

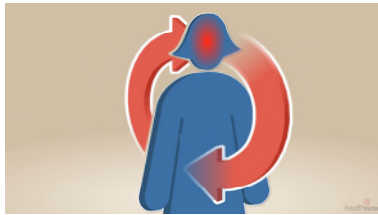
Educational Videos for Patients with Chronic Pain

Title and Preview

Details

Audience and Content

The Pain-Mood Connection



Link: <https://k-p.li/2IfbcJ1>

Producer: Healthwise

Run time: ~2 minutes

- Best for people with pain and mental health concerns.
- Breaks down the cyclical relationship between mood and pain.
- Emphasizes that people can change their thinking to improve their pain.
- Short, sweet, and to the point.

Opioids: Know What's Safe



Link: <https://k-p.li/30OpQgJ>

Producer: Healthwise

Run time: ~2 minutes

- Recommended for people who use opioid medications.
- Helps to set expectations for chronic opioid therapy (COT) appointments (patient agreement, urine drug screen, etc.).
- Clear explanations of safe medication storage and disposal.
- Mentions naloxone as a life-saving medication.
- Communicates the importance of following instructions when it comes to opioid medications.

Tame the Beast: It's time to rethink persistent pain



Link: <https://bit.ly/3nzADoU>

Producer: Tame the Beast

Run time: ~5 minutes

- Recommended for people who want to understand how pain works and how pain can be learned.
- Key message: How you think about your pain can change the way it feels.
- Includes a great explanation of phantom pain.
- Tone is academic and intellectual; may not feel relatable to some.

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Chronic Pain: How Medicines Can Help You Manage It



Link: <https://k-p.li/36PT2rs>

Producer: Healthwise

Run time: ~2 minutes

- Helps set realistic expectations for what medicines can and cannot do (can help relieve pain, won't make pain go away entirely or "fix" the pain).
- Shows the importance of good communication between the patient and doctor (for example, it's important to discuss all the medicines a patient is taking and how different medicines work together).

Chronic Pain: Treatments Other Than Medicine



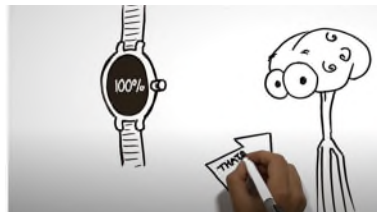
Link: <https://k-p.li/33KooxR>

Producer: Healthwise

Run time: ~2 minutes

- Provides examples of non-drug pain treatments, with stories about chronic behavioral therapy (CBT), mindfulness meditation and physical therapy (PT).
- Addresses common barriers to trying non-drug treatments such as skepticism or uncertainty with learning something new.
- Explains successful pain management may require many types of treatment.

Understanding pain & what to do about it



Link: <https://bit.ly/2GGuEhk>

Producer: Health Dialog

Run time: ~6 minutes

- Good description of how the brain produces pain and how it can be retrained.
- Provides a clear definition of acute vs. chronic pain.
- Note: While this video focuses on how pain is produced in the brain, that does not mean pain is "all in your head" or pain isn't real. How you think about your pain can change the way it feels because it is processed in the brain.