

Island Health's Pain Program

Clinic Introduction – RJH and NRGH





Pain Program

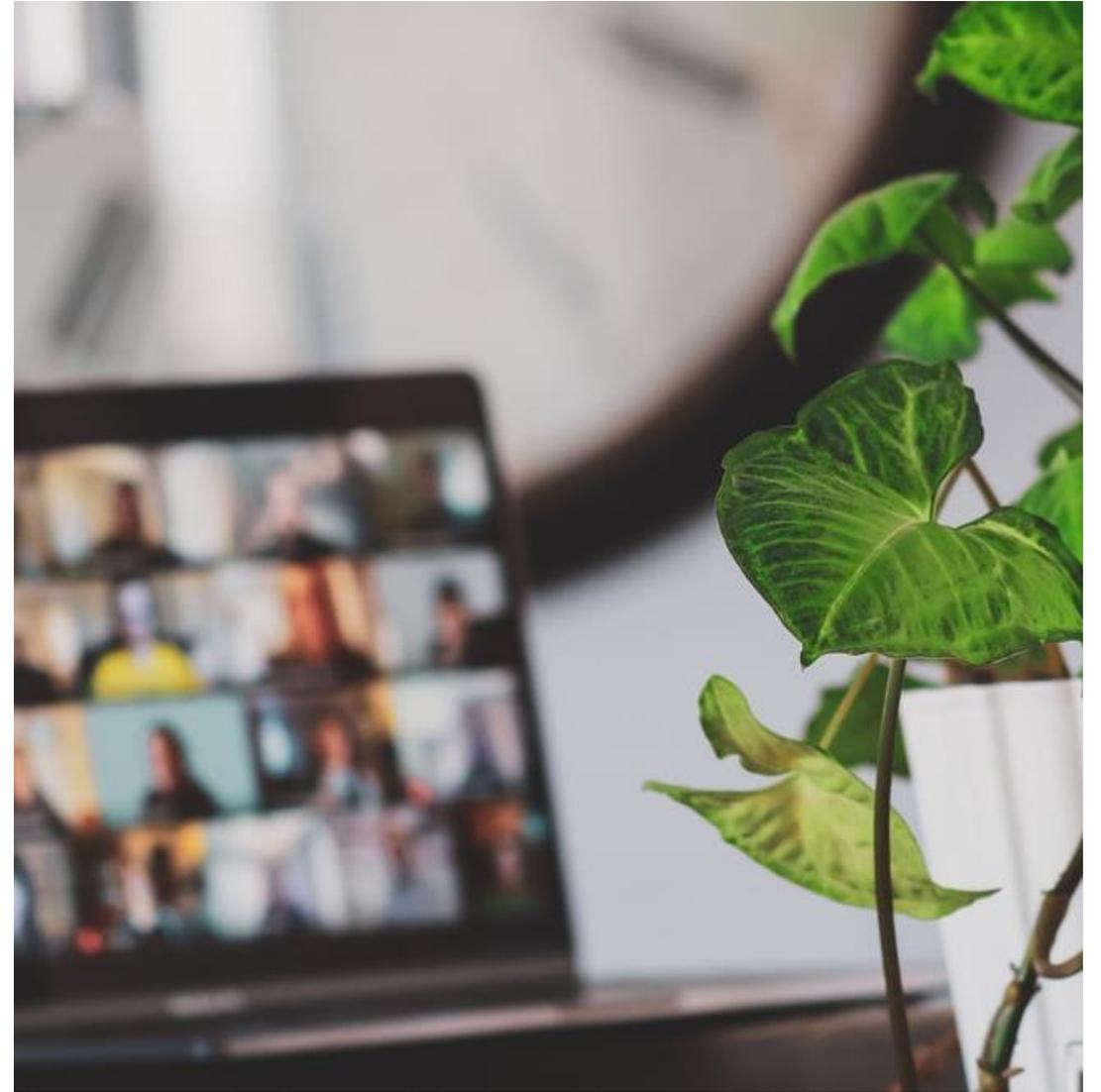
Welcome to the Pain Program, a dynamic multi-service outpatient program.

The goal of the Pain Program is to improve quality of life and function. This is achieved through working with our pain team, setting realistic goals, and attending our educational classes. **YOU** are a key member of this team.

Pain Team

The Pain Program's team is comprised of physicians, a psychologist, a psychiatrist, nurses, clerks, occupational therapists, physiotherapists, social workers, and pharmacists.

Each person's journey with the Pain Program is unique. Depending on your individual needs, you might see several members of our Pain Team, or only one or two.



Self Management Program

Our rehab team offers pain education and specialty courses that can help you:

- Develop an understanding of persistent pain
- Understand and apply pain management strategies to reduce pain intensity and frequency
- Learn how to calm your pain alarm system using physical, emotional and thought (cognitive) strategies
- Engage in functional movement
- Increase confidence to do the things you love and find meaningful

Ideally, you will develop your own combination of self-management strategies that will work best for you.



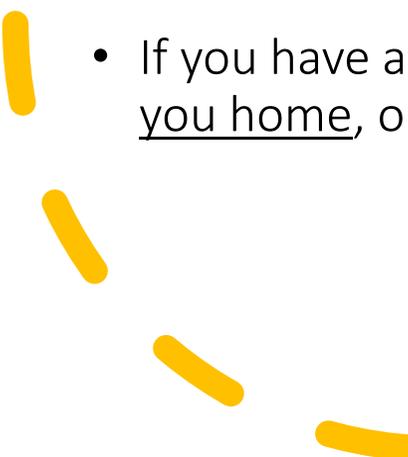


Interventional Treatments

- In addition to learning about pain management tools, some patients may see a physician.
- The pain physician will assess, diagnose, and determine appropriate treatment options, such as interventional treatments (injection therapy). To review our available procedure brochures, please click [here](#).
- Interventional treatment is just **one piece** of the puzzle. At least 70% of managing your pain is about the things **you** can do. Learning and applying self-management skills will often help your medical treatments to be more effective.



Attending the Clinic

- We require a Health History Questionnaire to be completed. This will be sent to each patient prior to their first scheduled appointment.
 - Unless instructed otherwise, **please arrive 15 minutes** early to your scheduled appointment.
 - Advise us as early as possible if you cannot attend. This allows us to book other patients in the time slot that you cannot use.
 - If you have a procedure scheduled with one of our physicians, please arrange for someone to drive you home, or else your procedure may be cancelled.
- 



The more you understand why pain persists, the more you can do to reduce your pain. We encourage you to **learn as much** as you can.

Develop a better understanding of persistent pain

Review these one minute **fun** and **lighthearted** presentations:

1. [Why do we feel pain?](#)
2. [What causes persistent pain?](#)
3. [A simple metaphor](#)
4. [You can't feel everything in your body](#)

Still feel like learning more? Check out retrainpain.org to learn a science based approach to overcome pain.

**Please use an up-to-date browser (e.g., chrome or Safari)*

It's time to rethink persistent pain



Watch the video to learn about new approaches to reducing your pain – [Tame the Beast](#)

Pace your Activities

Pacing...

- is the act/ process of regulating or changing the timing/ intensity of your activity.
- means not doing **too much** or **too little**. Some people may need to practice bringing more ease into their daily life, while others may need to gently nudge their activities to do a little more.
- helps calm your pain protection system, overtime allowing you to do more with less pain.

The aim is to maintain an **even level** of activity each day.

Click [here](#) to learn more.



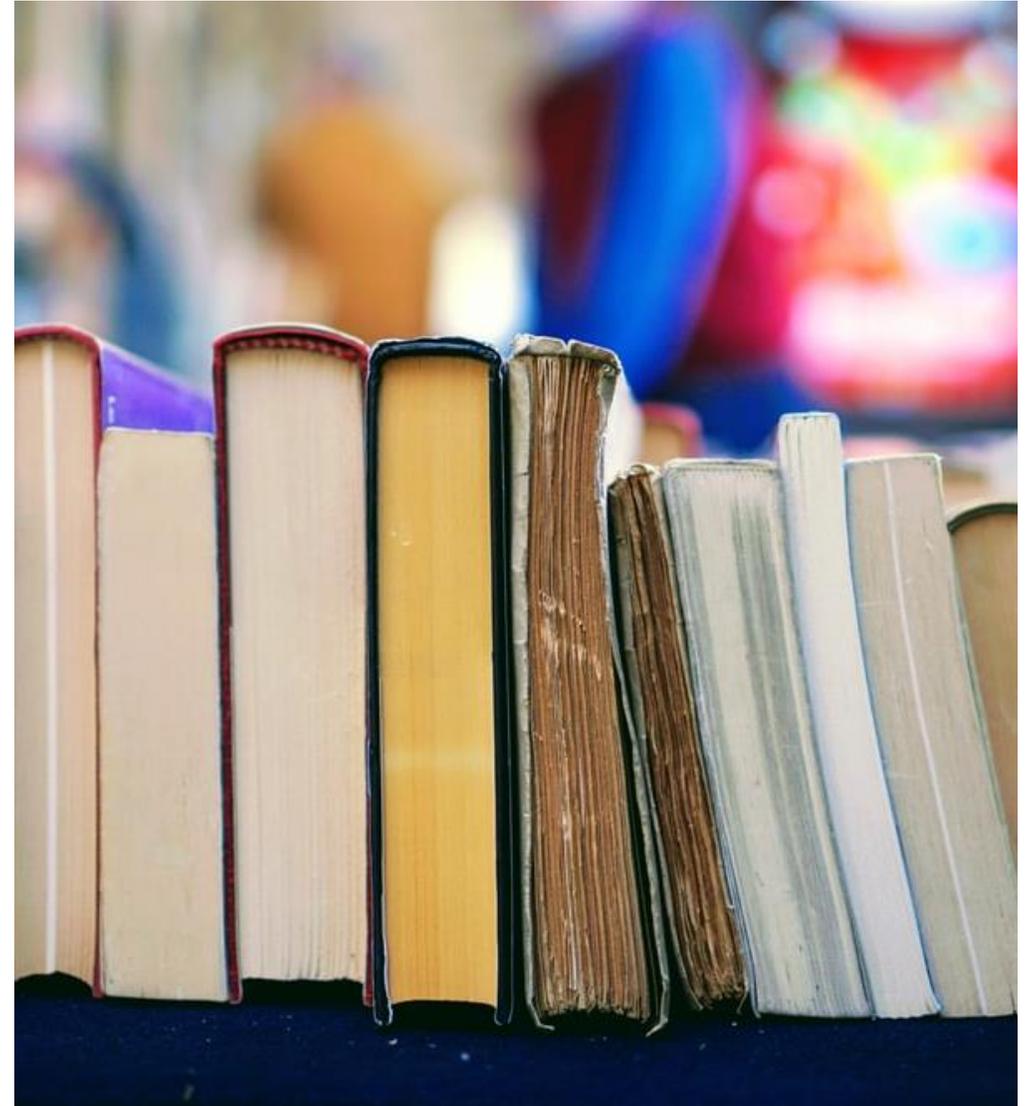
Recommended Books

Shorter reads:

- Pain is Really Strange by Steve Haines
- Why do I Hurt by Adriaan Louw

Longer reads:

- The Pain Relief Secret by Sarah Warren
- The Way Out by Alan Gordon
- The Brain's Way of Healing by Norman Doidge
- The Body Keeps the Score by Bessel Van Der Kolk
- Explain Pain by David Butler & Lorimer Moseley





Recommended Apps

- [Insight Timer – Meditation App](#)
- [Curable](#)
- [Calm: Sleep & Meditation](#)
- [Pathways Pain Relief](#)

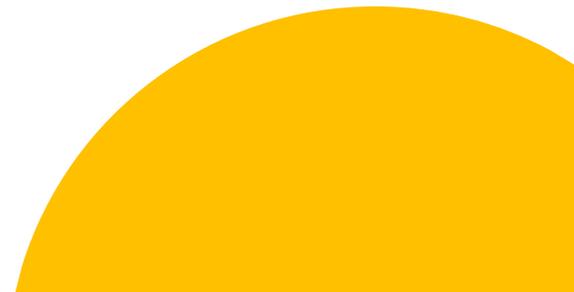
Resources Available to You

We encourage you to explore [Pain BC's website](#) and their available [programs](#). Some great resources include:

- [LivePlanBe+](#) 
- [Pain Support Line](#)
- [Pain Waves Podcasts](#)

[Self-Management BC](#) offers free programs for adults of all ages living with one or more ongoing health conditions. Programs are offered virtually, online, by telephone, or by mail for adults living in BC.

[Bounce Back](#) (bouncebackbc.ca) is a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry.



Resources Available to You

[Cognitive Behavioral Therapy \(CBT\) Skills Group](#)

- learn practical tools to recognize, understand and manage patterns of feeling, thinking and behaving.
- 8-week course, once per week for 1.5-2 hours
- Physician/ Primary Care Provider referral required

[Mindfulness](#)(Bcalm.ca)

- Art of Living Mindfully: 8 session classes regularly throughout the year for patients with stress related physical and mental health challenges
- Physician/ Primary Care Provider referral required

[Anxiety Canada](#) offers trusted resources and programs to assist with managing pain.

Recreation Centers offer many programs for movement and healthy living, checkout the [LIFE Program](#) for eligibility.



Still Need Help?



Please review our Pain Program's [Frequently Asked Questions \(FAQ\)](#).

More questions? Call us,
Victoria: 250-519-1836
Nanaimo: 250-739-5978

Your call will be returned as soon as possible. We aim to return messages within 24 to 72 hours.





What you **think, say and do** changes your pain on a cellular level. Make this moment **count** by incorporating tools and resources available to you.