



Introduction to Chronic Pain

Welcome to the Calgary Foothills Primary Care Network
Extended Health Team

Agenda

Introduction

Chronic Pain

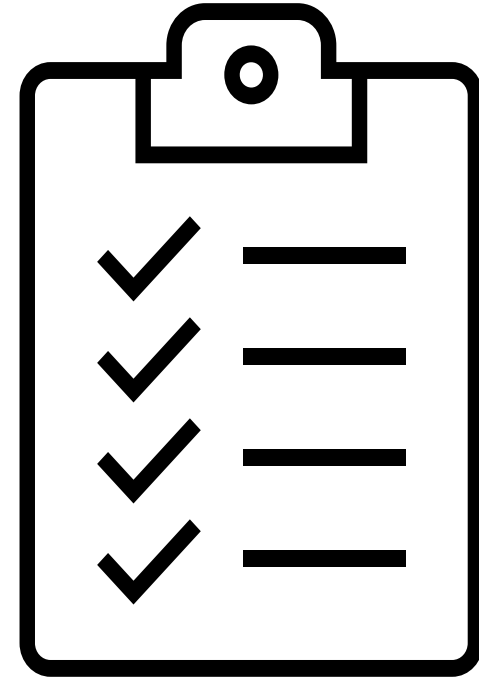
- Approaches to treatment, contributors to pain

The Role of the Nervous System

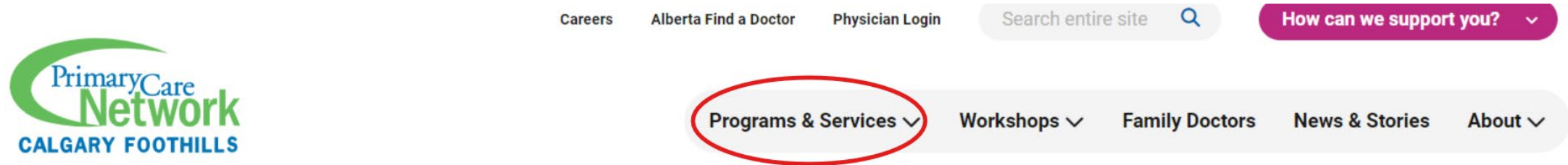
- Neuroplasticity, perception, hurt vs. harm

Self Management Strategies

Extended Health Team Services



Presentation slides and handouts: <https://cfpcn.ca/extended-health-team/>



Extended Health Team

Team care for long-term health concerns.

Anyone managing chronic and long-term health concerns may benefit from a team approach. Our Extended Health Team brings



Virtual Group Housekeeping

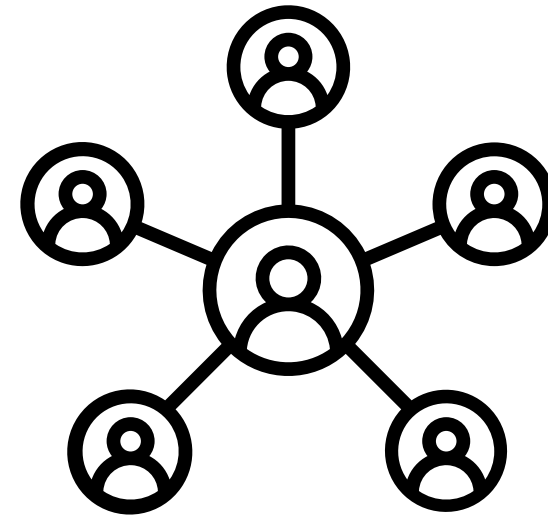
Using Teams

- Video, audio, chat
- Technical issues

EHT Reception: 403-374-0244 Ext. 3

Group norms

- Respect
- Confidentiality
- Participation





What is a Primary Care Network?

- Your family physician is a member of the Calgary Foothills Primary Care Network (Calgary Foothills PCN)
- An agreement between a group of family physicians and Alberta Health Services
- Goal is to provide broader primary care (health) services to Albertans
- The Extended Health Team (EHT) is an interdisciplinary group of clinicians available to member physicians and their patients

Extended Health Team

- The Extended Health Team is a Self-Management Program
- Our program will teach new skills or help adapt old skills to add to your toolbox
- We will support you in creating a Self-Management Plan to record and reflect on these skills

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Your Health, Your Team, Your Community

Impact of strategy

Strategies that I use

Strategies that I will try

Understanding my pain self-management plan

What do I NOTICE about myself?

Physically

Thoughts
Feelings

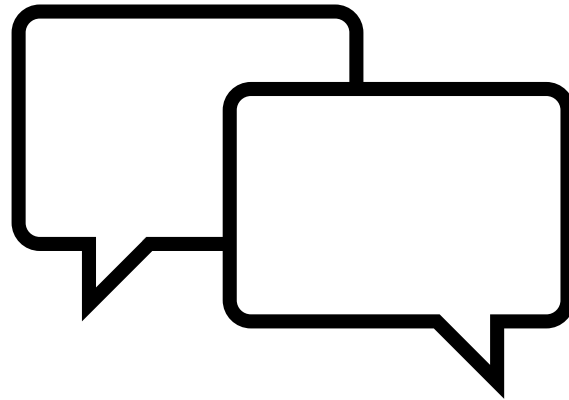
Behaviours
Relationships

Helpful and unhelpful impacts on pain

	Sleep	Thoughts	Productivity	Activity
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Not helpful:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Weather	Food	Relationships	Other
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Not helpful:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Introductions



Types of Pain

Short-term (acute) pain is for survival

- It helps us to take care and to rest to support healing

Long-term (chronic) pain is a pain that persists, even when there is no more tissue damage

- Chronic pain is a problem with the way the central nervous system (and other systems in the body) works
- Chronic pain is also called persistent pain

Treating chronic pain the same way we treat acute pain does not work.

Your pain is real.

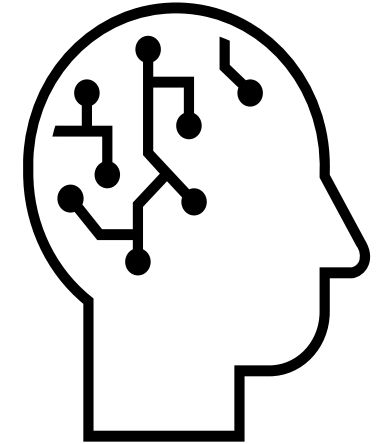


Personal Reflection

How would you describe chronic pain?

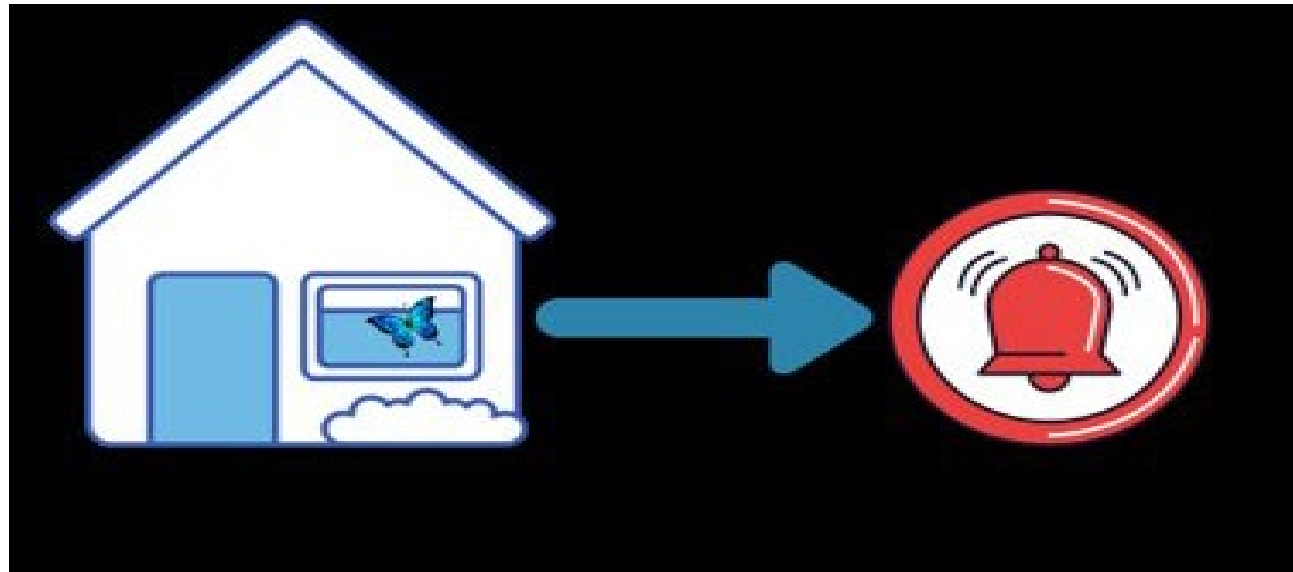
Pain is Complex

- Pain involves many different systems in our body, with the brain as the boss
- Chronic pain involves the whole person – memories, experiences, thoughts, emotions, as well as physical sensations



Pain protects... but sometimes can be overly protective

- The basic purpose of pain is to protect you
- Sometimes, the body makes changes that alters our alarm systems

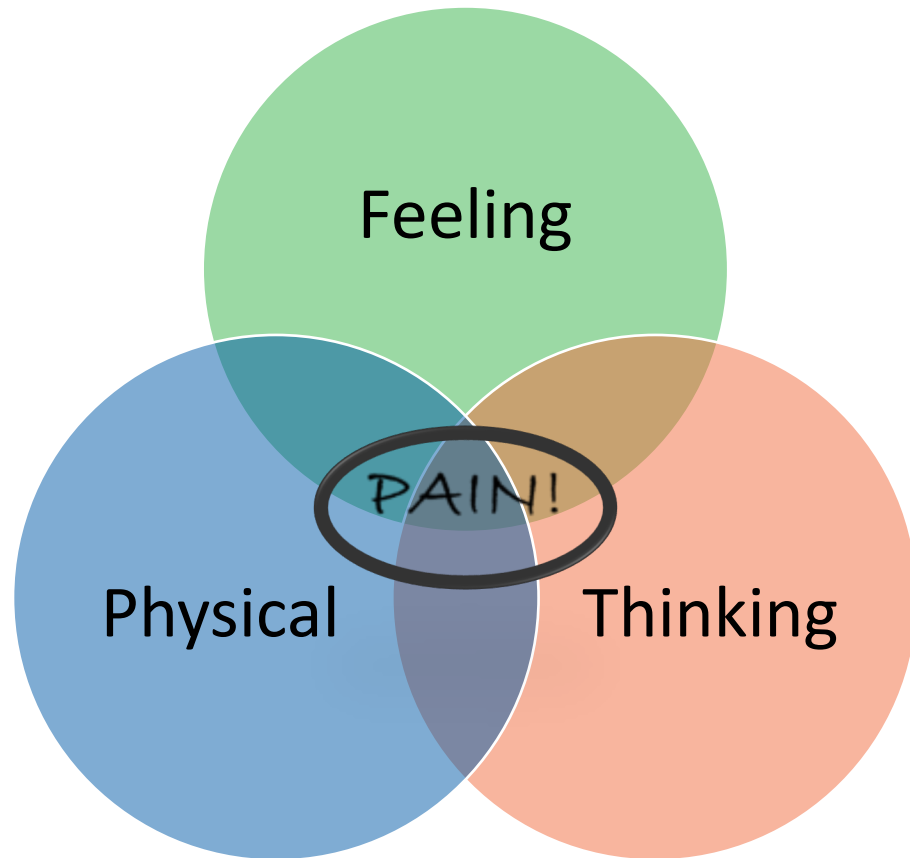


Pain protects... but sometimes can be overly protective

- Over time, the more the alarm goes off, the more likely our alarm system changes to produce more pain
- Our alarm system can become very effective, and start alarm bells (pain) when it is not needed



The Contributors to Pain: The connection between mind and body



Take Home Messages



Acute pain and chronic pain require different treatment approaches



Chronic pain is a complex experience



Pain is a warning signal but sometimes an unnecessary alarm



Pain has three components: physical, feeling, and thinking. Mind and body are closely connected

Self-Management Plan Worksheet

On an average day, what are your chronic pain symptoms?

- Physical (sensations)
- Thoughts and Feelings
- Behaviors and Relationships

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Your Health, Your Team, Your Community

Understanding my pain self-management plan

What do I NOTICE about myself?

Physically

Thoughts Feelings

Behaviours Relationships

Helpful and unhelpful impacts on pain

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The Role of the Nervous System

- The brain receives and processes chemical, mechanical and electrical signals from cells all over your nervous system. It then makes sense of these signals.
- There is no single “pain center” in the brain



Neuroplasticity

- The ability of the nervous system to change is called neuroplasticity
- Just like we get a good at a hobby, our bodies can get good at producing pain
- The good news is we can also use the concept of neuroplasticity to retrain the pain system to reduce unnecessary alarm signals



We can decrease pain

- The same way our body adapts to danger messages over time, our system can adapt to decrease the amount of danger messages sent
- The brain can release our own, natural, pain-relieving chemicals
- Self-management skills help the brain release these chemicals and messages of safety



Take Home Messages



Chronic pain is produced by the brain when danger messages, from the internal and external world, exceed safety messages



The brain can change, so it can learn to produce less pain



Using self-management skills helps the brain release pain-relieving chemicals and decrease pain alarms

The Role of Perception



Hurt versus Harm

Sometimes you do not feel pain,
even when there is a lot of danger



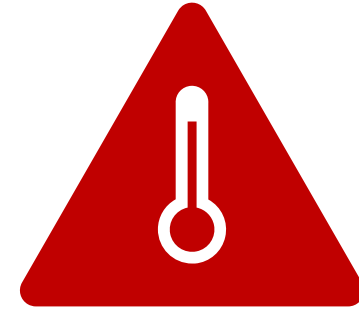
Versus

Sometimes you feel pain, even
when there is no danger



Hurt versus Harm

- Examples where hurt \neq harm



Diagnostic Imaging and Pain

Remember:

- Chronic pain is a disorder of the pain signaling system and not due to tissue damage
- This can be frustrating, as there is no specific test available to us to assess the pain signaling system

Take Home Messages



Our brain can misinterpret information as danger messages




Pain does not necessarily mean tissue damage



Diagnostic imaging often does not show the cause of chronic pain

Extended Health Team – Skills Check List and Treatment Planning.

 **Physiotherapy Network**
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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.

Your Health, Your Team, Your Community
Extended Health Team (EHT)

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

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?

Terrible Poor Average Good Excellent

Strategies You Can Try to Manage Your Chronic Pain	Helpful	Not Helpful	Want to Try
Learn more about chronic pain and how to manage it: <ul style="list-style-type: none">Extended Health Team (EHT) Intro to Pain ClassOsteoarthritis (OA) Society Self-management modulesAlberta Healthy Living (AHL) Fibromyalgia ClassAHL Better Choices Better Health Chronic PainAHL ArthritisAHL Pain Neuroscience Education			
Physical Activity <ul style="list-style-type: none">1:1 appointment with Physiotherapist1:1 appointment with KinesiologistEHT Activity Basics GroupAHL Pacing for People with Chronic PainGLAD* Program for OA (see p.4 for info)Tolerance trainingStretching and Strengthening ExercisesAerobic Activity (walking, biking, etc.)Swimming/AquaticsOrthotics and bracingWalking aids			
Nutrition <ul style="list-style-type: none">1:1 appointment with dieticianEHT Nutrition in Pain ClassCalgary Foothills PCN (CFPCN) Ask a Dietician ClassesVariety of AHL Nutrition Classes available			

Take a few minutes to fill out what skills and management strategies you wish to engage in at EHT.

Take some time to think about what makes this meaningful for you.

What barriers to change may get in the way. Can we help?

What is Self-Management?

- Strategies and skills used to live well with chronic physical or mental health conditions
- Helps reduce pain
- Involves a holistic approach



Self-Management involves the whole person



Food



Activity



Relationship



Sleep



Productivity



Surroundings



Thoughts



**= IMPROVED
FUNCTION**

Physical Wellness

- Activity and movement increase production of our natural pain-relieving hormones
- Avoiding activities because movement hurts can make us more sensitive to pain – “Motion is Lotion”
- Staying active can improve sleep and mood
- Improved nutrition and hydration can increase energy and reduce symptoms



Mental/Emotional Wellness

- Reducing stress, anxiety and depression can help to reduce symptoms
- Our thoughts (the way we talk to ourselves, our perceptions of events) and the language we use can affect how we feel
- Social connections help your brain produce less pain



Social Determinants

- Our communities, jobs, resources and proximity to services can be barriers to engaging in healthy behaviors
- Learn ways to address environmental factors and modify daily activities to decrease pain



Self-Management Plan Worksheet

Note which strategies you use to manage your symptoms on an average day

Your Health, Your Team, Your Community

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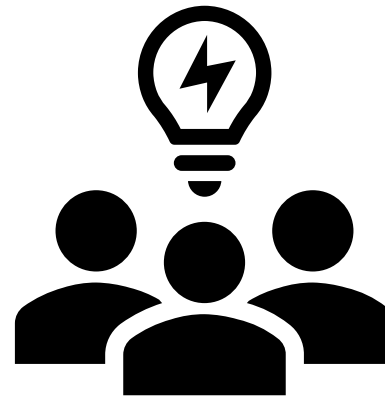
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Extended Health Team: Team Members



Extended Health Team: Groups

- Nutrition in Pain
- Activity Basics
- Skills Group
- Moving Forward
- Sleep 101
- Get SMART (about self-management)



The Extended Health Team

- Operates Monday to Friday
- Stays connected with your family physician's office
- Team-based care directed by you and your caseworker
- Focuses on self-management
- Time-limited

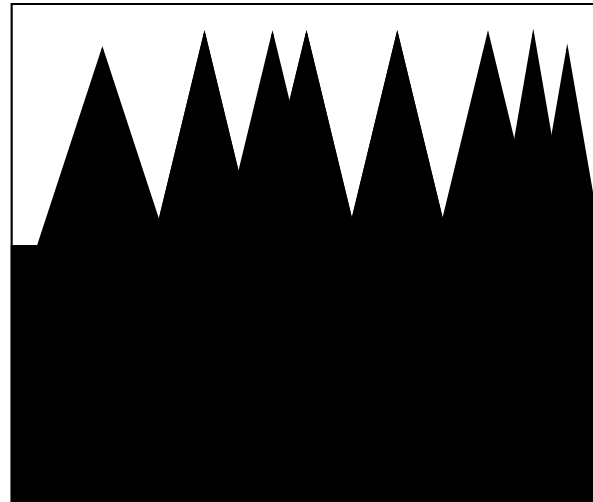


We are a Change Based Program

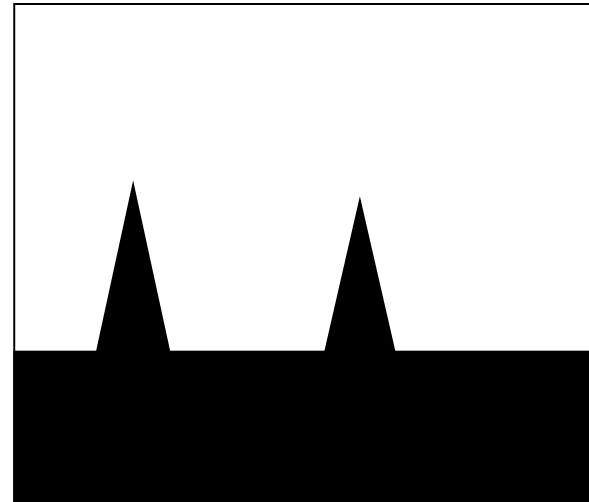
- Our focus will be on working towards functional goals that are important to you
- We will work together to find ways to manage your symptoms and improve your function
- Change happens gradually over time



Realistic Goals In Chronic Pain



Before Self
Management



After Self
Management

Group Reflection



Functional Goals

- What are some things that you would like to be able to do?
- What do you want to be able to do again?
- What would life look like if you had less pain?

Take Home Messages



Self-management is a proven way to decrease pain and increase function



Self-management requires time, dedication, and your engagement



The Extended Health Team will support you to develop these skills and work on realistic goals that are meaningful to you



1:1 and group appointments are available

Resources

Understanding Pain: What to do about it in less than five minutes (video)

- <https://cfpcn.ca/services/chronic-pain-management-program/>
- Or search YouTube/Google and the title above

Tame the Beast – University of South Australia (video)

- <https://www.tamethebeast.org>

CFPCN Website

- <http://www.cfpcn.ca>



Thank You

