



Chronic Pain & Problematic Substance Use Program

8 week program for Chronic Pain and Problematic Substance Use

In response to the opioid crisis, the Fraser Health is partnering with local Divisions of Family Practice to develop new services for people with co-morbid chronic pain and problematic substance use (including prescription drug use). As a result, a specialized community based program has recently opened in the North Surrey area, in Surrey, collocated with an Urgent Primary Care Centre. The program will serve people living in the Delta, Langley, Surrey, and White Rock areas. Priority will be given to people with opioid use disorder, who are high risk for developing opioid use disorder or at risk of relapse e.g. previous medical history of substance use (including prescription drug use).

Patient Description	Program Outline
<ul style="list-style-type: none"> Men and women 18 years and older Chronic pain Problematic substance use (including prescription drugs; priority given to opioid use) Interested in self-management skills Able to participate in group learning Able to attend an 8 week program At least somewhat open to discussing substance use concerns 	<ul style="list-style-type: none"> 2.5 hrs once a week x 8 weeks Group education about pain Group education about substances Group physical rehabilitation activities Physiotherapy care Occupational Therapy care Access to Pain Specialist and Addiction Medicine Specialist consults if needed Community-dependent access to Pharmacist and Social Worker Assisted referral to more pain, mental health and substance use services if needed: e.g. FH tertiary pain clinic & appropriate community services e.g. Mental Health Centre, Substance use service e.g. Opioid Agonist Therapy (OAT)

How does my patient access the service?

- Primary care referrals or referrals via substance use services:
 - Discuss the program, willingness to participate and get consent
 - Assess severity with the Brief Pain Inventory
 - Fax the referral and Brief Pain Inventory to:
604 582 4951 attention Coordinator Community Pain Clinics
 - The Coordinator will contact your patient for more information, prioritize the request, schedule them to start and send a brief written update your office.

Questions?

Coordinator, Coordinator.CommunityPainProgram@fraserhealth.ca