



United Kingdom  
pete.moore@paintoolkit.org

**GOOD PRACTICE NUMBER 15**  
Since 05/2016

Category:  
**Empowerment,  
Innovation.**  
Professional education

**Empowering people to  
self-manage their pain**

## PETE MOORE

Author and Trainer

Pain Toolkit

### Objectives

To make the learning pain self-management more interesting and fun for patients and the healthcare professionals

### Outcome

Participants (both patients and healthcare professionals) get feedback from the Pain Toolkit Quiz. Which questions they got right and which ones they didn't. They can also go return to the quiz to increase their score and knowledge.

### Information about Good Practice Applicant

Author and Trainer of the Pain Toolkit Quiz <http://quiz.paintoolkit.org>