

VA National Academic Detailing Service

S.T.O.P. P.A.I.N. *Educational Materials*



Table of Contents

What Does. S.T.O.P. P.A.I.N. Stand For?	2
Pain/Opioid Safety Initiative	4
Headache	8
Opioid Use Disorder	9
Opioid Overdose Education and Naloxone Distribution.....	10
Suicide	13

What does S.T.O.P. P.A.I.N. stand for?

S - Stepped Care Model – Adapted from the National Institutes of Health, this model encourages a continuum of care with effective monitoring and management of the condition from onset through treatment. It incorporates self-management through participation in such groups as Narcotics or Alcoholics Anonymous; counseling; treatment programs; involvement of primary care; and other medical specialists.

T - Treatment alternatives/complimentary care – Complimentary and Integrated health expands the availability of provider options beyond the use of standard care in the treatment of chronic pain. Complementary Health may include such evidence-based treatments as acupuncture, yoga, and progressive relaxation.

O - Ongoing monitoring of usage, which relies on multiple tools for tracking and monitoring individual usage of and risk of opioid therapy.

P - Practice Guidelines - Key Clinical Practice Guidelines (CPG) provide clear and comprehensive evidence-based recommendations for practitioners to minimize harm and increase patient safety in patients requiring Substance Use Disorder (SUD) treatment and opioid therapy. They can be found online at <https://www.healthquality.va.gov/guidelines/MH/sud/> and <https://www.healthquality.va.gov/guidelines/Pain/cot/>

P - Prescription monitoring – VA has a number of data sources to allow it to monitor opioid use to target specific education in real time. The practice patterns of providers differ, along with the case mixes, so a provider with relatively high opioid prescribing may have an appropriate practice, or be someone who could benefit from education. These tools allow the VA to drill down to the patient level to evaluate use. Other tools can evaluate the treatment of patient panels and the Veterans' risk of potential abuse. Together, these allow identification of potential problems, educational targeting, and tracking of progress.

A - Academic Detailing - The Academic Detailing program is a one-to-one peer education program targeted to front-line providers. It gives specific information on practice alternative and resources, opioid safety, and can compare the practice of the provider to that of their peers. Veterans have improved pain control as a result of it. Information about this may be found at:

<https://www.pbm.va.gov/PBM/academicdetailingservicehome.asp> and

https://www.pbm.va.gov/PBM/academicdetailingservice/Pain_and_Opioid_Safety.asp

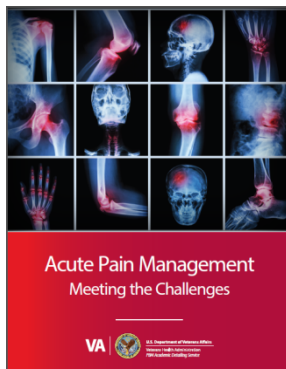
I - Informed consent for patients - VA requires an informed consent process prior to long-term opioid therapy. This process includes education on the risks of opioid therapy, discusses opioid interactions with other medicines, and reviews safe prescribing practices such as urine drug screens.

N - Naloxone distribution - The Opioid Overdose Education & Naloxone Distribution, also known as the OEND program has focused on education of providers on Naloxone distribution to Veterans on long-term opioid therapy.

https://www.pbm.va.gov/PBM/academicdetailingservice/Opioid_Overdose_Education_and_Naloxone_Distribution.asp



Provider Materials



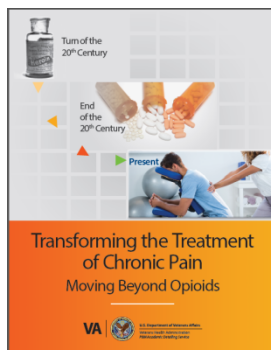
Acute Pain Management Opioid Safety VA Educational Guide (2017)

Classification: Provider Educational Guide

File Name:

Pain_Provider_AcutePainProviderEducationalGuide_IB10998 IB&P

Number: IB 10-998; P96864



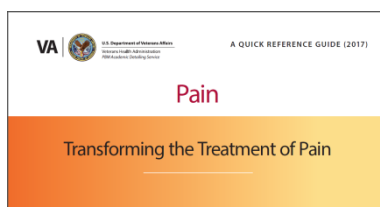
Transforming the Treatment of Chronic Pain Moving Beyond Opioids A VA Clinician's Guide (2017)

Classification: Provider Educational Guide

File Name:

Pain_ChronicPainProviderEducationalGuide_IB101000

IB&P Number: IB 10-1000; P96866



Transforming the Treatment of Pain A Quick Reference Guide (2017)

Classification: Provider Quick Reference Guide

File Name: Pain_ProviderAD_QuickReferenceGuide_IB10999 IB&P

Number: IB 10-999; P96865



Opioid Taper Decision Tool

Classification: Provider Factsheet

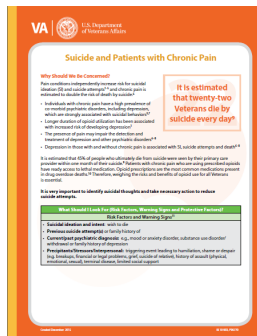
File Name: Pain – Provider AD – Opioid Taper Decision Tool

Factsheet

IB&P Number: IB 10-939; P96820



Pain/Opioid Safety Initiative

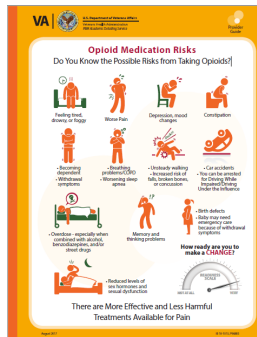


Suicide and Patients with Chronic Pain

Classification: Provider Factsheet

File Name: PAIN – Provider AD – Chronic Pain and Suicide IB&P

Number: IB 10-903; P96770



Opioid Medication Risks

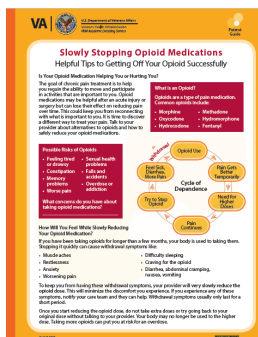
Do You Know the Possible Risks from Taking Opioids?

Classification: Provider Education Guide

File Name: Pain – Provider- Opioid Risk Discussion Tool IB&P

Number: IB 10-1015; P96883

Patient Materials



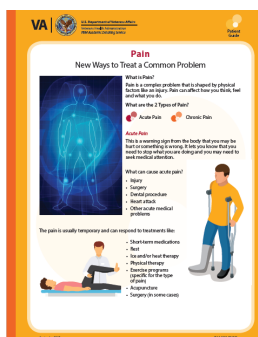
Slowly Stopping Opioid Medications

Helpful Tips to Getting Off Your Opioid Successfully

Classification: Patient Factsheet

File Name: Pain – Patient – Slowly Stopping Opioids

IB&P Number: IB 10-1016; P96884



Pain

New Ways to Treat a Common Problem

Classification: Patient Factsheet

File Name: Pain – Patient – Pain Information Guide

IB&P Number: IB 10-1017; P96885

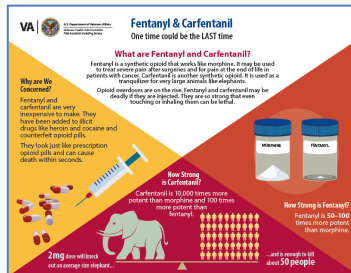


Pain/Opioid Safety Initiative



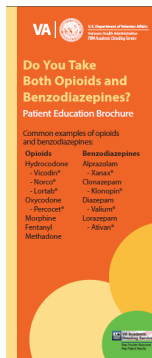
Acute Pain Opioids Are Not Always the Answer

Classification: Patient Handout
File Name: Pain – Patient AD – Acute Pain Patient Handout IB&P
Number: IB 10-1136; P967899



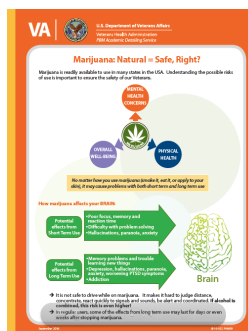
Fentanyl & Carfentanyl

Classification: Patient Handout
File Name: Pain – Patient AD – Fentanyl and Carfentanyl Patient Informational Handout
IB&P Number: IB 10-1137; P96900



Do You Take Both Opioids and Benzodiazepines? Patient Brochure

Classification: Patient Brochure
File Name: Pain - Patient - Opioid Benzo Direct to Consumer
Patient Brochure
IB&P Number: IB 10-924; P96806

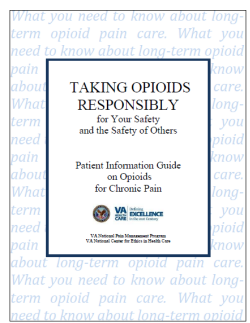


Marijuana: Natural = Safe, Right?

Classification: Patient Factsheet
File Name: Marijuana Use: Patient Discussion Tool
IB&P Number: IB 10-927; P96809



Pain/Opioid Safety Initiative



Taking Opioids Responsibly for Your Safety and for the Safety of Others

Classification: Provider Guide

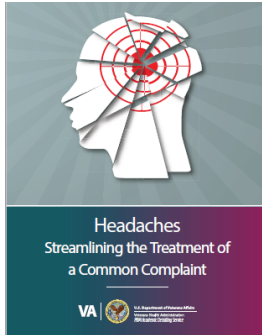
File Name: Pain – Patient AD – Taking Opioids Responsibly IB&P

Number: IB 10-791; P96791



Headache

Provider Materials



Headaches Streamlining the Treatment of a Common Complaint

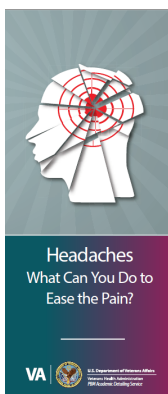
Classification: Provider Educational Guide
File Name: Pain – Provider – Headache Provider Educational Guide
IB&P Number: IB 10-940; P96821



Headaches Streamlining the Treatment of a Common Complaint

Classification: Provider Quick Reference Guide
File Name: Pain – Provider- Headache Quick Reference Guide IB&P
Number: IB 10-941; P96822

Patient Materials



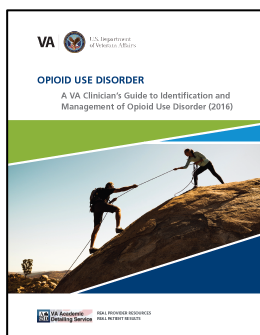
Headaches What Can You Do to Ease the Pain

Classification: Patient Brochure
File Name: Pain – Patient – Headache Patient Brochure IB&P
Number: IB 10-970; P96851



Opioid Use Disorder

Provider Materials



Opioid Use Disorder A VA Clinician's Guide to Identification and Management of Opioid Use Disorder (2016)

Classification: Provider Educational Guide
File Name: OUD – Provider AD – Educational Guide
IB&P Number: IB 10-933; P96813



Opioid Use Disorder Identification and Management of Opioid Use Disorder

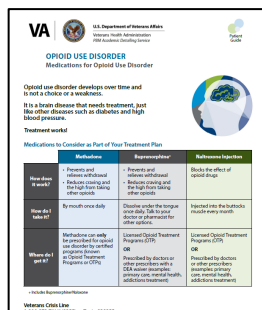
Classification: Provider Quick Reference Guide
File Name: OUD – Provider AD – Quick Reference Guide IB&P
Number: IB 10-932; P96812

Patient Materials



Opioids: Do You Know the Truth About Opioid Use Disorder?

Classification: Patient Brochure
File Name: OUD – Patient AD – Direct to Consumer Brochure
IB&P Number: IB 10-937; P96829



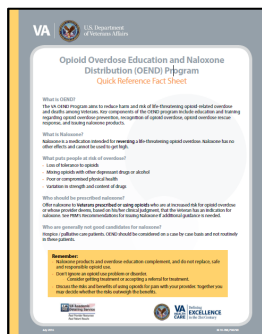
Opioid Use Disorder: Medications for Opioid Use Disorder

Classification: Patient Brochure
File Name: OUD – Patient – Medications for Opioid Use Disorder
IB&P Number: IB 10-969; P96850



Opioid Overdose Education and Naloxone Distribution

Provider Materials



VA OEND Program Quick Reference Guide

Classification: Provider Quick Reference Guide

File Name: OEND – Provider – Quick Reference Guide_V2 IB&P

Number: IB 10-788; P96790



Provider DVD: VA Overdose Rescue with Naloxone

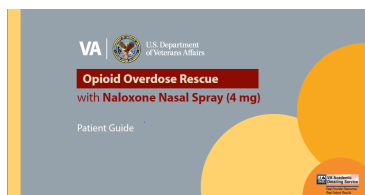
Classification: DVD

File Name: OEND – Patient – Provider DVD: VA Overdose Rescue with Naloxone

IB&P Number: IB 10-770; P96764

Patient Materials

Naloxone Instructions



Naloxone Nasal Spray 4 mg Instructions – Pocket Card

Classification: Patient Brochure

File Name: OEND – Patient – OEND Patient Brochure – Pocket Card

IB&P Number: IB 10-926; P96808



Opioid Overdose Rescue with Naloxone: Auto-Injector Kit Instructions_v2

Classification: Patient Brochure

File Name: OEND – Patient – Naloxone Kit Instructions – Auto-Injector_V2

IB&P Number: IB 10-780; P96782



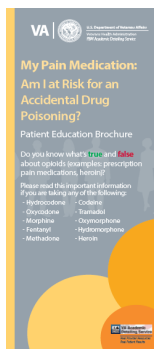
Opioid Overdose Education and Naloxone Distribution



Opioid Safety: Opioid Overdose Prevention for Naloxone Kits_V2

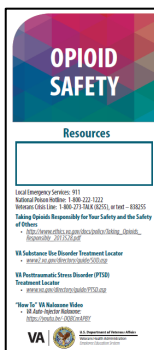
Classification: Patient Brochure
File Name: OEND – Patient – Opioid Safety Naloxone Kit
Brochure_V2
IB&P Number: IB 10-787; P96789

Patient Guides



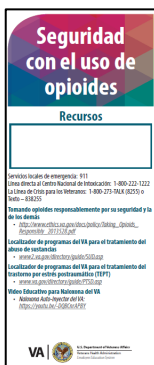
My Pain Medication: Am I at Risk for an Accidental Drug Poisoning?

Classification: Patient Brochure
File Name: OEND - Patient - Direct to Consumer Patient Brochure
IB&P Number: IB 10-921; P96803



Opioid Safety (for Patients on Opioids)_v2

Classification: Patient Brochure
File Name: OEND - Patient - Opioid Safety for Patients on Opioids
Brochure_v2
IB&P Number: IB 10-784; P96786



Opioid Safety for Patients on Opioids Brochure Spanish_v2 “Security with the Use of Opioids”

Classification: Patient Brochure
File Name: OEND - Patient - Opioid Safety for Patients on Opioids
Brochure Spanish_v2
IB&P Number: IB 10-783; P96785



Opioid Overdose Education and Naloxone Distribution



Opioid Overdose Prevention (for Patients with SUD)_v2

Classification: Patient Brochure

File Name: OEND - Patient - Opioid Safety for Patients with SUD Brochure_v2

IB&P Number: IB 10-786; P96788



Opioid Overdose Prevention (for Patients with SUD) Spanish _v2

Classification: Patient Brochure

File Name: OEND - Patient - Opioid Safety for Patients with SUD Brochure_v2

IB&P Number: IB 10-785; P96787



Patient DVD: VA Overdose Rescue with Naloxone

Classification: DVD

File Name: OEND - Patient - Patient DVD: VA Overdose Rescue with Naloxone

IB&P Number: IB 10-769; P96763



Suicide

Provider Materials



Suicide Prevention Take Action, Save a Life

Classification: Provider Educational Guide

File Name: Suicide – Provider – Discussion Guide IB&P

Number: IB 10-1135; P96898

Contact us!

ADS SharePoint Page:

<https://vaww.portal2.va.gov/sites/ad/SitePages/Home.aspx>

ADS Public Facing Website:

<http://www.pbm.va.gov/PBM/academicdetailingservice/AboutUs.asp>

Email: **PharmacyAcademicDetailingProgram@va.gov**

Revised 08/2018