

Introduction to Pain.



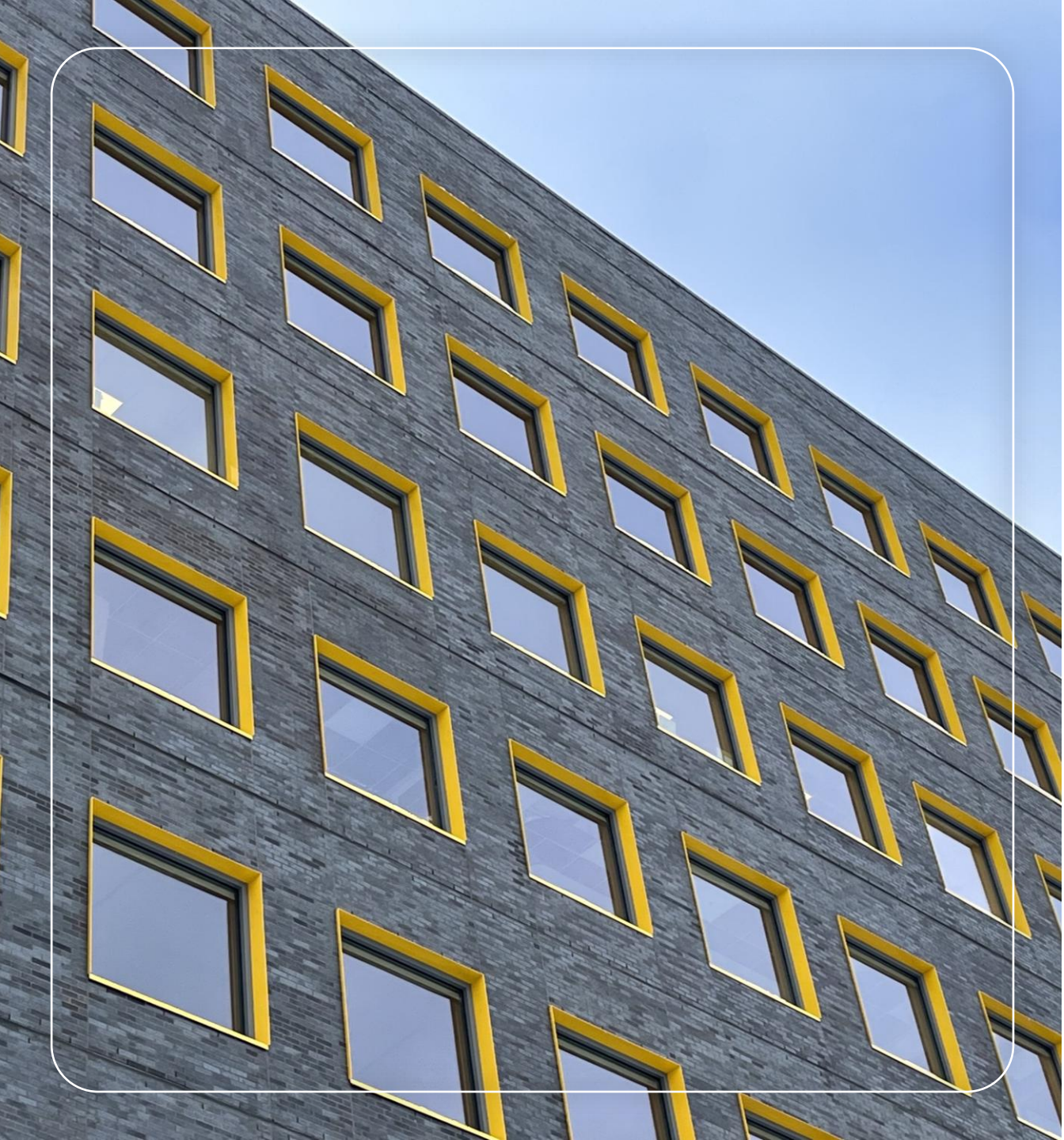
Extended Health Team

Land Acknowledgement

In the spirit of respect, reciprocity and truth, we honour and acknowledge Moh'kinsstis, and the traditional Treaty 7 territory and oral practices of the Blackfoot confederacy: Siksika, Kainai, Piikani, as well as the Îyâxe Nakoda and Tsuut'ina nations. We acknowledge that this territory is home to districts 4, 5 and 6 of the Otipemisiwak Métis Government. Finally, we acknowledge all Nations – Indigenous and non – who live, work and play on this land, and who honour and celebrate this territory.

This sacred gathering place provides us with an opportunity to engage in and demonstrate leadership on reconciliation. Thank you for your enthusiasm and commitment to join our team on the lands of Treaty 7 territory.





Housekeeping Items

While you're here:

- Use the stairs to evacuate in case of emergency
 - The muster point is in the surface parking lot, marked by a yellow sign
- Washrooms are down the hallway
 - The doors lock using the tall button next to the toilet that says “lock” in red lettering

Virtual Group Housekeeping

Using Teams

- Video, audio, chat
- Technical issues
- EHT Reception: 587-774-9736

Group norms

- Respect
- Confidentiality
- Participation

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



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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



Introductions



What is a Primary Care Network?

Your family physician is part of the Calgary Foothills Primary Care Network (PCN), which is:

- An agreement between family physicians and Alberta Health Services.
- Designed to provide broader primary health care services to Albertans.
- The Extended Health Team (EHT) is an interdisciplinary group of clinicians available to member physicians and their patients.



Key Points

Let's talk about **pain** and
how the EHT can help

Chronic pain is common.





Understanding pain is
important.



Understanding Pain is Important



- Knowledge is power. It can also help to reduce pain for people living with chronic pain.
- Taking time to learn the science behind pain can help to change a person's relationship with pain.
- This can lead to being a more active participant in your health, finding ways to better manage pain, and improving overall quality of life.

Pain is protective.

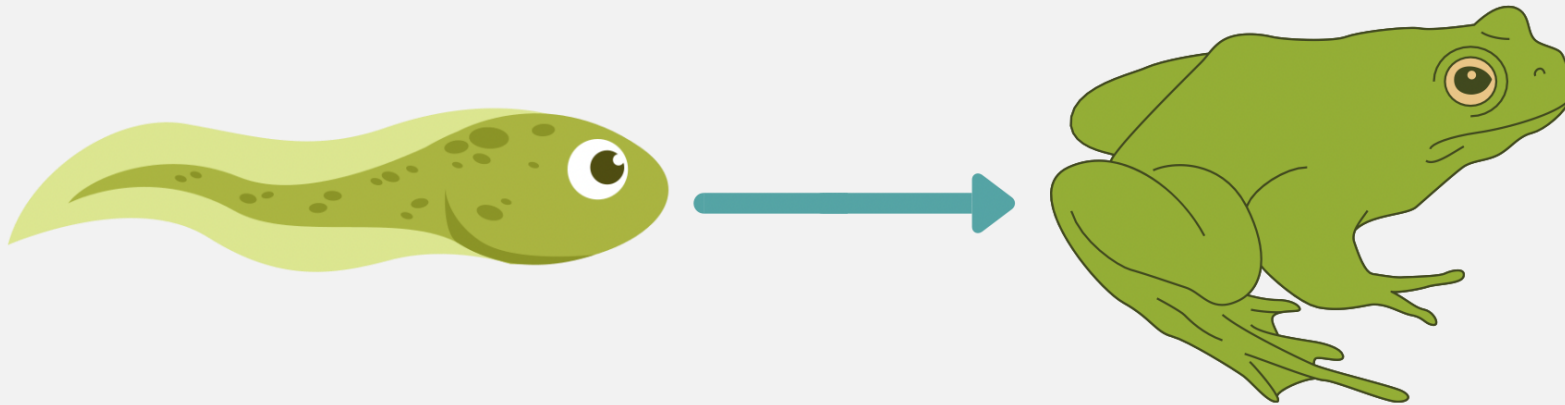


Pain protects....and sometimes pain is overprotective.

ACUTE PAIN	CHRONIC PAIN
A <u>symptom</u>: • Finding the cause is usually easy. • Often requires rest. • Opioids may be needed.	A <u>syndrome</u>: • Diagnosis can be difficult and delayed. • Can be worse with too much rest. • Opioids can make chronic pain worse.

Pain can change over time

- Chronic pain is different from acute pain.
- Think about it like metamorphosis.

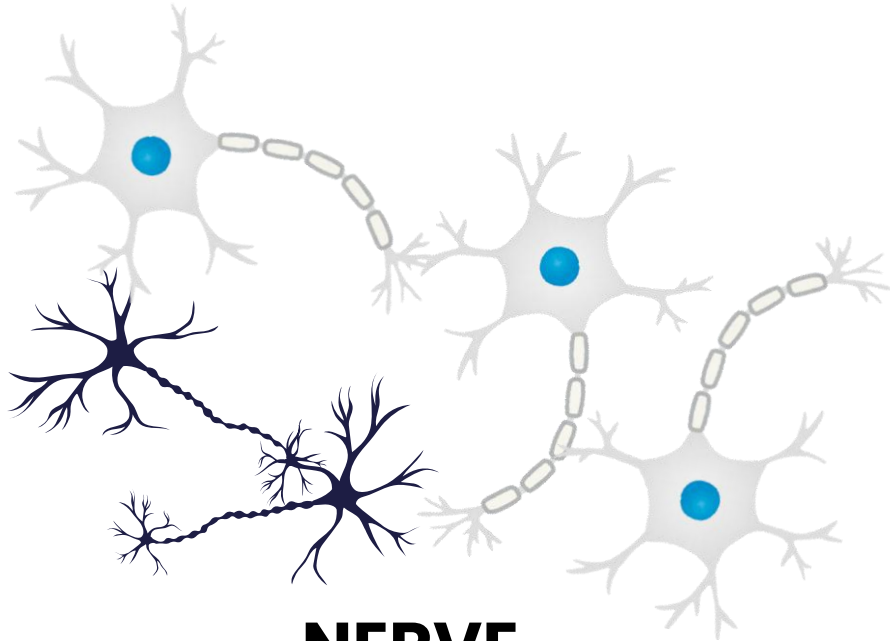


Pain is complex.



PAIN IS COMPLEX.

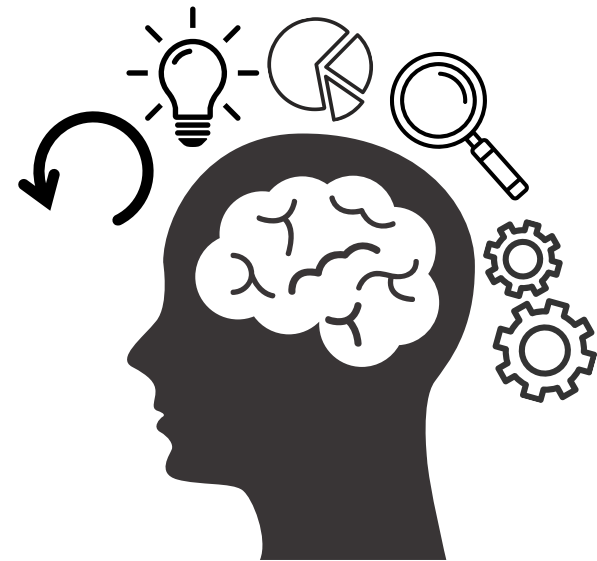
ALL PAIN INVOLVES BOTH



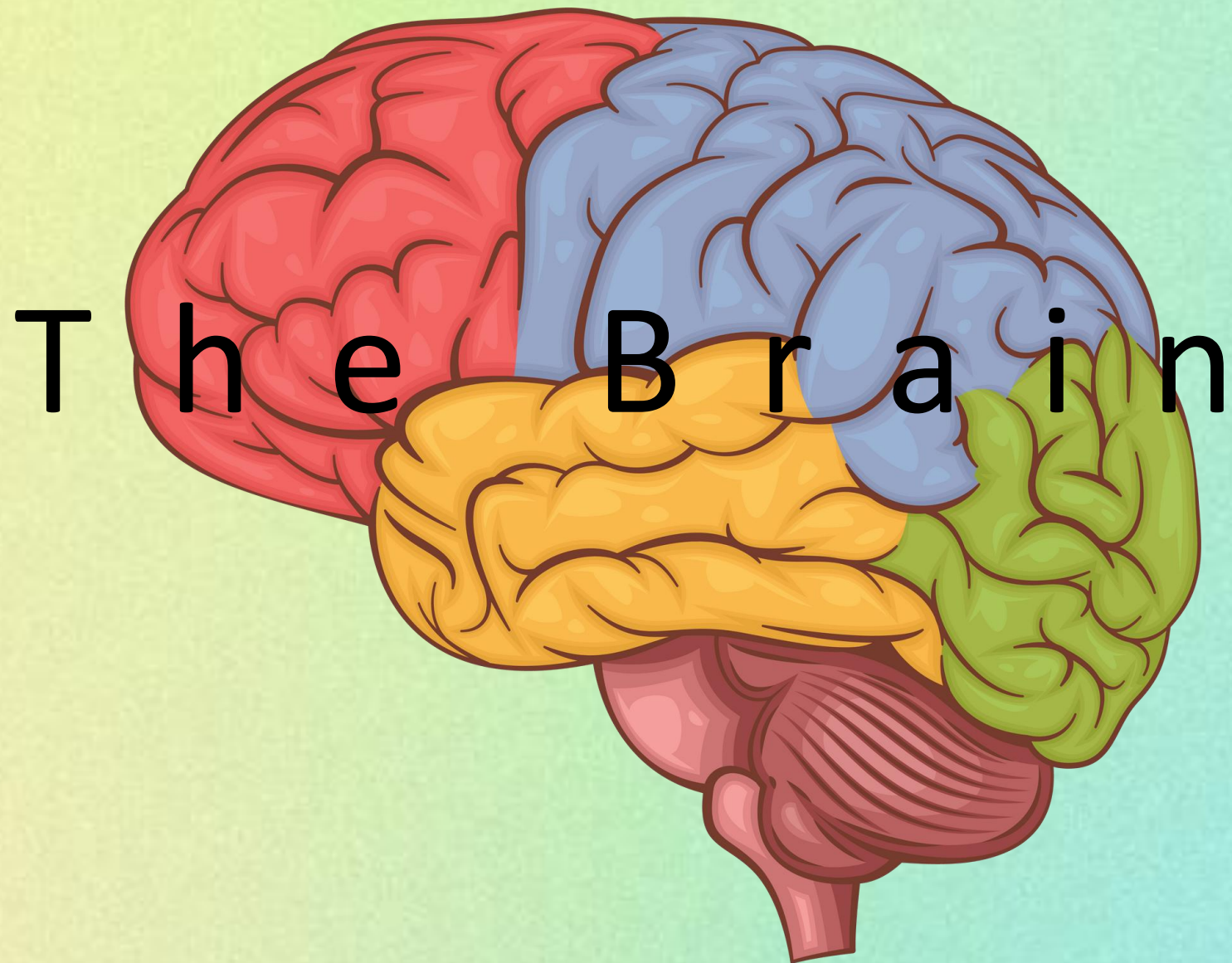
**NERVE
SIGNALS**

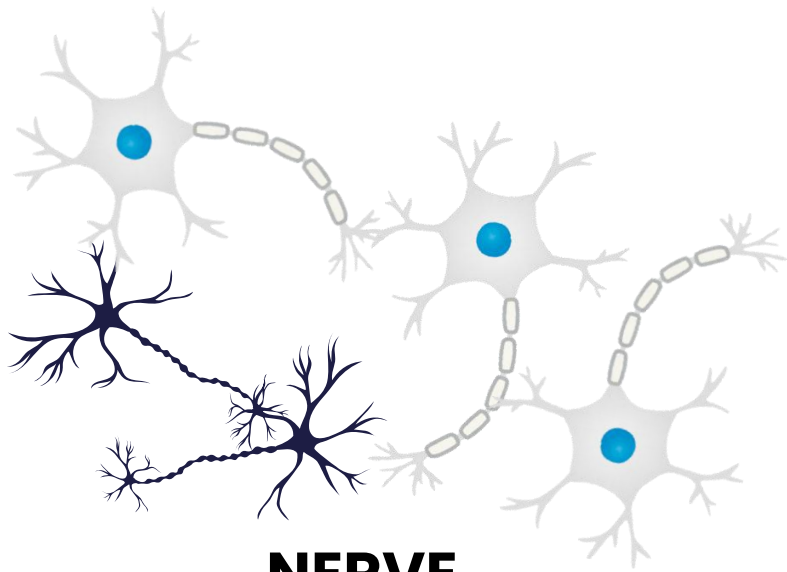
(in the body and brain)

and



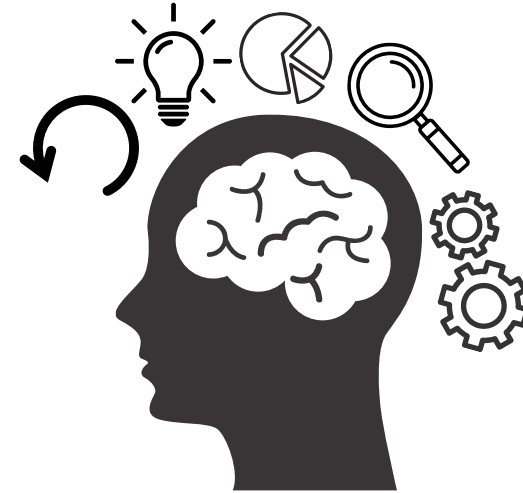
**ANALYSIS AND
INTERPRETATION**





**NERVE
SIGNALS**

and



**ANALYSIS AND
INTERPRETATION**

ARE INFLUENCED BY



So, we've determined:



Chronic pain is very different from acute pain.



We each interpret things differently based on our previous experience and context of our lives.



Next, let's look at how different things affect chronic pain.

Let's watch this video:



Toronto SickKids, What is Chronic Pain?

https://www.youtube.com/watch?v=EL1E54nH_7c

Chronic pain is overprotective.





Pain is an alarm.

**Chronic pain is an alarm system that is on but is
no longer providing protection.**

**SOMETIMES ALARMS TURN ON
WHEN THEY DON'T NEED TO.**



**Sometimes, alarms turn on
when they don't need to.**



**The pain system is
overprotective.**

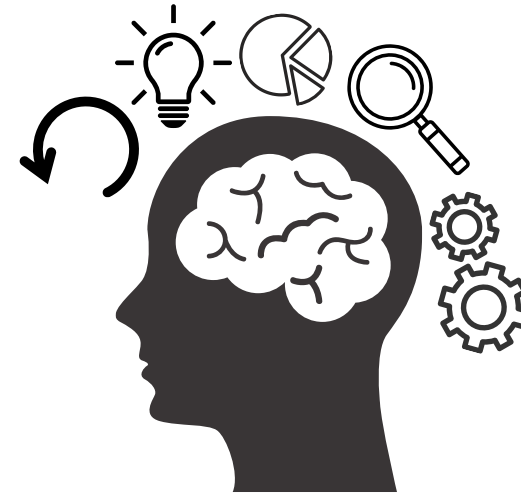
Chronic pain involves
messages and interpretation.





**NERVE
SIGNALS**

and



**ANALYSIS AND
INTERPRETATION**

**LET'S TRY A VISION
EXPERIMENT**







Hurt does not always
equal harm.



Examples of harm with no pain:

Have you ever heard of a person experiencing tissue damage without pain?

- Car accident or house fire
- Sports-related injury
- A bruise with no memory of injury

Sometimes we do NOT feel pain, even with great DANGER or PHYSICAL DAMAGE



Examples of pain with no harm:

Can you think of a time when you have had pain without tissue damage?

- When I touch a hot curling iron.
- When I step on a piece of Lego.
- Static electricity from a balloon.
- Feather touching.
- Hitting your "funny bone."
- Brushing tangled hair.



Sometimes we feel pain, even when there is no danger.

Examples of pain with no harm:

- Case study from the 1995 British Medical Journal
- A construction worker stepped on a 15 cm nail.
- He had pain....but he didn't have tissue damage. How could that be???



Diagnostic Imaging and Pain



Remember:

- Chronic pain is not due to tissue damage.
- Chronic pain involves changes to our:
 - Nerve signaling system
 - Endocrine system
 - Immune system.
- This can be frustrating, as there is no specific test available to assess the pain signaling system.

Retrain your pain.



Bioplasticity

Bioplasticity is the:

- Brain's ability to physically change and rewire itself throughout life in response to environmental experiences, stressors, and demands.
- Reason why chronic pain develops.

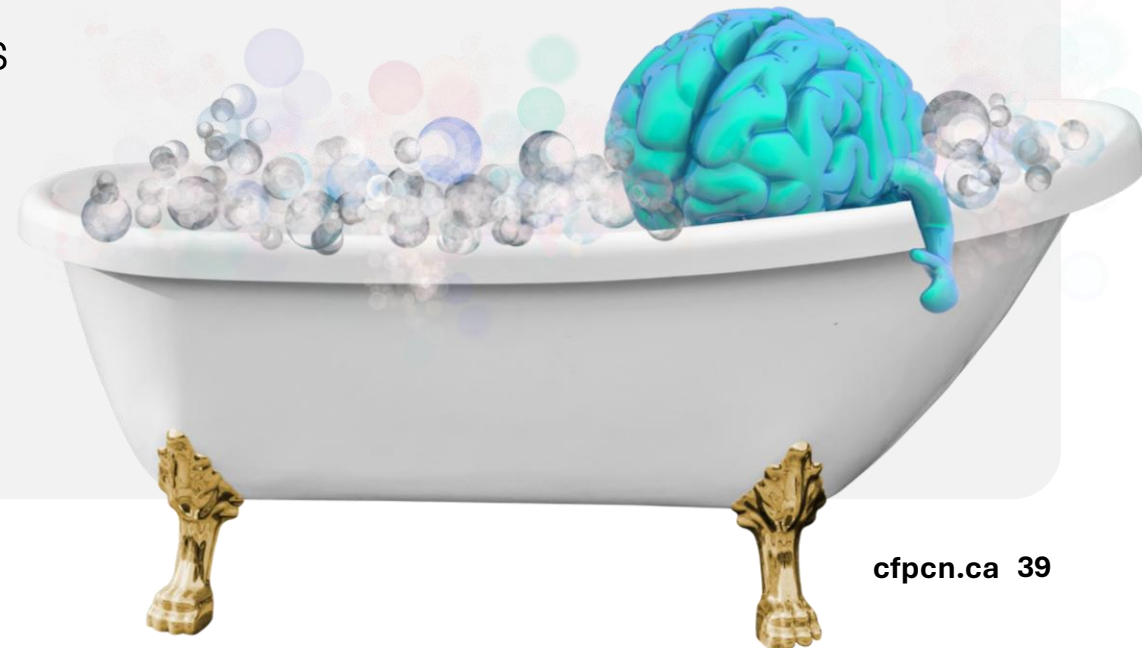
Bioplasticity can get you back to your life.

Bioplasticity

We can rewire our brain by:

- Changing our experiences
- Adjusting our movements
- Reframing our thinking
- Adjusting our awareness of different sensations

So, we use the science of bioplasticity to treat chronic pain.



How can we treat chronic pain?

- 
- A decorative graphic on the left side of the slide, consisting of a large green curved shape that transitions into a lighter green background.
- Treating chronic pain depends on what affects your chronic pain.
 - It is an individualized experience, so treatment needs to be personalized.



What helps to turn your pain
alarm down?





Chronic pain varies

Depending on context: life events and experiences

Chronic pain is treated with
self-management.



What is Self-Management?

- Strategies and skills used to live with chronic physical or mental health conditions
- Helps to reduce pain
- Involves a holistic approach:
 - Physical (sensations)
 - Thoughts, Feelings, and Behaviours
 - Relationships and Environment



Extended Health Team (EHT):

Primary Care Network
CALGARY FOOTHILLS

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

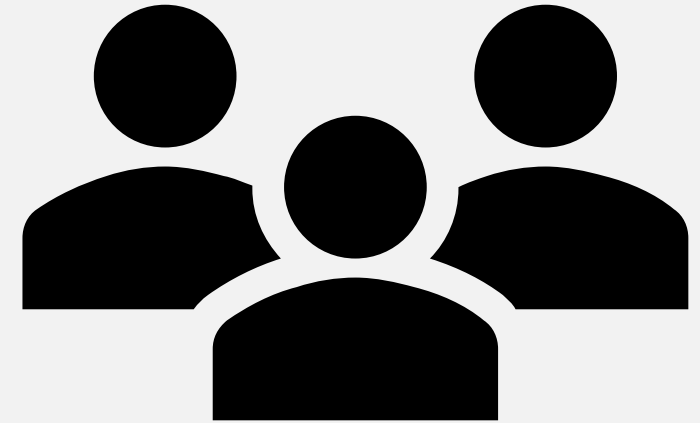
	Sleep	Thoughts	Productivity	Activity
Helpful:	☐	☐	☐	☐
Not helpful:	☐	☐	☐	☐

	Weather	Food	Relationships	Other
Helpful:	☐	☐	☐	☐
Not helpful:	☐	☐	☐	☐

- 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.

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

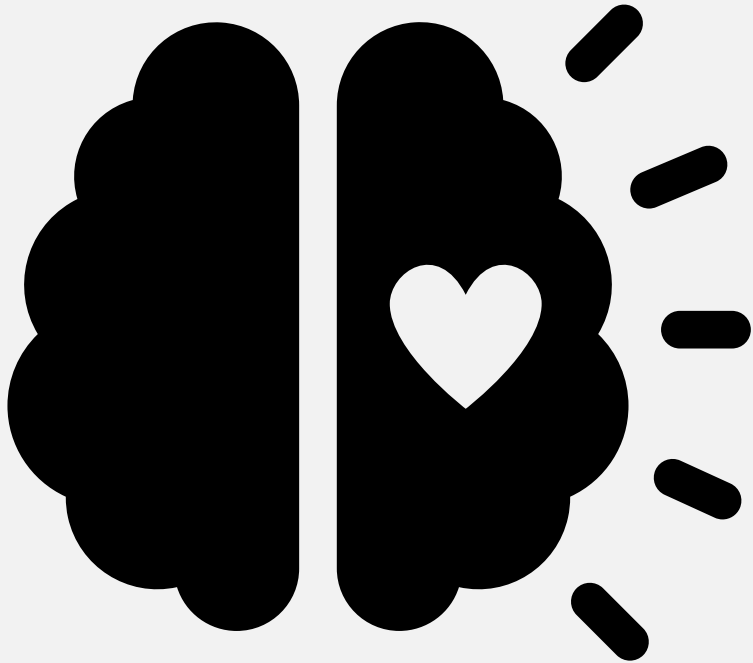


Physical Wellness

- Activity and movement increase production of natural pain-relieving hormones.
- Physical activity can improve sleep and mood.
- Adequate nutrition and hydration can influence how we feel.



Mental and Emotional Wellness

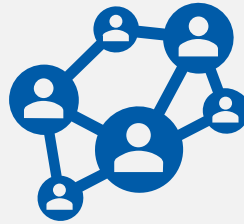


- Managing stress, anxiety and depression can help reduce chronic pain.
- Our thoughts influence how we feel pain.
- Social connections can also influence how we feel pain.

Social Determinants



Access to community resources can improve health.

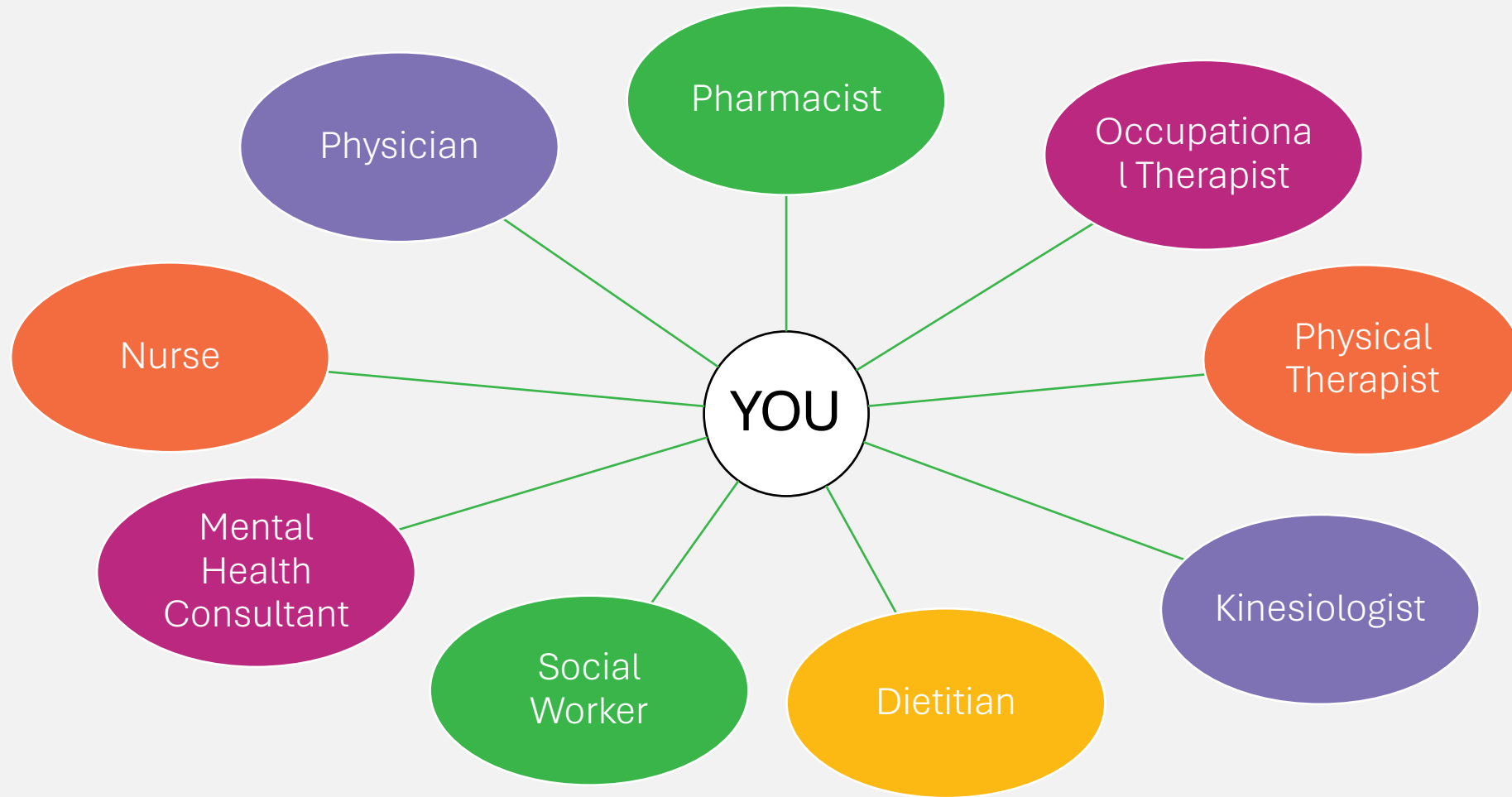


Barriers can influence your ability to manage health and engage in daily activities.



Modifying environmental, financial and social barriers can reduce pain.

Team Members



Extended Health Team: Groups

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

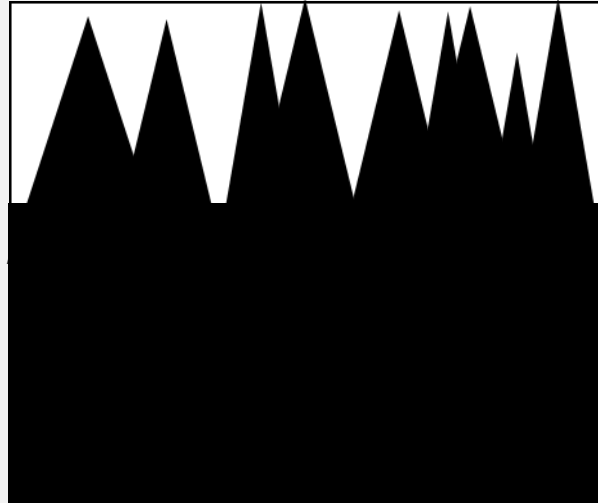


We are a Change Based Program

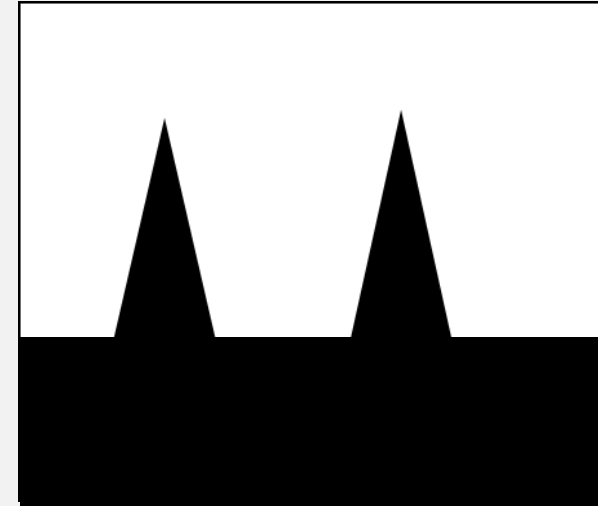
- Our focus will be on working towards functional goals that are important to you.
- We will work together to find ways to manage your symptoms and improve your function.
- Change happens gradually over time.



Realistic Goals In Chronic Pain



Before Self
Management



After Self
Management

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?

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>

Any questions?



Please fill out our survey!

Extended Health Team
(587) 774-9736



Your Health,
Your Team,
Your Community



Reflections

1. What are 1 or 2 things that influence your pain level?

