

Chronic Pain Self-Management Checklist

Patients with chronic pain can learn to manage their condition through self-management strategies and support from their healthcare providers.

How well do you feel that you are managing your chronic pain?



Terrible



Poor



Average



Good



Excellent

So far, science has not advanced far enough that there is a cure for chronic pain. However, there are different strategies that you can try to manage. What strategies have YOU tried so far?

Strategies You Can Try to Manage Your Chronic Pain	Helpful	Not Helpful	Want to Try
<p>Learn more about chronic pain and how to manage it:</p> <ul style="list-style-type: none"> ○ Extended Health Team (EHT) Intro to Pain Class ○ Osteoarthritis (OA) Society Self-management modules ○ Alberta Healthy Living (AHL) Fibromyalgia Class ○ AHL Better Choices Better Health Chronic Pain ○ AHL Arthritis ○ AHL Pain Neuroscience Education 			
<p>Physical Activity</p> <ul style="list-style-type: none"> ○ 1:1 appointment with Physiotherapist ○ 1:1 appointment with Kinesiologist ○ EHT Activity Basics Group ○ AHL Pacing for People with Chronic Pain ○ AHL Supervised Exercise Program ○ GLA:D® Program for OA (<i>see p.4 for info</i>) ○ Tolerance training ○ Stretching and Strengthening Exercises ○ Aerobic Activity (walking, biking, etc.) ○ Swimming/Aquatics ○ Orthotics and bracing ○ Walking aids 			
<p>Nutrition</p> <ul style="list-style-type: none"> ○ 1:1 appointment with dietician ○ EHT Nutrition in Pain Class, ○ Calgary Foothills PCN (CFPCN) Ask a Dietician Classes ○ Variety of AHL Nutrition Classes available 			

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<p>Learn strategies for Daily Activities</p> <ul style="list-style-type: none"> ○ EHT Activity Basics Group ○ AHL Pacing for People with Chronic Pain ○ Increase activity tolerance ○ Activity pacing ○ Fatigue management / energy conservation ○ Sleep hygiene ○ Wind-down/recovery strategies ○ Flare-up planning ○ Adaptive aids for daily living ○ Mobility equipment ○ SMART goal setting ○ 1:1 appointment with Occupational Therapist 			
<p>Mental Health Support</p> <ul style="list-style-type: none"> ○ 1:1 counselling ○ Mindfulness (ex: www.palousemindfulness.com) ○ Meditation ○ EHT Moving Forward Group ○ EHT Skills Group ○ EHT Sleep Class ○ Canadian Mental Health Assoc. Recovery College Courses ○ Access Mental Health (1-844-943-1500) ○ CFPCN workshops 			
<p>Social Support (basic needs – housing, food, employment, safety)</p> <ul style="list-style-type: none"> ○ 1:1 Appointment with Social Worker 			
<p>Relationships/Leisure Activities/Community Involvement/Spiritual</p> <ul style="list-style-type: none"> ○ Spending time with friends and family ○ Participating in activities you enjoy ○ Volunteering or being active in the community 			
<p>Other Strategies:</p> <ul style="list-style-type: none"> ○ Short term strategies: heat, ice, contrast, TENS ○ Deep breathing ○ Distraction ○ Medications <ul style="list-style-type: none"> ○ Topicals ○ Over the counter pain relievers ○ Vitamins/Minerals/Supplements ○ Prescription Medication/Medical marijuana ○ 1:1 appointment with pharmacist/physician 			

We know that change is hard! (But it's often worth it!)

What is your hope for working with our team?? What are your goals in pain management?

Ex: I would like to improve my function so that I can return to part-time work or volunteering within the next 6 months.

What motivates you to make change? Why is improving your pain important to you?

Ex: I really want to improve my pain so that I can be more active with my grandchildren or friends and family.

As a person living with chronic pain, you will be responsible for managing your pain on a day to day basis. What possible barriers may get in the way of making changes and managing your pain?

Check off your challenges:

- Not enough time
- Not enough money
- My job is very physically/mentally demanding
- I have other health concerns to deal with
- I have too many other responsibilities
- I don't know where to start.

Think of some ways that you can deal with your barriers:

Ex: Not enough time – I will schedule 20 minutes into my day 3 x per week to go for a walk.

Chronic Pain Management Resources and MORE

Virtual Classes Available through the EHT

- **Intro to Pain:** Introduction to the bio-psycho-social nature of chronic pain and the benefits of using self-management strategies
- **Activity Basics:** Practical skills to complete daily tasks within pain and fatigue limits and increase tolerances for activities)
- **Nutrition In Pain:** Dietician led discussion on healthy eating with chronic pain
- **Moving Forward:** ACT based group that utilizes mindfulness, experiential exercises to help patients respond differently to barriers in their life
- **Sleep Class:** Introduction to CBT-I (Cognitive Behavioral Therapy for Insomnia)
- **IBS:** Discuss diagnosis, treatment, medications, diet and self-management strategies
- **Skills Group:** 3 modules - Building skills for Distress Tolerance, Emotion Regulation and interpersonal effectiveness

Virtual Classes Available through the CFPCN (<https://cfpcn.ca/workshop-registration/> 1-855-792-3726)

- **Anxiety 101:** two hour virtual workshop that covers the basics of what anxiety is, tools to help and things to avoid.
- **Anxiety to Calm:** four-week workshop that takes an in-depth look at anxiety including what makes it better and what makes it worse.
- **Ask a Dietician – Weight Management:** is for patients who are interested in learning about nutrition for healthy weight management
- **Craving Change:** free four-week virtual workshop for adults who struggle with problematic eating, including eating for comfort or eating in response to emotions
- **Happiness Basics:** is a four-week virtual workshop that teaches adults skills to boost overall happiness

Classes Available through the Alberta Healthy Living Program (www.ahs.ca/ahlp 403-943-2584)

- **Better Choices, Better Health® - Chronic Pain workshop:** Will help you discover new skills that are important for managing your health – especially the day-to-day challenges of chronic pain.
- **Supervised Exercise Program:** Your program will include opportunities to attend educational sessions, exercise in a supervised group setting and work on an action plan to continue exercising at home or in the community
- **Arthritis – An Introduction to Osteoarthritis:** Join a Physiotherapist to learn how to manage your symptoms and make your quality of life better.
- **Fibromyalgia: Facts and Function** Join a Kinesiologist to learn about what fibromyalgia is and the treatment options that are available. Discover how you can maintain and improve function through exercise
- **Living with ME (myalgic encephalomyelitis)** - learn to manage with Chronic Fatigue Syndrome
- **Pacing for People with Chronic Pain:** Learn why pacing is an important tool in managing the relationship between energy levels and chronic pain.
- **Pain Neuroscience Education (Previously “Explaining Pain”)** - Learn what we know about pain from a psychologist.

Other Resources

- **CMHA Recovery College Calgary** – www.recoverycollegecalgary.ca Access to over 45 free virtual classes that help you to develop your own resourcefulness. Peer support also available.
- **Arthritis Society** - www.arthritis.ca – detailed information to help support you in your journey with arthritis. There are online courses on mental health, fatigue, chronic pain management and more.
- **GLA:D®** is an 8 week education and exercise program for those suffering with stiff or painful knees or hips, especially those with knee or hip osteoarthritis. There is a cost for this program.