

PAIN MANAGEMENT RESOURCES

LOCAL RESOURCES (COMOX VALLEY)

COMOX VALLEY NURSING CENTRE RESOURCES FOR PEOPLE LIVING WITH CHRONIC PAIN¹: 615 Tenth Street, Courtenay Phone: 250.331.8502 Fax: 250.331.8503

CHRONIC PAIN SUPPORT GROUP – PEOPLE IN PAIN NETWORK

This support group aims to help people living with chronic pain improve their lives through education, encouragement and fellowship. This meeting is co-facilitated by Heather Devine People in Pain Network and Gayle Timmons RN on the third Tuesday of every month from 1:30 to 3:30 p.m. www.pipain.com twitter: <https://twitter.com/Peoplepain> and email is info@pipain.com.

GOOD VIBRATIONS - RELAXATION THERAPY

Facilitated by a Registered Clinical Therapist this open class meets weekly for 60 minutes to learn and practice relaxation skills. Thursdays 1:15PM to 2:15PM
No classes in August 2015

CHRONIC PAIN EDUCATIONAL SERIES

A 6 week consecutive program (2hrs at each session) designed to assist people in exploring self-management strategies to enhance the quality of their lives. Chronic Pain Management Team members lead session(s), dedicated to their respective area. This program is run three (3) times per year. To Register call (250)-331-8502

April 27- June 8 2015

Registration opens March 31 2015

September 14- October 26 2015

Registration opens August 18 2015

SUPER 6 EXERCISE PROGRAM

A six week consecutive program with the focus on increasing strength, endurance and general fitness level. The Super 6 Exercise Program is run by a kinesiologist to re-introduce chronic pain clients to exercise. Must have a primary care nurse at the Nursing Center

1:1 APPOINTMENTS WITH A PRIMARY HEALTH CARE R.N.

Individual appointments can be arranged with a Registered Nurse at the Nursing Centre. We offer client-centered service. Clients do not need a referral. We encourage clients to take personal responsibility for their health through shared discussion, goal setting and problem solving. We support their decisions about their health and lifestyle by providing information and education, individual consultations and helping them find other resources in the community. We respect our client's active participation in managing their health effectively. It is basic to our partnership.

CHRONIC PAIN MANAGEMENT TEAM

Multidisciplinary team (Nursing, Physiotherapy, Pharmacy, Nutrition, Mental Health, GP Pain Consultations) in partnership with family MD. Goals of this team have been to provide a

¹ Descriptions of Services copied from Island Health (2013), Chronic Pain Resource Descriptions Flyer

PAIN MANAGEMENT RESOURCES FOR PATIENTS - 2

multidisciplinary framework to assess, treat and to educate people experiencing chronic pain, and their families, as well as to increase our own knowledge and other health care professionals in this community. We have used existing community resources to provide a coordinated, multidisciplinary, and client centered approach.

NURSING CENTRE LIBRARY RESOURCES and COMMUNITY INTERNET ACCESS

This rich resource is located within the center and is managed by Nursing Center Volunteers. We have a broad selection of books, videos and audio tapes/CD's on Chronic Pain and many other health issues. A computer is also available for those who would like to access health related information via the Internet.

INTERVENTION PLUS PAIN CLINIC: (DR. BARBARA FEHLAU)

<http://www.interventionpluspainclinic.com>

1736 England Avenue, Courtenay BC V9N 2P6

REGIONAL RESOURCES

NANAIMO REGIONAL GENERAL HOSPITAL PAIN CENTRE

For the treatment of patients who suffer from non-surgical pain that is not managed by conventional methods. No urgent concerns. Orientations every Tuesday from 4:00p.m. – 5:00 p.m. by scheduled appointment. *Phone: (250) 739-5978 Fax: (250) 739-5989 E-mail: NRGHPainClinic@viha.ca* for general inquiries only

VICTORIA ROYAL JUBILEE HOSPITAL PAIN PROGRAM

For the treatment of patients who suffer from non-surgical pain that is not managed by conventional methods. No urgent concerns. Orientations every Tuesday from 4:00-5:30 p.m.; no appointment necessary but attendance strongly recommended. Phone (250) 519-1836; Fax: (250) 519-1837; E-mail RJHPainClinic@viha.ca for general inquiries only.

UNIVERSITY OF VICTORIA CHRONIC PAIN SELF-MANAGEMENT PROGRAM

The Chronic Pain Self-Management Program (CPSMP) is a community program to help people live successfully with chronic pain. It is led by two trained leaders who successfully complete a four-day training workshop and is delivered in communities to groups of 10-12 persons, once a week for 2 1/2 hours, for six consecutive weeks. Participants receive two books: "Living a Healthy Life with Chronic Conditions" and the "Chronic Pain Self-Management Program Workbook"; the Workbook contains our "Moving Easy Program" CD which provides a set of easy to follow exercises which can be done in the comfort of your own home. For information about workshop dates and locations call our toll-free information line at 1-866-902-3767 or visit our website at www.coag.uvic.ca/cdsmp

VICTORIA BACKFIT PROGRAM

www.backfit.ca Phone (250)477-8143

ONLINE RESOURCES

1. Island Health has a webpage with a number of helpful videos to watch:

- Understanding Pain in 5 minutes
- Introduction to Pain
- Accepting Your Chronic Illness

http://www.viha.ca/comox_valley_nursing_centre/programs_and_services/chronic_pain.htm

2. University of Calgary Online Resources

- Chronic Pain Management Online Lectures. Ten lectures covering Introduction to Pain, This is Your Body, Medications, The Role of Exercise in Managing Pain; Attention and Memory; Nutrition; Pacing in Pain Management; Anxiety, Depression and Chronic Pain; Sleep; and Understanding Medical Investigations & the Health Care System.

<http://www.albertahealthservices.ca/services/Page2790.aspx>

3. Canadian Pain Coalition Pain Resource Centre. Information available about chronic pain conditions, management of chronic pain, accessing chronic pain care, pain associations, and more.

<http://prc.canadianpaincoalition.ca>

VIDEOS

- ð “Pain and Role of Medications” <http://www.aci.health.nsw.gov.au/chronic-pain/for-everyone/pain-and-role-of-medications>

- ð “Adorable Animated Mice Explain Mediation in 2 Minutes”
<https://www.youtube.com/watch?v=rqoxYKtEWEc>

- ð Evans Health Lab www.evanshealthlab.com (whiteboard health videos, e.g. stress, opioids)

- ð “Understanding Pain: What to do about it in less than 5 minutes?” You Tube

SMART PHONE / TABLET APPS

- ð Headspace: www.headspace.com [10 for free]
- ð MindShift: www.anxietybc.com/resources/mindshift-app [free]
- ð Insight Timer – Meditation Timer: www.insighttimer.com [free]
- ð Stop, Breathe & Think: www.stopbreathethink.org [free]
- ð Opioid Manager Apps: www.opioidmanager.com/apps.html [free for patients]