



# Shuswap North Okanagan Primary Care Network Vernon Hub

## Chronic Pain Management Support Series

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### Types of referrals to the PCN

Chronic Pain

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### Who can access PCN Hub Services?

Individuals who are:

- Living with pain for more than 3 months
- Over the age of 17
- Able to engage in 90-minute-long sessions
- Comfortable in a group setting

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### What services are available?

Facilitator-lead group sessions

- Sessions are delivered over 11 weeks with a 2-week break
- Each session is 90 minutes long
- Opportunity to connect with others during the provided lunch
- Accommodation can be made for accessibility issues, language barriers, transportation and childcare.

1:1 with a registered nurse for those who need individualized care

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### How do I refer patients to the PCN HUB?

Fax a consult note to **250-549-6386**

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### When can I start referring patients?

**November 1 2024**

- Spring and fall dates TBD
- Referrals welcomed

**First session runs:** January 13 (Mondays) - March 17th

Time: 1030 hrs - 1230 hrs

No class February 17th and 24th



**FAX THE VERNON PCN HUB 250-549-6386**

The hub will contact patients within 48-72 business hours of referral receipt.



Shuswap North Okanagan  
Division of Family Practice  
An FPSC initiative



Interior Health