

Appendix 4: Further resources

The following resources may also be helpful for supporting tapering of opioids (those linked to above also included here).

Tools for tapering opioids

Source/Topic	Link
Guidance for opioid reduction in primary care (from Oxford University Hospitals Trust)	https://www.ouh.nhs.uk/services/referrals/pain/opioids-chronic-pain.aspx
Norfolk and Waveney Guidelines for tapering opioids in chronic pain	https://www.norfolkandwaveneyformulary.nhs.uk/chaptersSub.asp?FormularySectionID= 24
Wessex AHSN Checklist for patients already being prescribed opioids	https://wessexahsn.org.uk/img/projects/PCN%20Checklist%20Final%20V%20(Opioid%20Exposed).pdf
Wessex AHSN Checklist for patients starting opioids	https://wessexahsn.org.uk/img/projects/PCN%20Checklist%20Final%20V(Opioid%20Naive).pdf
Ardens Opioid Monitoring template	https://support.ardens.org.uk/support/solutions/articles/31000135252-opiate-monitoring

Clinical guidelines/Professional guidance/Best Practice information

Source/Topic	Link
BMA Chronic pain: supporting safer prescribing of analgesics	https://www.bma.org.uk/media/2100/analgesics-chronic-pain.pdf
Gov.UK Prescribed medicines review report	https://www.gov.uk/government/publications/prescribed-medicines-review-report
NHS England Optimising personalised care for adults prescribed medicines associated with dependence or withdrawal symptoms: Framework for action for integrated care boards (ICBs) and primary care	https://www.england.nhs.uk/long-read/optimising-personalised-care-for-adults-prescribed-medicines-associated-with-dependence-or-withdrawal-symptoms/

Includes Case Studies from elsewhere	
NICE Guideline covering assessing all chronic pain (chronic primary pain, chronic secondary pain, or both) and managing chronic primary pain in people aged 16 years and over	https://www.nice.org.uk/guidance/NG193
NICE Medicines associated with dependence or withdrawal symptoms: safe prescribing and withdrawal management for adults	https://www.nice.org.uk/guidance/ng215/resources/medicines-associated-with-dependence-or-withdrawal-symptoms-safe-prescribing-and-withdrawal-management-for-adults-pdf-66143776880581
RCGP learning module Chronic Pain in Adults	https://elearning.rcgp.org.uk/course/info.php?id=588
Faculty of Pain Medicine Wide range of learning resources for both professionals and patients, good basic info on front page	https://www.fpm.ac.uk/opioids-aware
Health Innovation East Midlands Improving the management of non cancer pain – reducing from opioids	https://healthinnovation-em.org.uk/our-work/innovations/improving-the-management-of-non-cancer-pain-reducing-harm-from-opioids
QOF QI Prescription Drug Dependency (webinar recordings requiring NHS Futures login and access to PCNs and Practices Support Hub – see futures.nhs.uk)	https://future.nhs.uk/connect.ti/P_C_N/view?objectID=36511152
The Lancet Opioid prescribing trends	https://www.thelancet.com/pdfs/journals/lanpsy/PIIS2215-0366(18)30471-1.pdf
Department of Health Drug misuse and dependence – clinical guidelines on clinical management	https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/673978/clinical_guidelines_2017.pdf
Physiopedia Biopsychosocial model and Chronic Pain	https://www.physio-pedia.com/Biopsychosocial_Model

Patient information

Source/Topic	Link
Faculty of Pain Medicine Patient Information Leaflet	https://www.fpm.ac.uk/opioids-aware-information-patients/taking-opioids-pain
Gov.UK Safety leaflet on opioid medicines to help patients and their families reduce the risks of harm	https://www.gov.uk/guidance/opioid-medicines-and-the-risk-of-addiction
Live Well with Pain self-management resources	https://livewellwithpain.co.uk/
Flippin Pain – self management resources	https://www.flippinpain.co.uk/
NICE Decision support tool: making decisions to help you live well with chronic primary pain. This tool is for people aged 16 years and over with chronic primary pain. It can help them think about what options they might like to consider to help them live well with pain.	https://www.england.nhs.uk/publication/decision-support-tool-making-decisions-to-help-you-live-well-with-chronic-primary-pain/

General resources and recommendations

NHS England Framework document issued March 2023 - Optimising personalised care for adults prescribed medicines associated with dependence or withdrawal symptoms can be found [here](#). This is a recent policy document which includes references to key opioids resources.