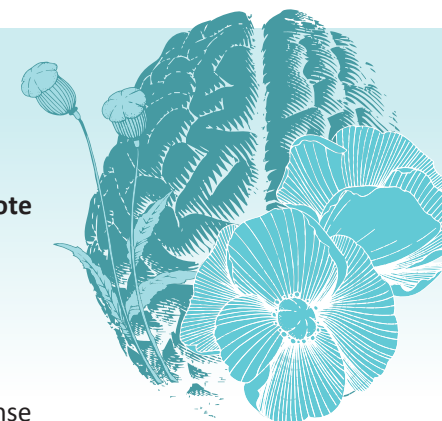


PATIENT-PHYSICIAN PARTNERSHIP TOOLKIT PHYSICIAN USER GUIDE



PATIENT ENGAGEMENT AND CHRONIC DISEASE MANAGEMENT

Patient engagement is critical in managing chronic diseases, including pain. While effective patient engagement and interventions to improve self-care require time and physician-patient rapport, **patient self-efficacy and engagement can help physicians to promote patient education through improving health literacy.** Patients' sense of self-efficacy is critical in their approach to the illness experience, their attitude towards the patient-physician relationship, and their self-care of chronic diseases.

THE AFMC PATIENT-PHYSICIAN PARTNERSHIP TOOLKIT

The AFMC created the Patient-Physician Partnership Toolkit as part of a comprehensive response to the opioid crisis. The Toolkit was developed in collaboration with Centre of Excellence on Partnership with Patients and the Public, clinicians, pharmacists, and patient partners to **provide patients and their support system tools for their journey navigating care and managing their opioid use and chronic pain.**

This Toolkit can assist patients and their allies in understanding relevant health information regarding pain and opioid use. **Physicians can play a part in promoting patient education by adopting best practices in healthcare communication. Adjuncts such as this Toolkit assist with patient-physician communication.** It is a responsibility of physicians to proactively ensure that patients have material to aid their decision-making. This Toolkit is a communication tool and a mode of information to assist with physician-patient communication.

FOR PATIENTS, BY PATIENTS

The Toolkit focuses on four areas identified by patient partners:

1. Glossary: terms and medical phrases used in opioid use and pain.
2. Myth Busters: common misconceptions about opioid use and pain.
3. Fact sheets: frequently asked questions regarding pain, such as commonly used over-the-counter pain medications, non-pharmacological ways of treating pain, risks of opioid use disorder.
4. Discussion Tool: promote and enhance patient-physician communication.

INCORPORATING THE AFMC PATIENT TOOLKIT IN YOUR PRACTICE

REVIEW
THE AFMC
TOOLKIT SITE



SELECT RELEVANT
SECTIONS ALIGNED
WITH THE PATIENTS
READINESS



REVIEW THE TOOLKIT
AND RELEVANT
SECTIONS JOINTLY
WITH THE PATIENTS
(AND THEIR
SUPPORT SYSTEM)



CONSIDER VIRTUAL OR
IN-PERSON FAMILY
MEETINGS AS EACH PATIENT
PREFERS



CONSIDER ENGAGING LEARNERS
(MEDICAL STUDENTS,
RESIDENTS) IN USING THIS TOOL
WHILE WORKING WITH PATIENTS



PROMPTS FOR PHYSICIANS USING THE PATIENT-PHYSICIAN PARTNERSHIP TOOLKIT AND INTRODUCING IT TO PATIENTS

SAMPLE SCENARIO:

- CLINICIAN: "Hi Ms. A. How are you? We are reviewing your arthritis pain management today, am I right?"
- PATIENT A: "Well, the past few weeks have been tough with my knee pain, but I'm hanging in there."
- CLINICIAN: "I find that part of managing long-standing pain is getting to know you better, and to provide you with some tools so that you are empowered in facing these challenging days."
- PATIENT A: "That sounds good."

If the patient is not ready or feeling apprehensive, here is a sample script:

- PATIENT A: "Sorry, but I'm really not feeling up to reading or dealing with the computer right now."
- CLINICIAN: "That's no problem at all. I understand and hope you can get some rest. We can revisit this again next time we see each other. Is there anyone that you think can be helpful with your care that you would like me to speak to as well?"

Our patient partners bring a valuable perspective to the AFMC's Response to Opioid Crisis project. This Patient-Physician Partnership Toolkit captures this unique perspective and hopefully will empower your patients as well.

➔ TO ACCESS THE PATIENT-PHYSICIAN PARTNERSHIP TOOLKIT, PLEASE CLICK HERE:

[opioids.afmc.ca//partnership-toolkit/](https://opioids.afmc.ca/partnership-toolkit/)

Additional Resources:

www.aafp.org/pubs/afp/issues/2000/1001/p1712.html

www.ncbi.nlm.nih.gov/pmc/articles/PMC5242136/

For more information, please visit:

opioids.afmc.ca



This project has been made possible through a financial contribution from Health Canada. The views expressed herein do not necessarily represent the views of Health Canada.

