



FRASER NORTHWEST
DIVISION OF
FAMILY PRACTICE

CHRONIC PAIN RESOURCE GUIDE

CONDENSED MINI GUIDE

A comprehensive resource guide for
adults dealing with chronic pain.

For further adult health resources and services please obtain the
complete Adult Health Services Handbook from your family doctor.

REGIONAL PAIN CLINICS

Opioid Agonist Treatment (OAT) Clinic

A brand new outpatient Opioid Agonist Treatment Clinic now open in Port Moody. Co-located with the Port Moody Pain clinic. Provides prescribed medication, pain management tools, and medical assistance. Clients can get connected to psychosocial support such as counselling. Clinic services are free and available to anyone with chronic pain or opioid use disorder.

Monday-Friday, 10am-6pm.

Address: 700-220 Brew Street, Port Moody, BC, V3H 0E5

Phone: 604-777-8709

To self-refer: Drop-in or call the clinic to book an appointment.

Physician referral: You can ask your doctor for a referral if you would prefer.



REGIONAL PAIN CLINICS

Chronic Pain Clinic- Surrey BC

Offers pain management for adults experiencing chronic pain through assessment, care and education by a team of health professionals.

For patients aged 17 and over.

<http://bit.ly/ChronicPainClinicSurrey>

Pain BC – Pain Clinic Directory

Access to many of the clinics require a referral from your family physician.

Pain BC has compiled a list of pain clinics located throughout the province.

Additionally, some of the clinics will only accept referrals from patients within a particular health authority (i.e. Fraser Health, Vancouver Coastal Health) or catchment area. Your family doctor has knowledge of many of the pain clinics listed in Pain BC's directory and can determine if a referral to a pain clinic is the best option for the management of your chronic pain.

www.painbc.ca/chronic-pain/clinics-and-services



CHRONIC PAIN PRACTITIONERS

Pain BC – Find a Practitioner Near You

If you're living with pain, it's important to have the right support. Search this database to find help in your community including courses and workshops for people in pain, pain support groups and other pain management groups, pain clinics, and health care providers who have completed pain management training at accredited institutions. Health care practitioners included in this listing are vetted according to the Provider Database Guidelines.

www.painbc.ca/chronic-pain/practitioners



ALLIED HEALTH CARE ASSOCIATIONS

BC Association of Clinical Counsellors

Learn how counselling can help, how to choose a counsellor and search for counsellors near you.

www.bc-counsellors.org

250-595-4448

BC Chiropractic Association

Chiropractors work closely with patients who are struggling with back pain, neck pain, headaches, sprains or strains, or other issues involving muscles, joints, and nervous system. Learn how chiropractors can help you, what to expect during a visit and search for chiropractors near you.

www.members.bcchiro.com/code/find.php

604-270-1332

BC Psychological Association

The BC Psychological Association offers a listing of Registered Psychologists in your area. You can search by location, area of concern, therapy method, and other criteria.

www.psychologists.bc.ca

604-730-0522

College of Traditional Chinese Medicine Practitioners & Acupuncturists of BC

www.ctcma.bc.ca

Looking for more information about acupuncture?

Some people use acupuncture to relieve pain, such as low back pain, or to manage chronic pain from osteoarthritis, headaches, or neck problems.

There is some evidence that acupuncture may help to treat pain. To learn more, visit HealthLink BC. <http://bit.ly/AcupunctureBC>

604-738-7100



DoFP

ALLIED HEALTH CARE ASSOCIATIONS

Counselling BC

Counsellors Specializing in Chronic Pain*
Counselling BC's website has a directory that you can search (by postal code or name) for counsellors with an interest in pain management.
<http://bit.ly/ChronicPainCounsellors>

Physiotherapy Association of BC

Physiotherapy can help with arthritis, chronic pain, and painful neurological conditions such as head traumas, migraines and headache disorders. Physiotherapists work closely with patients to make sure they are getting the right care for their condition, injury or mobility issue, so that they can get back to enjoying life and the activities they love most. Visit the website to find out how physio can help.
<http://bit.ly/PhysioBC>
604-736-5130

Registered Massage Therapists' Association of BC

Massage Therapists work with illness, injury and disability in diverse and broad patient populations. They focus on disorders of the musculoskeletal and related systems.
www.rmtbc.ca
604-873-4467

The Canadian Association of Occupational Therapists (BC Chapter):

Occupational Therapists are trained to understand not only the medical and physical limitations of a disability or injury, but also the psychosocial factors that affect the functioning of the whole person.
<http://bit.ly/OccupationalTherapyBC>
1-800-434-2268



DoFP

SELF MANAGEMENT PAIN RESOURCES

Pain BC: Coaching for Health

A free telephone or video conference coaching program to help people living with pain learn self-management skills, regain function and improve their well-being.

www.painbc.ca/coaching

Physician referral form:

<http://bit.ly/DocReferral>

Chronic Conditions Self-Management Program

Workshops for persons with one or multiple chronic conditions. Friends and family members welcome.

www.selfmanagementbc.ca

604-940-1273 or 1-866-902-3767

Pain Diary

Use this diary to record details about your pain, including how you treated it and how effective the treatment was. This will help you keep track of what works and what doesn't. Show this to your doctor at your next appointment so your doctor can better understand your pain level and what you're doing about it.

<http://bit.ly/Pain-Journal>



**Are you living with pain?
Call the Pain Support
Line at 1-844-880-PAIN
or visit:
<https://www.painbc.ca/>**

SELF MANAGEMENT PAIN RESOURCES

Pain BC: Live Plan Be

A free online self-management tool designed to help individuals take care of their life and their pain.

www.liveplanbe.ca

Pain BC: Connect for Health:

Connecting people in pain to resources that go beyond the doctor's office (i.e. income, isolation, housing, employment, food security, child care, education, other)

www.painbc.ca/chronic-pain/connect-for-health

Self-Referral Form:

www.painbc.ca/chronic-pain/connect-for-health/self-referral

Pain BC: My Care Path - For Kids & Teens in Pain (and their families)

A free online resource for teens ages 12 - 17. When it comes to pain in children and teens, early intervention is key. This site gives teens the right information so they can take action and be in charge of their own pain management plan.

mycarepath.ca

My Opioid Manager

A free educational and informational resource to help patients with chronic pain understand and manage their pain with opioid use.

www.opioidmanager.com/my-opioid-manager

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Line at 1-844-880-PAIN

or visit:

<https://www.painbc.ca/>

SELF MANAGEMENT PAIN RESOURCES

Pain BC: Pain Waves Podcast

Discussions include pharmacists, doctors, physiotherapists, & people in pain.

www.spreaker.com/show/pain-waves

Pain BC: Pain Toolbox

Pain often gets in the way of our hopes and dreams, but it doesn't have to. If pain has made you feel broken and lost, we can help you get your life back. We can all make changes when we try things one small bite at a time. An online & print version is available on the website. www.painbc.ca/chronic-pain/pain-toolbox

People in Pain Network: Adult Pain Toolkit

Developed to help adults manage the daily challenges facing people living with persistent pain.

<http://bit.ly/PainToolkit>

People in Pain Network: Youth Pain Toolkit

Developed to help youth manage the daily challenges facing people living with persistent pain. <http://bit.ly/PainToolkit>

Apps to Help Manage Chronic Pain

Pain BC has compiled a list of helpful apps to help you manage your pain with technology.

The majority of the apps are free.

Go to page #10 of Pain BC Toolbox

<http://bit.ly/PainBCToolbox>

Are you living with pain?

Call the Pain Support

Line at 1-844-880-PAIN

or visit:

<https://www.painbc.ca/>

SELF MANAGEMENT PAIN RESOURCES

Retrain Pain: Free Online Course

Learn a science-based approach to overcome your pain.

<http://www.retrainpain.org/>

Pain BC: Webinars

A variety of topics are covered in these webinars. From couples coping with pain, to psychological factors in pain, to myths and facts about sleep and chronic pain, and more. www.painbc.ca/chronic-pain/webinars

Work Wellness & Disability Prevention Institute – Webinars

Introduction to Mindfulness for Chronic Pain - 5 Part Series

<http://bit.ly/PainMindfulnessWebinars>

Pain BC: Coaching for Health

A free telephone or video conference coaching program to help people living with pain learn self-management skills, regain function and improve their well-being.

www.painbc.ca/coaching

Are you living with pain?

Call the Pain Support

Line at 1-844-880-PAIN

or visit:

<https://www.painbc.ca/>

SUPPORT GROUPS AND NETWORKS

People in Pain Network

Coquitlam & Port Coquitlam
Coquitlam Pain Self-Management Group:
<http://bit.ly/PainManagementGroup>

PIPIN Pain Self-Management groups currently run in a number of communities. Find a pain self-management group in your area. If there isn't a peer support group in your area and you are interested in starting one, email info@pipain.com
www.peopleinpainnetwork.wildapricot.org
email: coquitlam@pipain.com
1-844-747-7246

Self-Management Pain Workshops

Self-Management BC provides information and workshops on self-management for both the general public and health professionals.
<http://www.selfmanagementbc.ca/upcomingworkshops>

The Arthritis Society

The Arthritis Society is the only charitable organization in Canada uniquely dedicated to funding and promoting research, advocacy and solutions to improve the quality of life for Canadians affected by arthritis. They run an in-person workshop for people in chronic pain. Everyone is welcome, no matter what the reason for your pain.
www.arthritis.ca/support-education
604-714-5550

Fibromyalgia Well Spring Foundation

Offers fibromyalgia support groups in various communities.
www.bromyalgiawellspringfoundation.org
778-278-3697



SUPPORT GROUPS AND NETWORKS

MEFM Society of BC

Myalgia Encephalomyelitis (ME) - Chronic Fatigue Syndrome (CFS)- and/or Fibromyalgia (FM):

Provides support for patients and families living with ME/CFS and FM. Helping people in BC understand their illnesses and seek and obtain appropriate medical help and treatments to improve their health and quality of life.

www.mefm.bc.ca
604-878-7707

Fibromyalgia Well Spring Foundation

Offers fibromyalgia support groups in various communities.

<http://bit.ly/FM-Support>
778-278-3697

Pain BC: Friends & Family Brochure

Do you have a friend or family member in pain? Chronic pain affects you too. You may feel overwhelmed, but you're not alone. Get the help you need so you are better able to support those in pain.

<http://bit.ly/PainBCBrochure>

Pain BC: Live Plan Be's Secure, Anonymous Forum

A safe, supportive online community forum designed to allow people in pain to ask questions, offer support, and share tips & resources. Information and posts are kept private, with usernames allowing for anonymity.

www.forum.liveplanbe.ca/home

Pain BC: Virtual Peer Support Community on Facebook

Using Facebook, we connect people in pain to resources; spark conversations on important issues; post questions people in pain are wondering about; and share research and new information about managing pain.

www.facebook.com/PainBC



CHRONIC PAIN MANAGEMENT

Activity & Movement

Activity and movement lead to stimulation, improved blood flow and positively impact the body's inhibition of pain. Physiotherapists are experts in exercise/movement training and rehabilitation.

Look for recreation/exercise programs in your community like TIME (Together in Movement & Exercise), Restorative Yoga, Tai Chi, Osteofit, Water Aerobics, and Chair Yoga. If you are low-income, a subsidy may be available.

Physical Activity Support:
604-241-2266 Ext 221
www.physicalactivityline.com

Physiotherapy Association of BC:

Physiotherapists are experts in exercise/movement training and rehabilitation.
604-736-5130

Healthy eating and weight loss

Healthy eating and weight loss may help with some chronic pain conditions. Call 811 to speak to a registered dietitian.

Smoking

Smoking can make you more sensitive to pain. For smoking cessation support service visit www.quitnow.ca

For more information about the Quitnow program, and for more free resources, speak with your local pharmacist.

Relaxation & Sleep

Relaxation helps counter tensed muscles and lowers physiological excitation levels. Adequate sleep, reading, listening to music, time with friends, meditation and dancing may be helpful. For sleep support, visit the National Sleep Foundation at www.sleepfoundation.org

For additional relaxation/mindfulness resources, visit Pain BC at www.painbc.ca and Anxiety BC at www.anxietybc.com

MoodGYM Training Program

Learn cognitive behaviour therapy skills for preventing and coping with depression and anxiety.
<https://moodgym.com.au/>

RELAXATION APP RESOURCES

free on android & itunes

Relaxation and sleep can help reduce the effects of chronic pain symptoms. For additional resources visit painbc.ca

Breathe2Relax

A simple, intuitive, and attractive mobile app designed by the National Centre for Telehealth & Technology to teach breathing techniques to manage stress. The skills taught may be applied to those with anxiety disorders, stress, and PTSD

Headspace

Targeted to anyone who wants to learn meditation to reduce anxiety and stress and improve their attention and awareness; good for a beginner to establish a regular meditative routine. May be applied to anxiety and depressive disorders, PTSD, and OCD, especially in conjunction with a health provider.

MindShift

Targeted to help adolescents, teens, and young adults gain insight into and basic skills to manage their symptoms of anxiety disorders, including GAD, social anxiety, specific phobias, and panic attacks. It's also useful for managing worry, performance anxiety, test anxiety, and perfectionism.

MoodTools

MoodTools is a self-help app targeting depression. It provides education about risk factors and psychosocial approaches to treatment, a depression symptom questionnaire, a thought diary, a suicide safety plan, and videos such as meditation guides.



BOOKS & REFERENCE MATERIAL

Love reading? Browse the suggested titles below and visit Pain BC's Pain Toolbox for additional titles & CD's.

<https://www.painbc.ca/find-help/pain-bc-toolbox>

Bruce N. Eimer
Hypnotize Yourself
Out of Pain Now!

Jacky Garner-Nix
Mindfulness Solution to Pain

Joel Levey
The Fine Art of Relaxation,
Concentration & Meditation

Jon Kabat-Zinn
Wherever You Go, There You Are
Jon Kabat-Zinn. Full Catastrophe Living
Kelly McGonigal. Yoga for Pain Relief

Shinzen Young. Break Through Pain: A Step-by-Step
Mindfulness Meditation Program for Transforming
Chronic and Acute Pain

Spencer Smith & Steven C. Hayes. Get out of Your Mind and
Into Your Life

Alison Bested. Hope and Help for Chronic Fatigue Syndrome and Fibromyalgia

David Corey & Stan Solomon. Pain: Learning to Live Without it

Dawn Hughes. The Fibromyalgia and Chronic Fatigue and Life Planner Workbook:
Healing Resources for Patients, Family and Friends

Dennis C. Turks & Frits Winter. The Pain Survival Guide – How to Reclaim Your Life

Dennis Starlanyl & Mary Ellen Copeland. Fibromyalgia and Chronic Myofascial Pain.
A Survival Guide

Joanne Dahl & Tobias Ludgren. Living Beyond Your Pain: Using Acceptance and
Commitment Therapy to Ease Chronic Pain

Lorimer Moseley. Painful Yarns: Metaphors and Stories to Help Understand
the Biology of Pain

Margaret Caudill. Managing Pain Before it Manages You
Martin Roland. The Back Book

Neil Pearson. Understand Pain, Live Well (available in
all public libraries)

Thomas and Heather Hadjiistavropoulos.
Pain Management for Older Adults: A Self-
Help Guide

Wendy Brown. Owwww!
Travelling with Chronic
Pain

GENERAL ADULT HEALTH RESOURCES

BC Medical Coverage

BC's publicly-funded health care system ensures that all eligible BC residents have access to medically necessary health care services through the Medical Services Plan and to eligible prescription medications, medical supplies, and pharmacy services through the Pharmacare program.

www.hibc.gov.bc.ca

604-683-7151

Healthlink BC

Simply dial 8-1-1 from anywhere in British Columbia to connect with registered health professionals specially trained to provide confidential health information and advice on the telephone. Nurses are available 24 hours daily, pharmacists between the hours of 5pm and 9am and dietitians from 9am to 5pm Mon-Fri. Toll-Free 24-Hour Health Line: Dial 8-1-1. Deaf and hearing-impaired: Dial 7-1-1

Low Cost Dental Services

Visit one of the following websites for a directory of local, low-cost dental services,

<http://bit.ly/reducedcostclinics>

<http://bit.ly/LowCostDentalBC>

College of Dietitians of BC

www.collegeofdietitiansofbc.org

604-736-2016

Health Link BC- Dietitians

HealthLink BC provides a direct link to Registered Dietitians to answer your questions about nutrition and dietetic services. Speak to a Registered Dietitian, toll-free in BC at 8-1-1, Monday to Thursday 8:00am to 8:00pm and Fridays 8:00am to 5:00pm. For deaf and hearing-impaired assistance (TTY), call 7-1-1. Translation services are available in over 130 languages on request.

<https://www.healthlinkbc.ca/dietitian-services>



SAME DAY ACCESS- MEDICAL CLINICS

Looking for a family physician?

Visit Fraser Northwest Division of Family Practice Website at:

<https://www.divisionsbc.ca/fraser-northwest>

Ask family and friends for a recommendation and if their family doctor is currently accepting new patients.

Use **Healthlink** BC to find a local walk-in Clinic.

Use **Medi-Map** to see the current wait times for Walk-in Clinics.

Fraser Northwest Clinic Map:

All family practice clinics within the Fraser Northwest region can be found in the comprehensive map below.

<http://bit.ly/MedicalClinicsFNW>



Virtual Clinics:

Speak to a doctor from the convenience of your home, with a virtual (online) doctor's appointment.

Equinoxe BC Virtual Clinic (EQ Virtual)

no fees

<https://eqvirtual.com/british-columbia/en/>

Clinic Hours: Open Mo-Fr 6am-9pm | Sa 9am-5pm | Su 7am-12pm PST

1-888-547-5575

Coast Medical - Cost Care Virtual Clinic (Live Care)

Monthly or annual subscription based fees

<http://coastmedical.ca/video-visits/>
24/7 Doctors & Nurses

1-855-599-8817

support@livecare.ca

www.livecare.ca

Viva Care telehealth

Free walk in clinic service

<http://vivacare.ca/telehealth.html>



FOR MORE INFORMATION ON HEALTH RESOURCES,
ASK YOUR DOCTOR FOR THE COMPLETE
COMPREHENSIVE ADULT HEALTH SERVICES
HANDBOOK

More Adult Health Resources Available:

Crisis Support

Adult Mental Health Services

Counselling and Group Programs

Aboriginal Health Services

Substance Use Services

Medical Access Information

Chronic Pain Services & Resources



Adult Resource Guides, Created by the Fraser Northwest
Division of Family Practice, in conjunction with:



Fraser Northwest doctors:
Chronic Pain Working Group

Fraser Northwest Community Partners

