

Oregon Pain Management Commission COVID-19 Statement

COVID-19: How pain might be affected by this emergency

The COVID-19 pandemic has created stressful times for everyone and strains on healthcare systems and clinicians to care for chronic conditions such as persistent pain. We know that persistent pain often worsens in times of stress. The Oregon Pain Management Commission (OPMC) would like to call attention to resources currently available on our website which can help clinicians and your patients who may be having flareups related to this challenging time.

- **Oregon Pain Management Commission Clinician Pain Education Module: “Changing the Conversation about Pain,”**
<http://www.oregonpainmodule.org/course01/>:
 - Help clinicians understand how and why their patients’ pain may flare during stressful times.

- **OPMC Pain Care Toolbox:**
<https://www.oregonpainguidance.org/resources/patient-education-toolkit/>Provides information, tips, and handouts which clinicians can share directly with their patients.

In addition, the OPMC Pain Module can be an online resource for patients who may be wondering why pain can flare during stressful events. While some clinical language is used, the presentation itself is generally approachable for lay people as well.

For patients wanting to access care but concerned about exposing themselves or others to COVID-19, many providers are offering services online or by telephone. Health plans in Oregon should be covering these services when appropriate. See <https://dfr.oregon.gov/insure/health/understand/Documents/DFR-OHA%20Telehealth%20Guidance.pdf> for details.