tool [cited. Available from: <https://www2.health.vic.gov.au/about/publications/formsandtemplates/opioid-risk-tool>.
107. Analgesic expert Group. Chronic pain: pharmacological management [cited 2020 06/02]. Available from: https://tgldcdp.tg.org.au/viewTopic?topicfile=chronic-pain-pharmacological-management#toc_d1e75.
108. Wiering B, de Boer D, Krol M, Wieberneit-Tolman H, Delnoij D. Entertaining accurate treatment expectations while suffering from chronic pain: an exploration of treatment expectations and the relationship with patient- provider communication. BMC Health Services Research. 2018;18(1):706.doi: 10.1186/s12913-018-3497-8
109. Edwards RR, Dworkin RH, Sullivan MD, Turk DC, Wasan AD. The Role of Psychosocial Processes in the Development and Maintenance of Chronic Pain. The Journal of Pain. 2016;17(9 Suppl):T70-T92.doi: 10.1016/j.jpain.2016.01.001
110. Taylor SJC, Carnes D, Homer K. Introduction. 2016 [cited. In: Improving the self-management of chronic pain: COping with persistent Pain, Effectiveness Research in Self-management (COPERS). Southampton (UK): NIHR Journals Library. [cited. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK385104/>.
111. Turner BJ, O'Gbeide S. Self-management of chronic pain in primary care. A multimodal approach may meet a multitude of needs. Practical Pain Management. 2018 [cited 2020 3 Feb]; 18(9):[45-50 p.]^pp.]. Available from: <https://www.practicalpainmanagement.com/treatments/complementary/self-management-chronic-pain-primary-care>.
112. Nøst TH, Steinsbekk A, Bratås O, Grønning K. Twelve-month effect of chronic pain self-management intervention delivered in an easily accessible primary healthcare service - a randomised controlled trial. BMC Health Services Research. 2018;18(1):1012.doi: 10.1186/s12913-018-3843-x
113. Brennan MJ. Update on prescription extended-release opioids and appropriate patient selection. Journal of multidisciplinary healthcare. 2013;6:265-80.doi: 10.2147/JMDH.S38562
114. National Drug and Alcohol Research Centre. Routine Opioid Outcomes Monitoring (ROOM) Tool [cited 2021 22 Feb]. Available from: <https://www.cesphn.org.au/documents/alcohol-and-other-drugs-1/2079-room-tool-hcp/file>.
115. Centers for Disease Control and Prevention. Checklist for prescribing opioids for chronic pain [cited 2021 22 Feb]. Available from: https://www.cdc.gov/drugoverdose/pdf/pdo_checklist-a.pdf.
116. Royal Australian College of General Practitioners. A summary of opioid use in chronic non-cancer pain in general practice [cited. Available from: <https://www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/drugs-of-dependence/part-c2/a-summary-of-opioid-use-in-chronic-non-cancer-pain>.
117. NSW Pain Management Network. Chronic disease management – GP plan and Coordination of team care arrangement plan [cited 2021 22 Feb]. Available from: http://www.aci.health.nsw.gov.au/data/assets/pdf_file/0003/212736/ACI-GPMP-TCA_v2.pdf.
118. Pain Management Network. 5A's Opioid therapy monitoring tool [cited 2019 9 April]. Available from: https://www.aci.health.nsw.gov.au/data/assets/pdf_file/0019/212761/5_As_of_Analgesia.pdf.

119. Krebs E, Lorenz K, Bair M, Damush T, Wu J, Sutherland J, et al. Development and initial validation of the PEG, a three-item scale assessing pain intensity and interference. *Journal of General Internal Medicine*. 2009;24:733-8.doi: 10.1007/s11606-009-0981-1
120. Centres for Disease Control and Prevention. Guidelines for prescribing opioids for chronic pain [cited 2021 22 Feb]. Available from: https://www.cdc.gov/drugoverdose/pdf/guidelines_factsheet-providers-a.pdf.
121. Matthias MS, Johnson NL, Shields CG, Bair MJ, MacKie P, Huffman M, et al. "I'm Not Gonna Pull the Rug out From Under You": Patient-Provider Communication About Opioid Tapering. *The Journal of Pain*. 2017;18(11):1365-73.doi: 10.1016/j.jpain.2017.06.008
122. Knight A. Patient-centred prescribing. *Australian Prescriber*. 2013;36:199-201.doi: 10.18773/austprescr.2013.078
123. Webster F, Rice K, Katz J, Bhattacharyya O, Dale C, Upshur R. An ethnography of chronic pain management in primary care: The social organization of physicians' work in the midst of the opioid crisis. *PLoS One*. 2019;14(5):e0215148-e.doi: 10.1371/journal.pone.0215148
124. Global, regional, and national age-sex-specific mortality for 282 causes of death in 195 countries and territories, 1980-2017: a systematic analysis for the Global Burden of Disease Study 2017. *Lancet* (London, England). 2018;392(10159):1736-88.doi: 10.1016/s0140-6736(18)32203-7
125. Nicolaidis C. Police officer, deal-maker, or health care provider? Moving to a patient-centered framework for chronic opioid management. *Pain Med*. 2011;12(6):890-7.doi: 10.1111/j.1526-4637.2011.01117.x
126. Insight Centre for AOD Training and Workforce Development, QScript Learning. Inheriting a patient on high dose of medication- Lisa Barling [cited 2020 20 Sep]. Available from: https://youtu.be/Q3Kz8_zCQsU.
127. Insight Centre for AOD Training and Workforce Development, QScript Learning. Prescribing for a one off encounter looking for red flags- Lisa Barling [cited 2020 20 Sep]. Available from: <https://youtu.be/sfivG9blmXI>.
128. Insight Centre for AOD Training and Workforce Development, QScript Learning. Prescribing for a one off encounter an inherited patient from your own practice- Lisa Barling [cited 2020 20 Sep]. Available from: <https://youtu.be/Y8yaie7XpBk>.
129. James J. Dealing with drug-seeking behaviour. *Austra Prescr*. 2016;39:96-100.doi: 10.18773/austprescr.2016.022
130. RACGP. Drugs of dependence: Responding to requests. The Royal Australian College of General Practitioners 2020.
131. Insight Centre for AOD Training and Workforce Development, QScript Learning. Good practice guide - Managing an inherited patient. Brisbane: State of Queensland (Department of Health); 2020.
132. NSW Therapeutic Advisory Group Inc. Deprescribing tools [cited 2020 7 Dec]. Available from: <http://www.nswtag.org.au/deprescribing-tools/>
133. Weir K, Jansen J, Bonner C, McCaffery K, Naganathan V. Medicines conversation guide [cited 2020 7 Dec]. Available from: <https://ses.library.usyd.edu.au/handle/2123/18330>.
134. Cleeland CS, Ryan KM. Pain assessment: Global use of the Brief Pain Inventory. *Ann Acad Med Singapore*. 1994 Mar [cited 2019 14 May]; 23(2):[129-38 p.]^pp.]. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/8080219>.
135. PEER: Patients experience evidence research. Comparing Treatment Options for Pain: The C-TOP Tool [cited 2020 3 Dec]. Available from: <https://pain-calculator.com/>.
136. Lovibond S, Lovibond P. Manual for the Depression Anxiety Stress Scales. Australia: Psychology Foundation Australia; 1995.
137. Agency for clinical Innovation. Assessment [cited 2020 7 December]. Available from: <https://www.aci.health.nsw.gov.au/chronic-pain/health-professionals/assessment>.
138. NPS MedicineWise. How to have effective conversations with patients about opioids and chronic non-cancer pain [cited 2021 22 Feb]. Available from: <https://youtu.be/5hZn5HCZ08c>.
139. NPS MedicineWise. Effective conversations when initiating opioid treatment for a patient with chronic non-cancer pain [cited 2021 22 Feb]. Available from: https://youtu.be/cH8ef_4oACk.
140. Analgesic Expert Group. Chronic pain: overview [cited 2020 06/02]. Available from: https://tgldcdp.tg.org.au/viewTopic?topicfile=chronic-pain-overview#toc_d1e88.
141. Psychotropic Expert Group. Insomnia [cited 2020 06/02]. Available from: https://tgldcdp.tg.org.au/viewTopic?topicfile=insomnia-parasomnias-jet-lag#toc_d1e47.
142. Greaves CJ, Campbell JL. Supporting self-care in general practice. *Br J Gen Pract*. 2007 [cited 2020 10 Jan]; 57(543):[814-21 p.]^pp.]. Available from: <https://pubmed.ncbi.nlm.nih.gov/17925140>.