Powell River Chronic Pain

A Local Initiative

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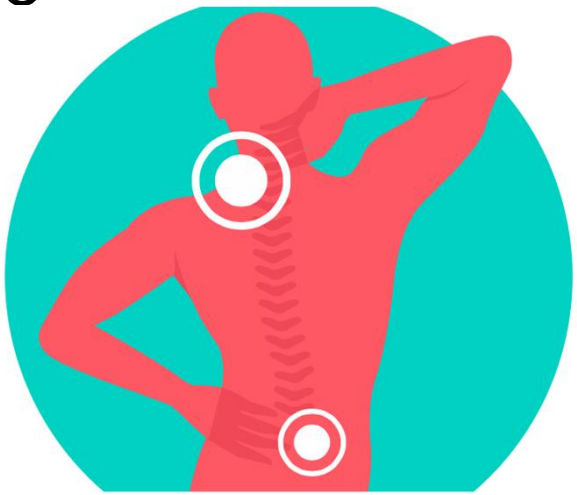
Self-management capacity

Enhance patient and provider experience

Lower per capita cost of care

Improve population health



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Powell River Local Pain Team Program

This document provides a brief overview of the Powell River Chronic Pain Team Program.

Program Aim

The aim of this program is to improve functionality of people suffering from chronic pain through self-management and education. The program is goal led: people participating in this program will be asked to identify three, personal-specific and concrete goals which will guide their experience with the Local Pain Team (LPT) program. They will also be asked to actively participate in self-management activities.

Program Professionals

This program does not replace the care of the family doctor or nurse practitioner. The LPT has a nurse, two family doctors with special knowledge about pain and opioids, a physiotherapist, a psychiatrist and a pharmacist. If needed, people can be seen by individual team members for assessment and treatment. Treatment by other professionals might also be recommended. Some treatments might require a financial contribution. As much as possible, this program will build on established, affordable community programs.

Program Duration

Most people will graduate from the program after 12 weeks. A small group of people might remain in the program a bit longer. Another small group might be referred to a specialized clinic for additional pain support.

After the program, program graduates will be invited to attend two follow-up group sessions with other program participants to share their experiences.

Program Outline

The back of this document provides a draft program outline. The icons used in the outline are described below.

- Intake assessment by nurse
- Phone check-in by nurse
- In-person check-in by nurse
- Group education
- Referral to other services and programs
- Local Pain Team reviews the case
- Program participants independently executes care plan
- Meeting of graduated program participants

Draft Program Outline

Week 1
Intake assessment and development of integrated care plan.

Week 2
Referral to Self Management BC program and the gentle movement classes.

Week 3
Nurse provides education about chronic pain and self-management, and support with care plan execution.

Week 4
Self-management support by nurse. Participant continues care plan execution. The nurse discusses care plan with the Local Pain Team.

Week 5
Self-management support by nurse and discussion of care plan adjustments, if applicable. Participant continues care plan execution. Potential group education session.

Week 6
Program participant independently continues executing the care plan.

Week 7
In-person meeting with nurse to evaluate progress. Participant is encouraged to join Local People in Pain Network.

Week 8
Local pain team reviews progress and participant's activity level. The care plan will be adjusted if needed. Participant independently continues executing the care plan.

Week 9
The nurse updates participant about potential care plan changes and supports self-management. Participant continues care plan execution.

Week 10
Program participant independently continues executing the care plan.

Week 11
Support self-management by nurse. Participant continues executing the care plan.

Week 12
Program participant independently continues executing the care plan. The local pain team reviews progress and discusses readiness to graduate from the program.

Week 14 & Week 20
In-person meeting to discuss readiness to exit the program. If function improvement is still expected, participant may repeat week 8-12. Family doctor or nurse practitioner will be informed.

Recently graduated program participants are invited to attend a meeting and share experiences.

Community Partners

- Patient Advisory Group
- Community Pharmacist
- Chiropractor
- Physiotherapist
- Massage Practitioner
- Acupuncturist
- Yoga Instructor

PAIN BC ™

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Community Engagement

Motivated Patients

PT/Massage/Dietary

People in Pain events

Neal Pearson

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Getting Partners Involved

Community Survey "Are you in Pain"

Creating A Business Case

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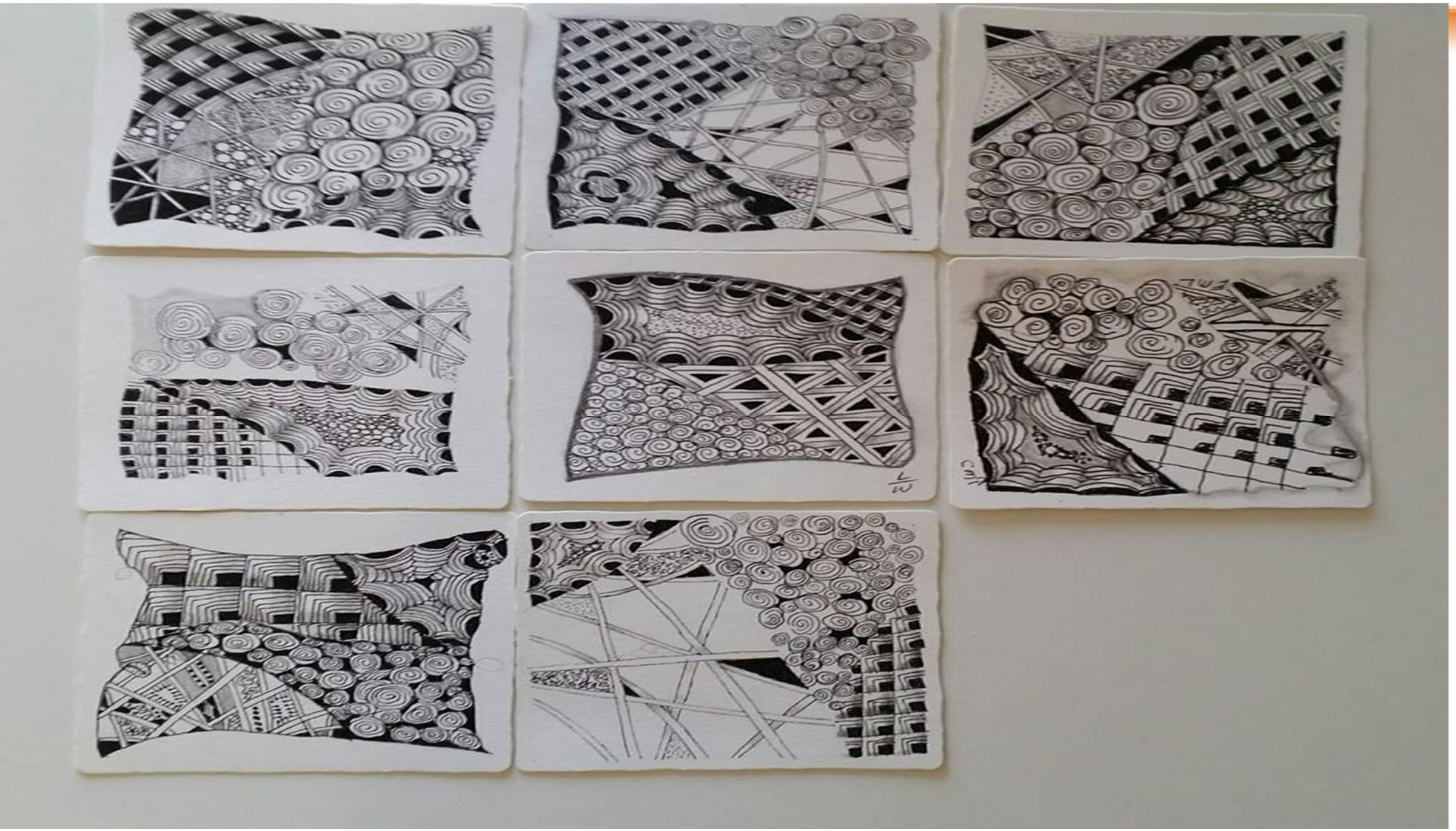

Sustainability

People in Pain

UVIC – Self Management

City Recreation Passes

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Chronic Pain Roadmap

This roadmap provides a brief overview of potential steps you can take to improve your function. Not all steps will be applicable to you. Research indicates that **self-management is key to living easier with your pain**, so it plays a central role in this roadmap. You can use this roadmap on your own or together with your family doctor or nurse practitioner.

Set your Goals

For many people it helps to focus on a goal when they want to make a change. When setting goals, try to focus on improving activities. Make your goals for the nearby future and realistic. For example: This fall I want to be able to watch my grandson's soccer game. When you reach your goal, you can always set a new one.

My Goals. By following this roadmap, I hope to:

1. _____
2. _____
3. _____

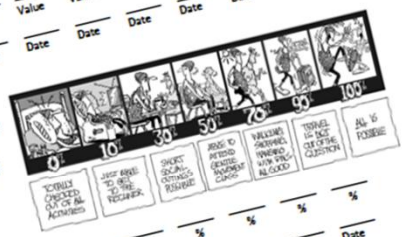
Monitor your progress

It is good to keep a journal to monitor your progress towards your goal. It will also help you to see what works and what does not work for you. You can find an online journal under Step 2.

The **Pain Disability Index** is a tool that can help you and your physician to monitor your progress. You can find the tool here: http://www.gpscbc.ca/sites/default/files/uploads/Pain-Disability-Index.pdf

Value	Value	Value	Value	Value	Value	Value	Value	Value	Value
Date	Date	Date	Date	Date	Date	Date	Date	Date	Date

You can also use the **functionality scale** here on the right, for example by writing down every Monday morning your average value for the previous week.



%	%	%	%	%	%	%	%	%	%
Date	Date	Date	Date	Date	Date	Date	Date	Date	Date

Self Management

If possible, do the activities in the
with Step 3. You do not have to do

STEP 1

Getting Started

Check out these resources one at a ti

Visit Pain BC website
Visit People in Pain website
ar from others with chronic pain
self-management portal LivePlanBe
about the science behind pain

ideo to learn about pain
course to learn about pain
st two things about pain
e chronic pain webinars
breathing
anagement
ess
nd Exercise
hronic pain

www.
www.re
www.live
www.wwo
www.health
www.wwdpi.
SelfManagem
www.mrsmindf
www.marc.ucla.e
www.lifeisnow.ca/
watch www.youtub
www.wwdpi.org/Chr
OpioidsandChronicPai
www.youtube.com/wat

t of Pain Now!
ning to Live
vival Guide
myalgia

- Joel Levey. *The Fin*
  Meditation.
- Pearson. *Understand*
  public libraries)
- Spencer Smith & Steven
  and Into Your Life
- Kelly McGonigal. *Yoga for A*
- Margaret Gaudill. *Managing*
- Martin Roland. *The Back Book*
- Wendy Brown. *OWww! Travelin*

STEP 2

Tools

Some of these tools may be useful, while others are not. Select the tools that you feel fit your pain journey.

- ❑ Review the *Pain Toolbox* — www.painbc.ca/chronic-pain/pain-toolbox
- ❑ Review the *Canadian Pain Toolkit* — www.pipain.com/pain-toolkits.html
- ❑ Make a pain plan — www.liveplanbe.ca/manage-my-pain
- ❑ Review video on *Bounce Back* to know more about anxiety and depression — www.cmha.bc.ca/programs-services/bounce-back
- ❑ Take the free online 8-week mindfulness course — www.palousemindfulness.com
- ❑ Keep a *pain diary* for _____ weeks — www.caremark.com/imagebank/Health_Diaries/DailyPainDiary.pdf
- ❑ Review *My Opioid Manager* — www.opioidmanager.com/images/omcontent/document s/myom_book_final.pdf
- ❑ Take the assessment when using opioids — www.divisionsbc.ca/patientresources (bottom of page) or click here
- ❑ Review the Opioid Pain Medicines Information for Patients and Families — www.ismp-canada.org/download/Opioidstewardship/opioid-handout-bw.pdf
- ❑ Try apps *Breath2Relax, Headspace* or *GPS for the Soul*
- ❑ _____
- ❑ _____

STEP 3

Activity Plan. Remember, Take it Slow!

Now you have learned about chronic pain and reviewed some of the tools it is time to develop an activity plan.
Remember to take it slow!

- ❑ _____ min. daily box breathing
- ❑ _____ min. daily gentle movement
- ❑ _____ min. daily relaxation
- ❑ _____ min. daily walking
- ❑ _____ min. swimming, ___x/week
- ❑ _____ min. yoga, ___x/week
- ❑ _____
- ❑ _____

Community Healthcare Providers and Services

e this roadmap focusses on self-management, there are other services that could be helpful for you.

Fetch Powell River is an on-line listing of health and social services in our community. Use the following link www.powellriverfetchbc.ca/ to find service providers such as:

rapy
al Therapy
rapy

- ❑ Acupuncture
- ❑ Chiropractor
- ❑ Psychology
- ❑ Counselling
- ❑ Mental Health and Addictions
- ❑ Nutritional Counselling

ups, services, or online support groups that could be helpful:

supports you to learn — www.selfmanagementbc.ca
nage your pain
you with peers during — Toll Free: 1-866-902-3767
powellriver@pipain.com or call 1-844-747-7246
vide support — www.painbc.ca/chronic-pain/connect-for-health or 1-844-430-0818
using and other
line support — http://www.bouncebackonline.ca/
or anxious

Funding. For questions: powellriverfp@divisionsbc.ca
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Complimentary Services

People in pain

UVIC self management

Pain BC

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PHYSICIAN EDUCATION (PSP)

Coordinated education

Some Nurses and MOA's came to the PSP training sessions

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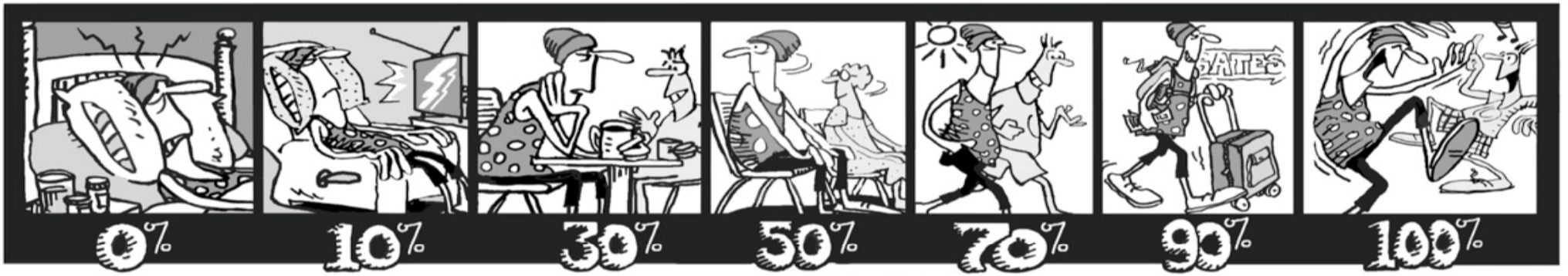

0%	10%	30%	50%	70%	90%	100%
TOTALLY CHECKED OUT OF ALL ACTIVITIES	JUST ABLE TO GET TO THE RECLINER	SHORT SOCIAL OUTINGS POSSIBLE	ABLE TO ATTEND GENTLE MOVEMENT CLASS	WALKING, SHOPPING, HANGING WITH PALS ALL GOOD	TRAVEL IS NOT OUT OF THE QUESTION	ALL IS POSSIBLE

FUNCTIONALITY SCALE

VANCOUVER COASTAL HEALTH

COLLABORATION

SESSIONAL FUNDING

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MINISTRY OF HEALTH

Alignment of strategies

Linking with Tertiary Centres

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LEARNINGS

Data

Attachment and Access

Local Government wants to work with you!

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