

Chronic pain management can be complex, and a treatment plan that involves more than medication is essential to live well with pain in the long-run. Below are resources and links that may help to guide you in the right direction.

Links to various Canadian/International resources:

- Canadian Pain Society** www.canadianpainsociety.ca
- The American Chronic Pain Association** www.theacpa.org
- PainBC** www.painbc.ca
- Pain Australia** www.painaustralia.org.au
- Retrain Pain Foundation** www.retrainpain.org
patient focused; available in multiple languages
- Toronto Academic Pain Medicine Institute**
www.tapmpain.ca/patient
- Live Plan Be** www.liveplanbe.ca/manage-my-pain
- Pain Society of Alberta** www.painab.ca/patientresources
- The Free Mindfulness Project**
www.freemindfulness.org/download
- Positive Coping with Health Conditions**
www.comh.ca/pchc
- Pain Calculator:** Comparative Pain Treatment Options shared decision making <http://pain-calculator.com/>

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>

Regina:

- Love2Live:** healthy living program with the Paul Schwann Centre; requires physician referral.
<https://www.sk.bluecross.ca/about-us/community-involvement/love2live>
- 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
- Regina Chronic Pain Clinic:** requires physician referral. Phone: 306-766-6370

SK Resources: <https://sk.211.ca/>

- 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
- Forever in Motion Program:** drop in exercise <https://www.spra.sk.ca/programs-services/foreverinmotion/>
- Spine Pathway Clinics** Regina/Saskatoon: <http://www.sasksurgery.ca/provider/spine.html> (free)
- Pelvic Floor Pathway Clinics** Regina/Saskatoon: <http://www.sasksurgery.ca/patient/pelvicfloor.html> (free)
- Physiotherapy:** Private; or may be available free through your local health centre
<http://saskphysio.org/find-a-physiotherapist>
- SaskPain** (Saskatchewan Pain Society) <http://www.saskpain.ca/>
- Online Cognitive Behavioural Therapy** (U of R) <https://www.onlinetherapyuser.ca/chronic-conditions> (free)
- Local Library:** informational/educational resources <https://www.sasklibraries.ca/> (free)
- medSask:** drug information (professional, consumer): <https://medsask.usask.ca/> (free)
- Medication Assessment Centre Interprofessional Opioid Pain Service** (U of S)
<https://pharmacy-nutrition.usask.ca/mac/patients/mac-iops-chronic-pain-toolkit.php> (free)
- SHA Opioid Stewardship Program**
<https://www.saskhealthauthority.ca/Services-Locations/stewardship-clinical-appropriateness/Pages/Patient-Resources-.aspx>
- SK Alcohol & Drug Services (Substance Use Disorders, Addictions)**
<https://www.saskatchewan.ca/residents/health/accessing-health-care-services/mental-health-and-addictions-support-services/alcohol-and-drug-support/alcohol-and-drug-services>
- RxFiles Opioid Q&A Patient Booklet** <http://www.rxfiles.ca/rxfiles/uploads/documents/Opioid-Patient-Booklet-Taper-RxFiles.pdf> (free)
- RxFiles Buprenorphine/Naloxone for Pain Q&A Patient Booklet**
<https://www.rxfiles.ca/rxfiles/uploads/documents/bup-nal-patient-booklet.pdf> (free)
- CADTH Non-Drug Ways to Manage Chronic Pain** <https://cadth.ca/tools/non-drug-ways-manage-chronic-pain> (free)

Four P's of Pain Management

the 4P's of PAIN MANAGEMENT

Nearly 1 in 2 people (44.4%) consider themselves to be suffering from pain. 3.4% have an extreme pain problem.

1 in 5 people live with chronic pain

The best pain treatment uses a combination of the 4P's.

Prevention	Psychological	Physical	Pharmaceutical
Better Sleep Activity Pacing Splints or Orthotics Healthy Lifestyle	Self-Management Education Counselling Relaxation Training Hypnosis Social Support	Exercise Physiotherapy Massage Acupuncture Chiropractic Electrical Devices	Match medicine to the TYPE of pain. Medicine should make movement & sleep more comfortable, but may not eliminate pain.

the 4P's

DID YOU KNOW?

- MRI, CT Scan, and X-ray can't be used to diagnose pain.
- Different types of pain can overlap and change over time. Different types of pain need different treatments.
- Chronic pain can be due to a change in the sensitivity of the nervous system, an ongoing problem with body tissues, or both.

- 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 the nature of treatment and patient risk profile.

YouTube Videos

- **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>
 - 23 & ½ Hours:** <https://www.youtube.com/watch?v=aUalnS6HIGo>
- **Brainman** videos, homepage: <https://www.youtube.com/channel/UCAfjSufXOnORMLMtSid6CQQ>
 - Understanding Pain in Less than 5 Minutes:** <https://www.youtube.com/watch?v=5KrUL8tOaQs>
- **One-Moment Meditation:** www.youtube.com/watch?v=F6eFFCi12v8
- **Tame the Beast:** <https://www.youtube.com/watch?v=ikUzvSph7Z4>
- **A Car with Four Flat Tires:** https://www.youtube.com/watch?v=W_vffF50E3c
- **Dr. Andrea Furlan Mind-Body Therapies:** <https://www.youtube.com/watch?v=W5zvm8c6Ckw>

Additional Resources for Non-Drug Pain Management Approaches

Household chores: <https://www.hamiltonhealthsciences.ca/wp-content/uploads/2020/09/PainClinicActivityEducation-th.pdf>

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

Exercise is Medicine: https://www.exerciseismedicine.org/support_page.php/rx-for-health-series/

Pain & Exercise Fact Sheet: <https://www.saskpain.ca/wp-content/uploads/2020/05/chronic-pain-and-exercise-fact-sheet.pdf>

Apps for your mobile device or computer

Calm: <https://www.calm.com/>

Headspace: <https://www.headspace.com/>

Curable: <https://www.curablehealth.com/>

