



## Ideas and Resources for Providers

Other alternatives include:

- Physical therapy, exercise, movement therapies –e.g. PT, yoga, tai chi,
- Mental health therapies--e.g. CBT, ACT, DBT.
- Complementary/integrative--e.g. acupuncture, chiropractic, massage, naturopathy, herbal.
- Lifestyle behavior--e.g. smoking cessation, weight loss, social engagement.
- Patient education, self-management course--e.g. Living with Chronic Conditions (pts access this by emailing to [livewell.c@kp.org](mailto:livewell.c@kp.org)) or CBT for pain. If the patient has tried and failed these modalities your documentation should include a notation of that.

Resources available to provider in developing an approach to guiding the patient toward a tapering plan include:

- Kaiser Permanente Washington Chronic Opioid Therapy Guideline
  - <https://wa-provider.kaiserpermanente.org/static/pdf/public/guidelines/opioid.pdf>
  - includes a section on Tapering (pgs. 10-14) with helpful information and links to other outside materials.
- UW Pain Medicine Telepain resources at:
  - <https://depts.washington.edu/anesth/care/pain/telepain/mini-site/present-a-case.shtml>

## Resources for Patients

### Meditation

CD tutorials on meditation for people with chronic pain:

- Letting Go of Stress by Miller and Halpern
- Mindfulness Meditation for Pain Relief: Guided Practices for Reclaiming Your Body and Your Life by Jon Kabat-Zinn

### Books

- [A Day Without Pain](#) by Mel Pohl
- [Managing Pain Before It Manages You](#) by Margaret A. Caudill, MD, PhD
- [The Pain Chronicles](#) by Melanie Thernstrom - a history of chronic pain and her own personal story of dealing with chronic pain.
- [The Pain Survival Guide: How to Reclaim Your Life](#) by Dennis C. Turk, PhD
- [Feeling Good](#) by David D. Burns, MD

### Better Choices, Better Health

Better Choices, Better Health online workshops have helped many people cope with similar challenges in managing chronic pain and other health conditions. Members may go to [kp.org/wa/livewell](http://kp.org/wa/livewell) to find out more and sign up.

**Cognitive Behavioral Therapy (CBT)** - provided by Kaiser Permanente Mental Health

CBT may include relaxation, stress management, and pain coping skills.

Members may call 206-901-6300 or toll-free 1-888-287-2680 to make an appointment.

### Other resources:

Centers for Disease Control and Prevention - Information for Patients:

- [www.cdc.gov/drugoverdose/patients/index.html](http://www.cdc.gov/drugoverdose/patients/index.html)