

CME:

Know Pain, Know Gain: Effective Treatments for the Most Common & Complex Chronic Pain Conditions

January 27, 2026 • Event Summary

On January 27th the second session in a 4-part series, presented by the Shared Care Chronic Pain working group, took place at Ultimate Banquet Hall. The session, which was attended by 50 FPs, PCN providers and others, focused on practical, evidence-informed strategies to support patients living with chronic pain. Attendees also had the opportunity to ask questions to the panel at the end of the presentation, fostering further discussion and understanding of these key aspects of chronic pain.

Key Highlights from the Event Included:

- Understanding why changing the narrative around pain matters: empowers patients, shifts behaviour, and improves recovery.
- Explaining pain and its classifications: acute vs. chronic; nociceptive, neuropathic, nociplastic.
- Summarizing key concepts in modern pain science in patient-friendly language.
- Integrating a biopsychosocial-spiritual, trauma-informed approach to reduce stigma and support engagement in self-management.
- Applying effective communication strategies to set realistic expectations and encourage active coping (movement, pacing, sleep, stress management).



*“Excellent presentation”
-Event attendee*

[Session Recording](#)

[Event Recap](#)

[Presentation Slides](#)

Photographed from Left to Right: Prabhjit Malhi: SND Project Manager, Jennifer Lei: Fraser Health Occupational Therapist & Regional Clinical Pain Lead, Julia Ott Bitter: Fraser Health RN & Clinical Coordinator, Community Pain Self-Management Program, Dr. Garry Palak: Psychiatrist and Pain Medicine Specialist

KEY LEARNINGS

The presenters highlight a team-based, person-centered approach to pain care, using virtual programs, movement therapy, opioid stewardship, and specialist resources to improve access, outcomes, and patient empowerment.



UNDERSTANDING THE DIFFERENT TYPES OF PAIN

- Acute pain is short-term pain that lasts less than four weeks and usually improves as the injured tissue heals.
- Subacute pain lasts between four and twelve weeks and reflects pain that is not resolving as expected, suggesting the need to reassess management.
- Chronic pain lasts longer than three months and may be linked to ongoing health conditions or continue beyond normal healing

DIFFERENTIATING BETWEEN PAIN DESCRIPTORS

- Nociceptors detect harmful stimuli like pressure, heat, cold, and inflammation and send signals that the brain interprets as pain.
- Pain is described in three types: nociceptive from tissue damage, neuropathic from nerve injury, and nociplastic from altered pain processing.
- These descriptors help explain why pain can come from injury, nerve dysfunction, or changes in how the nervous system processes signals.



SELF-MANAGEMENT AND COMMUNICATION STRATEGIES FOR PATIENTS WITH PAIN

- Support self-management by explaining why it matters, offering helpful resources or programs, and connecting patients with other providers when appropriate.
- Use person-first, non-stigmatizing language that focuses on the individual rather than defining them by their condition.
- Strengthen rapport through active listening and validation—letting patients speak without interruption, reflecting their message, and helping them feel seen, heard, and understood.

RESOURCES

Self-Management Programs

- [Pain BC](#)
- [Self Management BC](#)
- [Pain Recovery](#)
- [FH Community Pain Self Management Program](#)

Videos

- [The Mysterious Science of Pain](#)
- [Understanding Pain in Less than 5 Minutes](#)
- [Pain Physiology - Nociception](#)

Articles

- [Trauma-informed Care: Better Care for Everyone](#)
- [Primary Care Approaches to Addressing the Impacts of Trauma and Adverse Childhood Experiences \(ACEs\)](#)

Books

- [Explain Pain Supercharged](#)
- [Bodily Relearning](#)

SESSION EVALUATION

69% of respondents indicated that they gained sufficient knowledge from the session to **apply to their practice**

100%

of respondents indicated they were satisfied with the opportunity to ask questions throughout the session.

95%

of respondents indicated that they were 'satisfied with Jennifer Lei and Julia Ott Bitter's presentation.

90%

of respondents reported having the opportunity to learn what they had hoped to learn.