



Shuswap North Okanagan Division of Family Practice

An FPSC initiative

Managing Chronic Pain Together: A Toolkit for Patients

Pain Management | Therapies + Strategies | Helpful Resources



This toolkit is for people who live with complex, persistent pain and their health care providers. It includes helpful information about pain management and resources to assist along the way.

SNO would like to acknowledge the Kootenay Boundary Division of Family Practice and Shared Care for their dedicated work in developing pain resources. We also express our gratitude for allowing us to share their valuable contributions with others.



1 in 5 Canadians
lives with chronic pain.

You're not alone. There are
resources and supports
to help.

Your pain is real.

Nothing affects our well-being more than pain; whether living with a chronic condition like arthritis, an illness like fibromyalgia or Complex Regional Pain Syndrome, or adjusting after a traumatic injury, persistent pain has a significant impact on our quality of life.

The challenge of coping with chronic pain on a day-to-day basis can feel overwhelming.

Chronic pain can be managed.

The good news is that there are therapies and strategies proven to work, to reduce pain, and improve quality of life.

Multiple factors - physical, psychological, and environmental - contribute to chronic pain. A successful pain management strategy will consider these aspects. The right plan will be unique to you.

Your family doctor or nurse practitioner can work with you to develop a plan and may suggest a combination of therapies to consider, or specialist expertise to support your specific needs.

A team-based care approach works.

Multidisciplinary pain management is a team-based approach to care. Different health professionals work together to provide treatment based on your needs - this may include your doctor, physiotherapist, occupational or exercise therapist, etc. - even though they may not work in the same clinic.

People who live well with chronic pain do best when they are valued, equal partners on this team.

Active self-management makes a difference.

Research shows that being actively involved in managing your pain can have a big impact on your quality of life. Self-management is about building new (and using existing) skills, trying out different strategies, and seeing what works best for you.

This can take some patience. Don't give up. Peer support from others who are walking the same path can provide connection, opportunities to share solutions, and help reduce feelings of isolation along the journey.

Therapies + Strategies

The most effective approach for long-term pain management is a combination of strategies. Medications may be part of your program to help manage symptoms or reduce inflammation. Of course, medications have risks and benefits, so it's important to consider long-term use carefully with your doctor.

Physical <ul style="list-style-type: none">• Physiotherapy• Occupational Therapy• Massage Therapy• Acupuncture• Osteopathy• Kinesiology• Chiropractic	Emotional & Mental Health <ul style="list-style-type: none">• Clinical Counselling• Psychotherapy• Social Work Services• Peer Support Groups• Cognitive Behavioral Therapy
Holistic & Complementary <ul style="list-style-type: none">• Indigenous Healing Practices• Traditional Chinese Medicine• Meditation, Mindfulness Techniques• Yoga, Tai Chi• Spiritual Practices	Lifestyle <ul style="list-style-type: none">• Nutrition• Gentle Movement & Exercise• Sleep• Postural Techniques such as Feldenkrais



Helpful Resources

Free | Virtual | Recommended by Health Practitioners + Patients

Pain BC

www.painbc.ca

Support and wellness groups, peer connection, coaching, educational materials, self-management resources and more.

Pain Support Line

1-844-880-PAIN | <http://bit.ly/pain-support-line>

Confidential emotional support. A safe space to talk about pain and its impacts on your life. Information on advocacy, health care navigation, income supports and more.

Live Plan Be

www.liveplanbe.ca

A tool to support those living with pain, with four main components: pain education, self-assessment tools, brief action planning, and a secure community forum.

Self Management BC

www.selfmanagementbc.ca

Evidence-based workshops, programs and information to help build skills, confidence and connection in managing pain.

Tame The Beast: Lorimer Mosley

<https://www.tamethebeast.org>

A collaboration between a pain researcher, a pain physiotherapist and a professional communicator. A freely available education tool that aims to inspire research-based action in the treatment of chronic pain.

Tame the Beast is an animation, a question-and-answer and a podcast series.

Pathways Community Service Directory

<https://shuswap-north-okanagan.pathwaysbc.ca>

Publicly available services and programs, in participating communities

