

PRIMARY CARE PROVIDERS

The KB Chronic Pain Info Hub offers a one-stop shop for team-based clinical resources including the KB 'Managing Chronic Pain Together' patient toolkit, a region-wide inventory of multidisciplinary practitioners for concurrent allied health referrals, and more: bit.ly/kb-cpain-hub.

Refer patients with moderate to severe pain on to local pain care physicians first, except where it is known that specialized advanced care, including spine interventions, is required. Screening Tool - PDI Pain Disability Index 2: bit.ly/PDI-index.

Patients can self-refer to access free, virtual self management classes through the Bill Nelems Clinic: nelemspain.ca.

LOCAL PAIN CARE PHYSICIANS

Assessment and treatment of moderate to severe chronic pain including traiging patients and referral on to further advanced care.

NELSON & AREA:

Dr. Rodica Janz | Solis Integrative Health - Refer by Fax: 778-774-7442

Assessment, Care Planning, Patient Education - Fluoroscopically Guided Thoracic & Lumbar Injections - US Guided Nerve Blocks & Hydrodissection - US Guided Peripheral Joint Injections - Botox for Spasticity, Stroke-related Pain & Migraines - PRP & Prolotherapy - Addictions Management

Dr. Gretchen Andrews | Solis Integrative Health - Refer by Fax: 778-774-7442

Assessment, Care Planning, Patient Education - Osteopathy - PRP & Prolotherapy - Perineural Injection Therapy - US Guided Joint Injections - Peripheral Nerve Injection & Hydrodissection of Peripheral Nerves

Dr. Joel Kailia | Rise BC - Refer by Fax: 778-463-4999

Focus on addiction and overcoming opioid dependency for chronic pain. Trigger Points - Myoactivations - Pain Consults - Nerve Blocks & Hydrodissection of Median Nerve for Carpal Tunnel - Prolotherapy

Dr. Matt Halstead | Rise BC - Refer by Fax: 778-463-4999

Care Planning - Trigger Points - Myoactivations - Pain Consults - Nerve Blocks & Hydrodissection of Median Nerve for Carpal Tunnel - Prolotherapy

TRAIL & AREA:

Dr. Stephanie Cameron | Columbia Primary Care - Refer by Fax: 250-364-6407

Head & Neck Focus - Botox for Migraine, Blepharospasm, Hemifacial Spasm, Bruxism (TMJ), Cervical Dystonia - Occipital Nerve Blocks - Trigger Point Injections - Steroid Injections for Carpal Tunnel, Trigger Finger

Dr. Jesse Thompson | Columbia Primary Care - Refer by Fax: 250-368-8281

Pain Consultation - Botox for Migraine, Cervical Dystonia, Peripheral Spasticity (MS, Cerebral Palsy, Stroke), Blepharospasm, Bruxism (TMJ) - US Guided Joint Injections - Trigger Point Injections - Peripheral Nerve Blocks - Hydrodissection of Median Nerve for Carpal Tunnel - Prolotherapy - Perineural Injection Therapy - Methadone/Suboxone

Dr. Sarah Tucker | Columbia Primary Care - Refer by Fax: 250-368-8281

Botox for Chronic Migraine, Bruxism (TMJ), Cervical Dystonia & Blepharospasm - Occipital Nerve Blocks - Trigger Point Injections - Steroid Injections for Carpal Tunnel & Trigger Finger

SPECIALIZED ADVANCED CARE

In most instances, patients requiring specialized interventional pain medicine can be treated within the region.

TRAIL:

KBRH PAIN MEDICINE CLINIC

Currently offered as a visiting clinic, supported by Bill Nelems Pain & Research Centre (BNPRC) | Refer to BNPRC by Fax: 250-860-9760, Include Patient &/or Family/Caregiver Email Address Within Referral

Dr. Paul Etheridge

Spine Interventions (Cervical, Thoracic, Lumbar & Sacral) with Fluoroscopic Procedures in the OR - Office-Based Ultrasound Guided Procedures - RF Rhizotomy & Pulsed RF Procedures

NELSON, TRAIL:

RADIOLOGY | KLH & KBRH

KLH - Refer by Fax: 250-354-2320 | KBRH - Refer by Fax: 250-364-3422

Dr. David Williams

DI Guided Large & Small Joint Injections - SI Joint - Lumbar Facets - Nerve Blocks

KELOWNA:

BILL NELEMS PAIN & RESEARCH CENTRE

Refer by Fax: 250-860-9760, Include Patient &/or Family/Caregiver Email Address Within Referral

Dr. Paul Etheridge / Next Available BNPRC Clinician

Spine Interventions (Cervical, Thoracic, Lumbar & Sacral) with Fluoroscopic Procedures in the OR - Office-Based Ultrasound Guided Procedures - RF Rhizotomy & Pulsed RF Procedures