

## Appendix 2: Opioid tapering resources

### For practitioners

**Opioids Aware** This is a very comprehensive set of resources offered by the Faculty of Pain Management and can be found here <https://www.fpm.ac.uk/opioids-aware>. Highly recommended, including a structured approach to opioid prescribing, help with tapering and stopping, understanding pain, and best medical practice.

- Opioids Aware: [Dose equivalent tables and changing opioids](#)
- Opioids Aware: [Tapering and stopping](#)

### Resources regarding opioids and chronic pain from Oxford University Hospitals

<https://www.ouh.nhs.uk/services/referrals/pain/opioids-chronic-pain.aspx>. These include:

- **Guidance for opioid reduction in primary care**  
<https://www.ouh.nhs.uk/patient-guide/leaflets/files/95275opioids.pdf>
- **An opioid equivalence dose calculator**  
<https://www.ouh.nhs.uk/services/referrals/pain/opioids-chronic-pain.aspx>

The above resources acknowledge that alternatives need to be offered to patients for managing long term pain, for example social prescribing and psychological approaches.

### For patients

**Live Well with Pain** is an organisation which supports patients and provides resources for patients and healthcare professionals <https://livewellwithpain.co.uk/>

Useful patient information can be found at <https://www.gov.uk/guidance/opioid-medicines-and-the-risk-of-addiction>