

# Let's work together to treat **Chronic Pain**



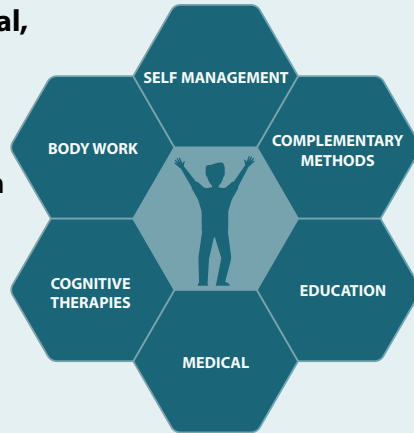
To learn more or contact us about the Kootenay Boundary Division Chronic Pain initiative, please visit our website: [www.kbdivision.org/chronicpain](http://www.kbdivision.org/chronicpain)



# Kootenay Boundary Chronic Pain Management Tool

**Chronic pain is a complex mix of physical, emotional, psychological and social factors.**

People who live well with chronic pain do best when they feel like valued partners in a multidisciplinary approach. Health care providers should understand all the different ways the client/patient might approach their chronic pain condition, including:



**Medical** – Assessment, prescription medicines, infusions, injections surgeries, continuity of care, associated mental health and substance related conditions, co-ordination of specialist care, medico-legal issues.

**Body Work** – Physiotherapy, Occupational Therapy, Massage Therapy, Yoga Pain Therapy, Chiropractic Therapy, Structural Integration.

**Education** – From health care providers, books, evidence-based research, internet (video, articles, blogs).

**Cognitive Therapies** – Counselors & Psychologists, addiction counseling, group therapy, life coaching, relaxation, meditation & somatic therapies.

**Self Management** – Commitment and attitude, lifestyle changes, trying different approaches.

**Complementary Approaches** – Acupuncture, herbal & supplement products, laser treatments and more...

**For more information and to download the Kootenay Boundary Chronic Pain Directory of Resources visit:**

**[www.kbdivision.org/chronicpain](http://www.kbdivision.org/chronicpain)**

## Your checklist for helping chronic pain patients help themselves:

- ✓ Do you provide education about chronic pain and the importance of a multidisciplinary approach?
- ✓ Do you know who else your patient is seeing? Do you understand the nature of the different treatments they are receiving from other health care providers?
- ✓ Are you encouraging people to self manage their condition - to take responsibility to learn more, try multiple approaches, and make positive lifestyle changes?
- ✓ Are your services accurately represented in the Kootenay Boundary Divisions Resource Directory so that other providers can easily find you?

## Commit to being a good referral agent. Encourage a multidisciplinary approach to Chronic Pain.

- ✓ Visit [www.kbdivision.org/chronicpain](http://www.kbdivision.org/chronicpain) for more information and to download the Kootenay Boundary Chronic Pain Directory of Resources