

Prescription of painkillers – a constant challenge

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WHY

- The health authorities has increased focus on reducing the prescription of painkillers in general practice
- If the patient had a long history of treatment with pain killers it can difficult to see why
- A high workload in general practice increase the risk of just renew the prescription without asking why

How

- All patient treated with pain killers were invited for a consultation
- The history of pain and use of painkillers were described
- The indication were registered as a chronic disease
- A explicit agreement and plan for the treatment were made
- A pop-up notification would appear when new prescription of pain killers were made

The consultation

Focus on

- Revealing the patient's perspective and expressing empathy
- Share your professional knowledge
- Adjust the medicine
- Plan the follow-up

What was the result of the effort?

- The patients accepted the plans and did not express frustration or anger even though they perhaps had less pain killers prescribed
- The GP had a quick and better overview of the patients medication

Thank you for your attention

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