

RESOURCES FOR PHYSICIANS

PAIN MANAGEMENT

- **REFERRAL TO NURSING CENTRE CHRONIC PAIN CLINIC**

To refer a client to the **Comox Valley Nursing Centre Community Pain Service Support**, please print and complete the referral form that is available in this package of resources (Appendix B).

DR. FEHLAU'S INTERVENTIONAL TREATMENTS

Dr. Fehlau offers a range of chronic pain management treatment options.

Visit the clinic's website for more information: www.interventionpluspainclinic.com

RESOURCES FOR PHYSICIANS

PAIN MANAGEMENT

● WEBSITES

- **COMOX VALLEY NURSING CENTRE, COMMUNITY PAIN SERVICE SUPPORT:**
www.viha.ca/comox_valley_nursing_centre/programs_and_services/chronic_pain.htm
- **ANXIETY B.C.** www.anxietybc.com
- **PAIN B.C. (Pain toolbox and more)** www.painbc.ca
- **Rx FOR HEALTH** www.healthyfamiliesbc.ca/home/prescription-health
- **PEOPLE IN PAIN NETWORK** www.pipain.com
- **UNIVERSITY OF CALGARY ONLINE RESOURCES** www.topalbertadoctors.org
 - Alberta's Toward Optimized Practice (TOP) Guidelines. Clinical practice guidelines available for low back pain, headache, and insomnia.
- **PAIN SOCIETY OF ALBERTA** www.painsocietyofalberta.org
- **CANADIAN PAIN SOCIETY.** www.canadianpainsociety.ca
- **INTERNATIONAL ASSOCIATION FOR THE STUDY OF PAIN** www.iasp-pain.org
- **AMERICAN PAIN SOCIETY** www.americanpainsociety.org
 - Also see their link to "Subscribe to APS SmartBrief", a weekly email distribution of news for the pain professional.

● VIDEOS

- "Pain and Role of Medications" www.aci.health.nsw.gov.au/chronic-pain/for-everyone/pain-and-role-of-medications
- "Adorable Animated Mice Explain Mediation in 2 Minutes" www.mindful.org/adorable-animated-mice-explain-mediation-in-2-minutes
- Evans Health Lab www.evanshealthlab.com (whiteboard health videos, e.g. stress, opioids)
- "Understanding Pain: What to do about it in less than 5 minutes?" You Tube

● SMART PHONE / TABLET APPS

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