

PainLinks: Resources for Those Living with Pain

www.RxFiles.ca/PainLinks



Chronic pain management can be complex, and non-pharmacological approaches are essential in living well with pain in the long-run. Below, are resources and links that may help to point you in the right direction.

Links to various Canadian/International resources:

- The Canadian Pain Coalition**
www.canadianpaincoalition.ca
- The American Chronic Pain Association**
www.theacpa.org
- PainBC** www.painbc.ca
- Pain Australia** www.painaustralia.org.au
- The Free Mindfulness Project**
www.freemindfulness.org/download
- Prevention in Hand (CFPC & PHAC)** (Search for “pain”)
<http://preventioninhand.com/Home.aspx>
- Positive Coping with Health Conditions:**
www.comh.ca/pchc
- WellHealth:** <https://thewellhealth.ca/cncp> See Supporting Material tab – & look for *Patient Resources*

Videos: YouTube:

Doc Mike Evans videos, homepage: <https://www.youtube.com/user/DocMikeEvans>

Low Back Pain: <https://www.youtube.com/watch?v=BOjTegn9RuY>

Best Advice for People Taking Opioids: <https://www.youtube.com/watch?v=7Na2m7lx-hU>

Understanding Pain in Less Than 5 Minutes: <https://www.youtube.com/watch?v=5KrUL8tOaQs>

One Minute Meditation: www.youtube.com/watch?v=F6eFFCi12v8

Links to various Saskatchewan resources:

Saskatoon: <https://www.saskatoonhealthregion.ca/painmanagement>

- Clinical Health Psychology** (Ellis Hall) – by referral (**free**); relaxation MP3 recordings available free online
https://www.saskatoonhealthregion.ca/locations_services/Services/cdm/Pages/Programs/Clinical-Health-Psychology.aspx
- First Step Program** (wellness: via education, strength training and aerobic exercise) – Field House:
<https://www.saskatoon.ca/parks-recreation-attractions/recreational-activities-fitness/registered-programs/first-step-program>
- Pelvic Floor Rehab Program** – (men/women); <http://www.sasksurgery.ca/provider/pelvicfloor.htm> (**free**)

Regina:

- Love2Live:** healthy living program with the Paul Schwann Centre; requires physician referral.
<https://www.uregina.ca/kinesiology/dpsc/love-2-live/index.html>
- Forever in Motion Program:** drop in exercise program <http://www.rqhealth.ca/department/health-promotion/forever-in-motion>
- Wascana Rehabilitation Centre Adult Outpatient Education Program:** Chronic Pain Self Management Education Program: 1 afternoon a week x 6 weeks, can self refer. Phone: 306-766-5714

SK Resources:

- LiveWell with Chronic Pain Workshops** (check your local area!) (**free**)
Saskatoon: https://www.saskatoonhealthregion.ca/locations_services/Services/cdm/Pages/Programs/Chronic-Pain.aspx
Regina: <http://www.rqhealth.ca/department/health-promotion/livewell-with-chronic-pain-and-livewell-with-chronic-conditions-programs>
North Battleford: call (306) 446-8613 or, 1-888-922-5867
- Spine Pathway Clinics:** Regina/Saskatoon: <http://www.sasksurgery.ca/provider/spine.html> (**free**)
- Physiotherapy:** Private; or may be available free through your local health centre (**limited, free**)
https://www.saskatoonhealthregion.ca/locations_services/Services/Physical-Therapy/Pages/SHR-Physical-Therapy-Services.aspx
- Interventional Pain Clinics:** available in different health centres
- SaskPain** (Saskatchewan Pain Professional Practice Group): <http://www.saskpain.ca/>
- Pain & Addiction Management Resource:** www.SaskPainAddiction.com
- Online CBT for chronic pain & depression/anxiety (U of R):** <https://www.onlinetherapyuser.ca/pain> (**free**)
- Local Library:** informational/educational resources (**free**)
- medSask:** drug information (professional, consumer): <https://medsask.usask.ca/> (**free**)
- MAC** (Medication Assessment Centre, U of S): <http://www.usask.ca/pharmacist/about-mac.php> (**free**)

Four P's of Pain Management



Pharmacological	Psychological
<ul style="list-style-type: none"> - Match medications to the types of pain (e.g. nociceptive, neuropathic, central sensitization) - Consider analgesic and non-analgesic adjuvant classes of medication (acetaminophen, NSAIDs, steroids, opioids, muscle relaxants, anti-convulsants, anti-depressants, medical marijuana, sleep aides, interventional analgesia e.g. nerve block, intrathecal pump) - Goal of medications is to make you comfortable enough to move, participate in activities, and improve sleep, not necessarily to eliminate pain - Consider bowel care regimen with opioids 	<ul style="list-style-type: none"> - Pain neurophysiology education - Mindfulness - Spirituality (e.g. prayer, meditation, smudging) - Relaxation (e.g. imagery, deep breathing) - Acceptance based therapy - Stress management - Cognitive behavioral therapy - Hypnosis - Social support
Physical	Preventative
<p>Passive</p> <ul style="list-style-type: none"> - Thermal (heat/cold) - Manual therapies (e.g. massage, joint mobilizations or manipulations) - Electrical (e.g. TENS, spinal cord stimulation, peripheral nerve stimulation, deep brain stimulation) - Acupuncture <p>Active</p> <ul style="list-style-type: none"> - Therapeutic exercises (e.g. flexibility, strength) - General activity (e.g. cardiovascular fitness) - Interrupt sedentary time - Physical activity goals: <ul style="list-style-type: none"> □ General health: 150 min+/week of moderate to vigorous activity in at least 10 minute bouts for adults 	<ul style="list-style-type: none"> - Splints, braces, orthotics - Mobility aides (e.g. cane, wheelchair) - Postural or positioning changes (e.g. sleeping surfaces – mattress and pillow; chair) - Activity pacing - Ergonomic set up of work stations - Sleep hygiene education and training - Lifestyle changes (e.g. weight-loss, healthy eating, smoking cessation) - Condition/disease management (if applicable)

- Type or amount of treatment will depend on type of pain and individual characteristics and preferences
- Pain management strategies should be reviewed regularly to ensure effectiveness and minimal side-effects depending on nature of treatment and patient risk profile

Additional Resources for Non-Drug Pain Management Approaches

Household chores: <http://www.hamiltonhealthsciences.ca/documents/Patient%20Education/PainClinicHouseholdChores-th.pdf>

Fitness at home: <http://www.hamiltonhealthsciences.ca/documents/Patient%20Education/PainClinicFitnessAtHome-th.pdf>

Related Video: 23 & ½ Hours: <https://www.youtube.com/watch?v=aUalnS6HIGo>

Canadian Physical Activity Guidelines: http://www.csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_adults_en.pdf
http://www.csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_older-adults_en.pdf