



OVERVIEW OF PAIN BC RESOURCES AND INITIATIVES

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OUR TIME TODAY:

PURPOSE:

HELP YOU & YOUR COMMUNITIES IDENTIFY, LEVERAGE, AND BUILD ON EXISTING RESOURCES & INITIATIVES

1. Overview of Pain BC
2. Educational & resources for health care providers
3. Resources & programs for people living with pain
4. Questions

\$ 15 K / YR

~ cost of chronic pain / patient
in treatment exp. & lost labour
mkt.

\$ 7.2 B / YR

~ direct healthcare costs of
chronic pain in Canada



**health care
system**



individual

**THE IMPACT
OF CHRONIC
PAIN**

4 x

Depression or anxiety

2 x

Substance use disorder
or commit suicide



society

1,000,000

**BC residents live with
chronic pain**

THE COMPLEX JOURNEY OF LIVING WITH CHRONIC PAIN

HOW IT STARTS

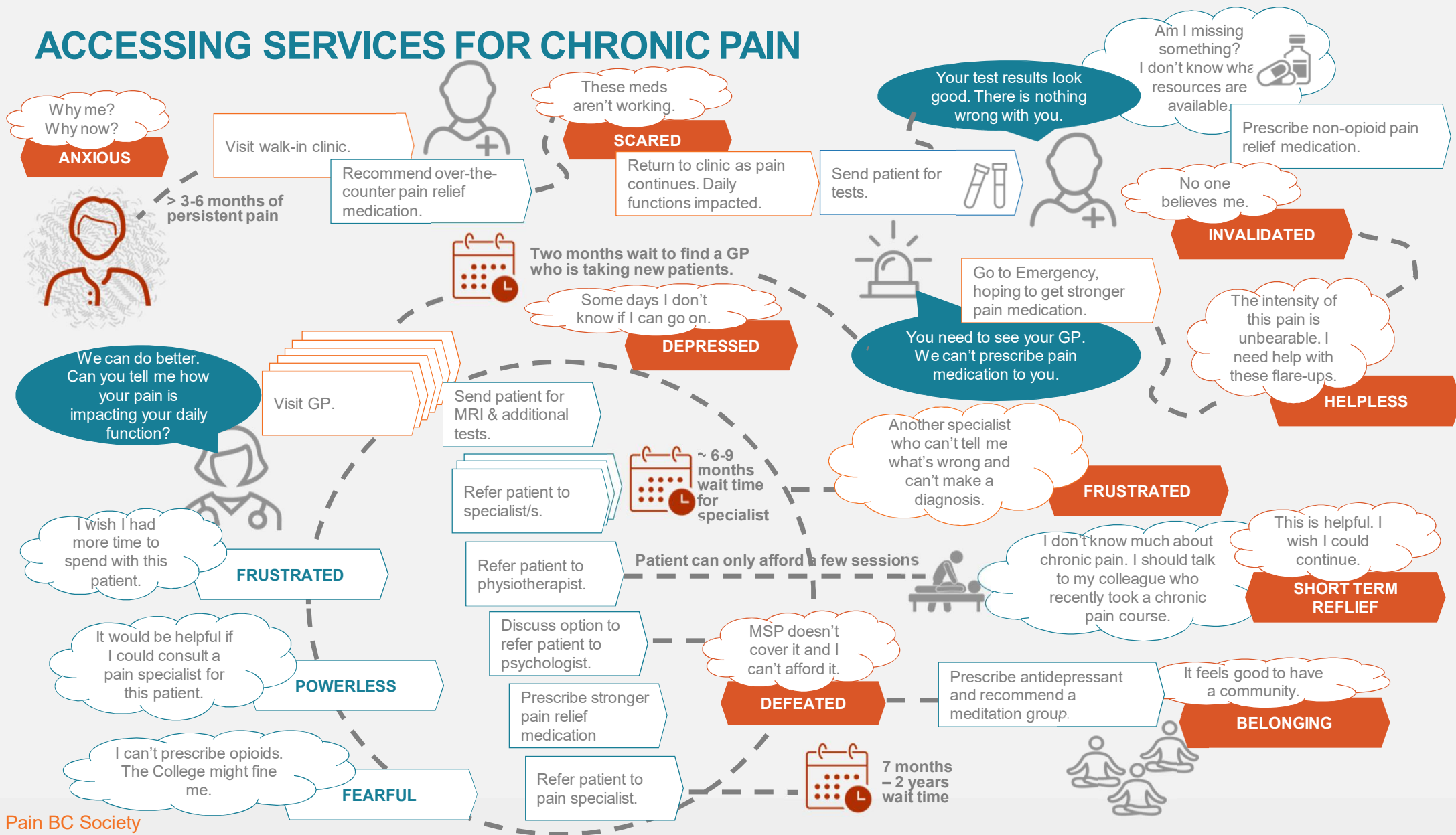
> 3-6 months of persistent pain



RELATED IMPACTS

- **Fatigue**
- **Loss of community**
- **Impact on family**
- **Career/job loss**
- **Financial decline**
- **Loss of housing**
- **Substance use**
- **Other health complications**

ACCESSING SERVICES FOR CHRONIC PAIN





**Improve the lives of people in pain through
education, empowerment and innovation**

1

Promote Prevention
and Early Intervention

2

Empower People in
Pain and their
Families

3

Empower and
Educate Health Care
Providers

4

Facilitate System
Level Change

5

Raise Awareness

6

Foster Pain Research

Improve the lives of
people in pain through
education, empowerment
and innovation

Education & Resources for Health Care Providers

LADDERED STRATEGY IN BUILDING CHRONIC PAIN CAPACITY AMONG HEALTH CARE PROVIDERS IN BC



LEVEL 1: PAIN FOUNDATIONS

Improve baseline knowledge for all health care providers

- Interdisciplinary
- Online, individualized, self-paced
- Highly accessible (cost & delivery)

5 modules

- Lived Experience
- Pain Physiology
 - Assessment
- Treatment Approaches
- Self-Management

643

Pre-registrants

level 1

LEVEL 2: DISCIPLINE-SPECIFIC TRAINING

level 2

PRIMARY CARE: PSP PAIN MODULE FOR GPs

Deepening knowledge, building skills
and confidence

- Build on Pain Foundations
- Delivered by PSP/UBC CPD

779

GPs

14

**specialis
ts**

296

MOA

NURSING & ALLIED HEALTH

- Pain BC's Advanced Clinical Workshops
- Learning opportunities on painbc.ca

713

**Allied
health**

LEVEL 3: COMMUNITY OF PRACTICE

level 3

SUSTAINED MENTORSHIP AND LEARNING

**Build capacity to treat complex conditions using an interdisciplinary, evidence-based model;
Improve patient outcomes**

Project ECHO model

- Combination of didactic sessions and real case-based learning
- Supports Primary Care Network and Specialized Services Program model
- Engaging Divisions, allied health associations, health authorities and other partners

ONGOING, ONE-OFF EDUCATION ACTIVITIES

PAIN BC SUPPORTS:

Current topics, new research, working group initiatives, resource spread

- Monthly webinars
- Database of continuing education opportunities
- Training on Pain BC patient programs
- Resource sheets: e.g. TVIC & Pain, ER Discharge, Early-Intervention, Powell River Roadmap
- Allied Health Referral Guidelines
- Conferences
- Presentations

NEW WEBSITE

WWW.PAINBC.CA



[FIND HELP](#) [HEALTH PROFESSIONALS](#) [GET INVOLVED](#) [ABOUT PAIN BC](#) [BLOG](#) [CONTACT](#)

Pain BC is transforming the way chronic pain is understood and treated.

[Learn more](#)

Are you living with pain? Call the Pain Support Line at 1-844-880-PAIN

[FIND HELP](#)

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[BROCHURES](#)

[RESOURCES](#)

Resources & Programs for People Living with Pain

EDUCATION & RESOURCES FOR PEOPLE IN PAIN

Online	Print	In-person
<ul style="list-style-type: none">• LIVE PLAN BE• MY CAREPATH• DATABASE OF SELF-MANAGEMENT PROGRAMS• PRACTITIONER LIST• PAINWAVES PODCAST<ul style="list-style-type: none">• PEER-TO-PEER FORUM• FACEBOOK GROUP	<ul style="list-style-type: none">• PATIENT EDUCATION SHEETS, E.G. EMERGENCY DISCHARGE, EARLY INJURY INTERVENTION, ALLIED HEALTH SELECTION GUIDELINES• PAIN BC TOOLBOX• BROCHURES (PAIN SPIRAL)	<ul style="list-style-type: none">• PAIN BC RESOURCE PRESENTATIONS• GENTLE MOVEMENT• LOW-BARRIER SELF-MANAGEMENT• PEER EDUCATION
IASP'S GLOBAL PATIENT ALLIANCE		

PAIN SUPPORT LINE



ARE YOU LIVING WITH PAIN?



CALL THE PAIN SUPPORT LINE



GET STARTED

Volunteers are available to take your calls
from Monday to Friday 9 AM – 4 PM.

Three ways to connect with us:

Call Toll-Free: 1 844 880 PAIN (7246)

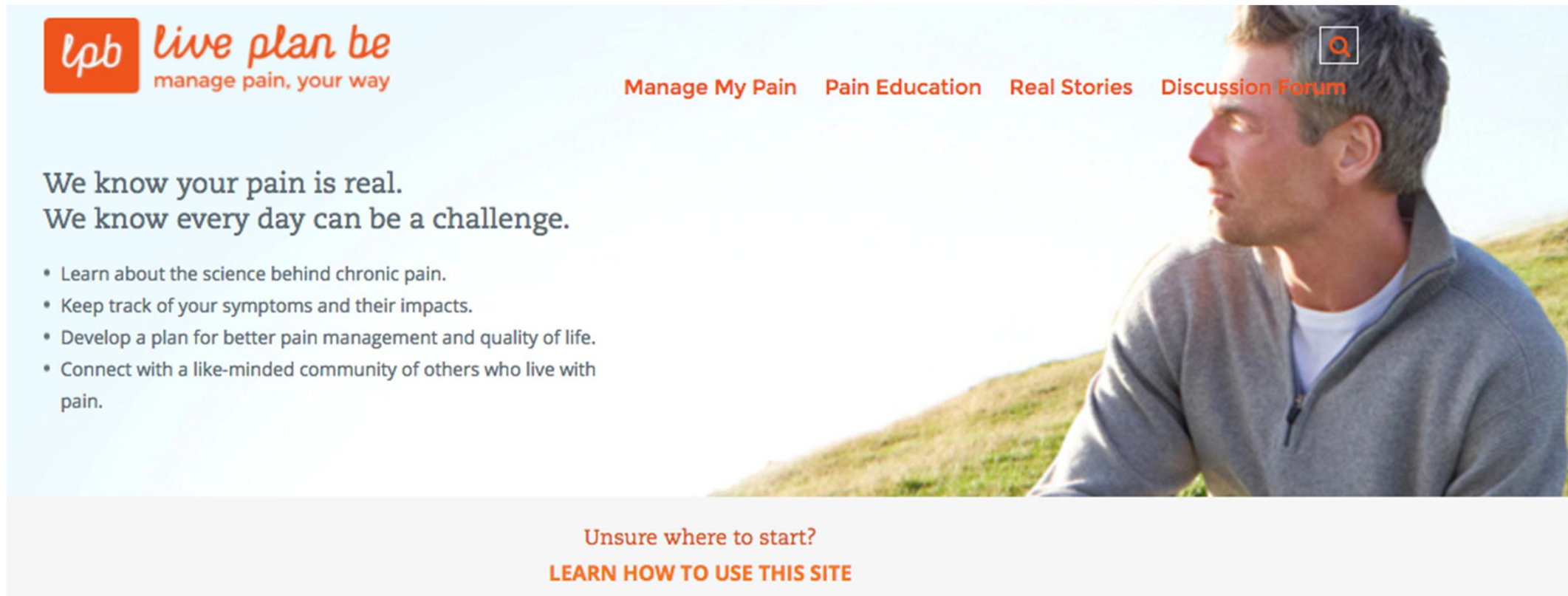
Email: supportline@painbc.ca

Online: painbc.ca/supportline

COACHING FOR HEALTH – [PAINBC.CA/ABOUT/PROGRAMS/COACHING-HEALTH](https://painbc.ca/about/programs/coaching-health)



LIVE PLAN BE – WWW.LIVEPLANBE.CA

The banner features a light blue background on the left and a photograph of a man in a grey zip-up sweater looking out over a grassy hill under a clear sky on the right. The 'live plan be' logo is in the top left, and navigation links are in the top right. A search icon is also present in the top right. The main text is on the left, and a call to action is at the bottom center.

live plan be
manage pain, your way

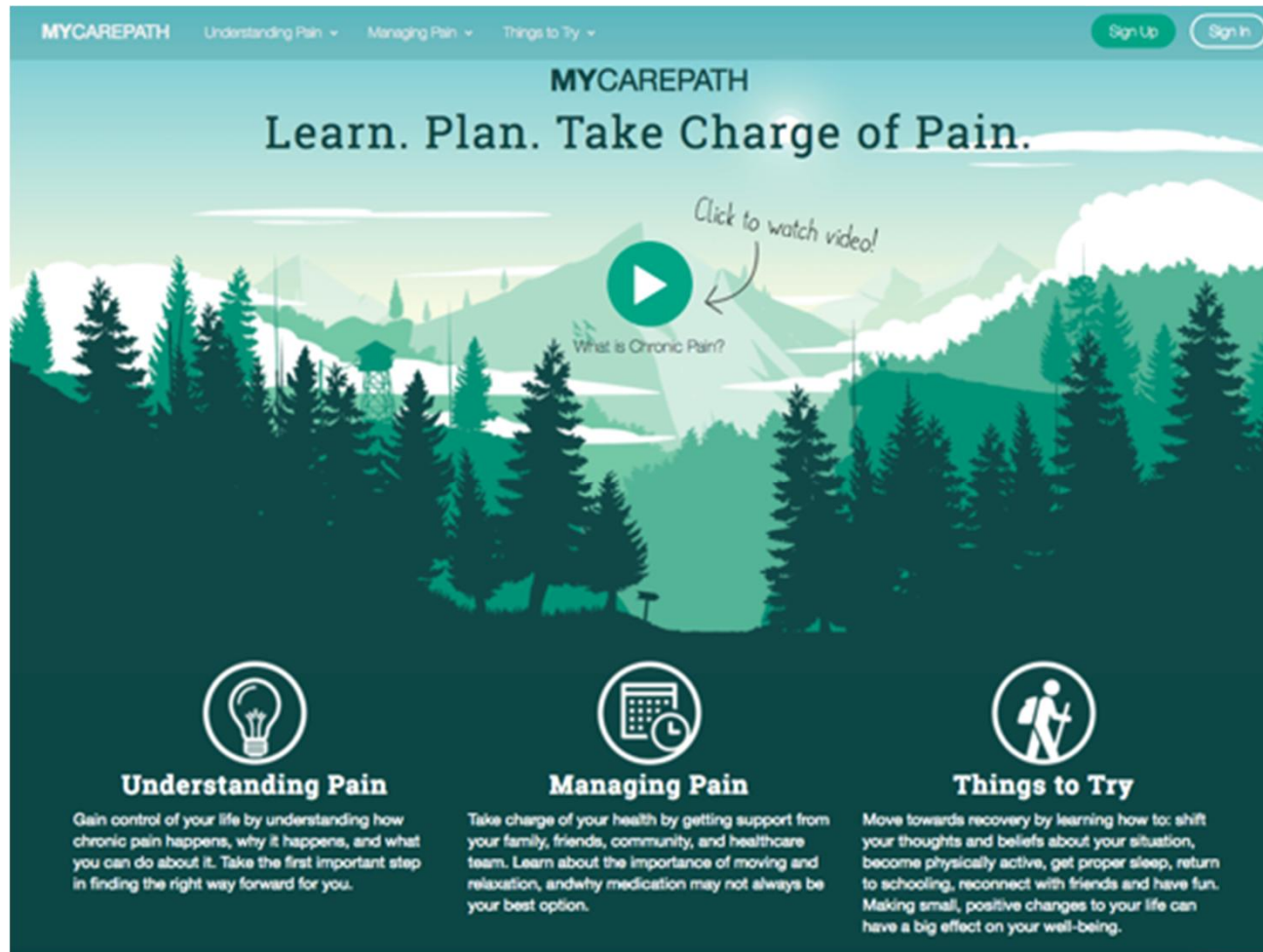
[Manage My Pain](#) [Pain Education](#) [Real Stories](#) [Discussion Forum](#)

We know your pain is real.
We know every day can be a challenge.

- Learn about the science behind chronic pain.
- Keep track of your symptoms and their impacts.
- Develop a plan for better pain management and quality of life.
- Connect with a like-minded community of others who live with pain.

Unsure where to start?
LEARN HOW TO USE THIS SITE

MY CAREPATH – WWW.MYCAREPATH.CA

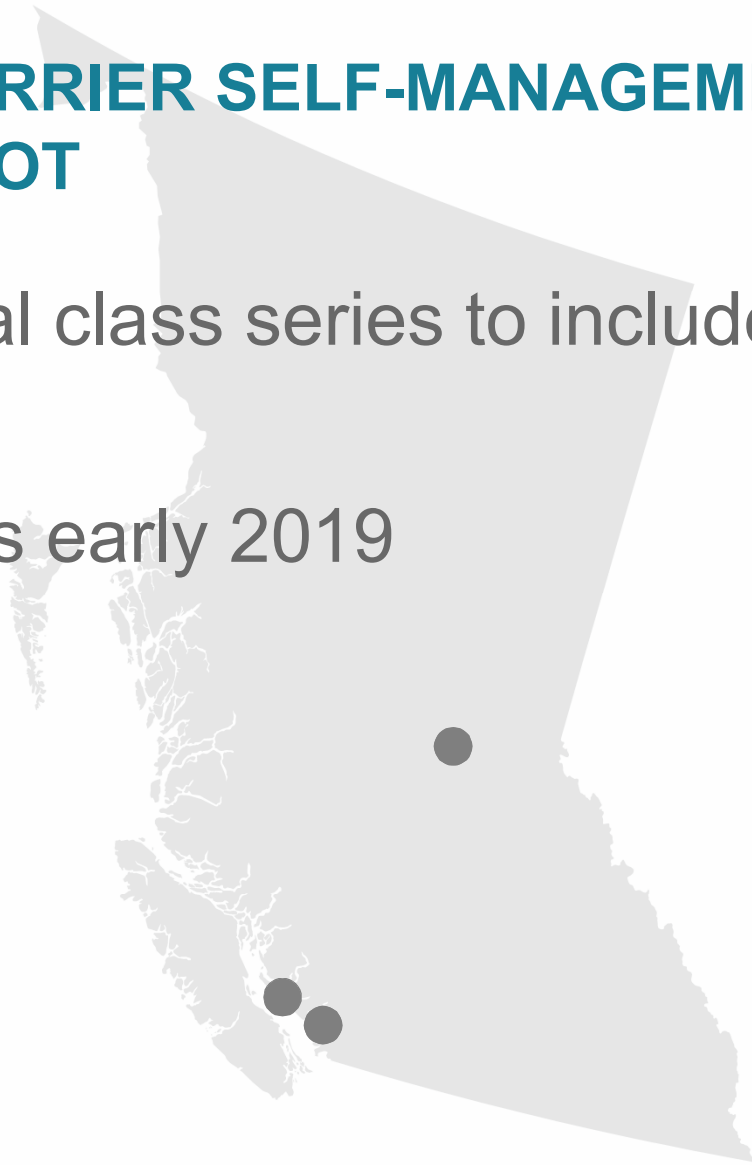


PHASE 1: LOW BARRIER SELF-MANAGEMENT PROGRAM PILOT

- 6-week self-management class series for people in pain experiencing barriers to accessing pain care
- Teaches pain self-management skills that are practical, accessible, and trauma-informed
- Topics include: Pain science, goal-setting, relaxation techniques, movement & pacing, stress management, sleep, mood, resiliency, communication, setting boundaries
- Piloting Nov/Dec in Vancouver Community

PHASE 2: LOW BARRIER SELF-MANAGEMENT PROGRAM INDIGENIZED - PILOT

- Builds on original class series to include cultural safety and accessibility
- Piloting in 3 sites early 2019



PHASE 3: LOW BARRIER SELF-MANAGEMENT PROGRAM INDIGENIZED - SPREAD

- Free online training for providers who want to run the program in their community
- Seeking funding to support 4 funded sites per year for 3 years
- Investigating sustainable models of funding for communities who want to run program



GENTLE MOVEMENT PROGRAM

- **Free** group movement program for people with persistent pain
- 90-minute class/ 1x per week
- Goals: Change perception of pain, Increase feelings of safety, increase tolerance, improve function
- Results: Increased range of motion, improved function, participants rated helpfulness at 8.2/10
- Plan: Distribute program provincially to underserved communities
- Free online course opens Winter 2019



HOW TO ACCESS RESOURCES:

- www.painbc.ca
- Sign-up for e-Blast (via newsletter)
- Order brochures via <https://painbc.ca/health-professionals/brochures>
- Search for or sign up for all education opportunities via HEALTH PROFESSIONAL section of website
- For patient resources see FIND HELP
- Email me!

The screenshot displays the Pain BC website's 'How We Can Help' section. It features a grid of six resource cards, each with a title, a brief description, and a 'FIND OUT MORE' button. The cards are: PAIN SUPPORT LINE, PATIENT EDUCATION, LIVE PLAN BE, COACHING FOR HEALTH, MY CARE PATH, and PAIN WAVES. Below the grid is a 'Find Help Near You' section with a 'GO TO LISTINGS' button.

How We Can Help

PAIN SUPPORT LINE
We know your pain is real. We provide free information, support, and a listening ear to people wanting to talk about their own pain or that of a family member or friend.
[FIND OUT MORE](#)

PATIENT EDUCATION
One of the best things you can do for your health is to learn about chronic pain and the different ways of managing it. Pain BC provides up-to-date, evidence-based educational articles, videos, webinars and more.
[FIND OUT MORE](#)

LIVE PLAN BE
A free online self-management tool for people living with chronic pain. Connect with others who live with pain, track your health and learn about the science of pain.
[FIND OUT MORE](#)

COACHING FOR HEALTH
Our coaches provide one-to-one telephone support to help you learn self-management skills and regain function.
[FIND OUT MORE](#)

MY CARE PATH
MyCarePath.ca is a free online tool designed for kids and teens aged 12-17 living with chronic pain. Find the information and tools to help you return to school, spend time with friends, and get back to doing things you love.
[FIND OUT MORE](#)

PAIN WAVES
Pain Waves is a podcast created by Pain BC where listeners can hear leading chronic pain experts and people in pain discuss the latest pain management research, tools, stories, and trends.
[FIND OUT MORE](#)

Find Help Near You
Find listings of health care providers, self-management groups, and clinics by city or region.
[GO TO LISTINGS](#)

THANK YOU!

QUESTIONS – COMMENTS - REFLECTIONS

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