September is National Pain Awareness Month!

Chronic pain management is complex! The pain experience is different for everyone and there is no one-size-fits all solution. Alternatives to opioids for chronic and complex pain are far safer and likely more effective.

The pandemic has surely made it more challenging, with disruptions in care, rampant fear, worsened stress, and increased social isolation. Drug overdose deaths have increased to record numbers, rising by more than 40% here in Washington State.

The University of Washington Pain team continues to support you as you work with your patients to improve their pain management, their function and quality of life.

UW Pain & Opioid Provider Hotline

8.30am – 4.30pm
Monday-Friday, excluding holidays
844-520-PAIN (7246)

On-demand free clinical advice for health care providers caring for patients with complex pain medication regimens, especially high dose opioids. Staffed by UW Division of Pain Medicine pharmacists and physicians.

Consultations may address:

- Individualized case consultation for client care and medication management
- Individualized opioid taper plans
- Withdrawal symptom management
- Non-opioid/adjuvant analgesic treatment evaluation & recommendations
- Triage and risk screening
- Interpreting the WA Prescription Monitoring Program record
- CDC opioid guideline review
- Patient referral resources for local pain clinics

We are not able to take over prescribing of opioid or other medications, and serve only to help guide providers. This phone consultation is not intended to replace consultation by a pain specialist provider in accordance with WAC 246-919-860 and constitute a patient-provider relationship.

UW TelePain

Wednesdays 12:00pm – 1.30pm
Website: https://tinyurl.com/UWTelePaincare
Email: telepain@uw.edu

A free service for providers to increase knowledge and confidence in chronic pain management, and to present difficult chronic pain cases for consultation.

Collegial interactive videoconferences:

- Didactic presentations from UW Pain Medicine curriculum for primary care providers
- Case presentations and consultation
- Measurement-based clinical instruments to assess pain treatment effectiveness & outcomes
- Interdisciplinary panel: pain medicine, primary care, psychiatry, rehabilitation medicine, anesthesia, family medicine, and psychology

CME available

The University Of Washington School Of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University Of Washington School Of Medicine designates this live activity for a maximum of 73.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. (Each session 1.5 credits).