

My Personal Self-Management Plan (PSMP)

- Pain is best understood using a biopsychosocial model.



- We know that people who use skills and ideas from a number of lifestyle areas are more likely to change their pain and do better.
- These areas include:
 - ❖ Learning about pain and your symptoms and triggers.
 - ❖ Managing medication, nutrition, physical activity, stress & mood, fatigue & energy and social support.

What happens after the program?

- Your PSMP will help guide your ongoing recovery so you can do the things that are important to you.
- Other resources include:
 - ❖ Lending Emotional and Pain Support (LEAPS) – a peer led support group (LeapsCalgary@gmail.com)

If I can't come to the Chronic Pain Centre, are there other options?

- Alberta Healthy Living Programs 403-9-Health (403-943-2584)
- The Chronic Pain Centre works with Primary Care Networks (PCNs) around Calgary. This means there are services close to your home and your family doctor. Some people might even be referred to these programs instead of the Chronic Pain Centre.

Family Physician Phone Consults

- Your family doctor can call the program for advice. The Chronic Pain Centre will work with your family doctor to help find ways to manage your pain that work for you.

More information

- Chronic Pain Centre Reception 403-943-9900
- Call Health Link at 811 for nurse advice or general health information, anytime.

Websites

- www.ahs.ca and search for Chronic Pain Centre or Chronic Pain Lectures
- www.myhealth.alberta.ca and search for chronic pain

Welcome to the Chronic Pain Centre



What is Chronic Pain?

- All pain is real and not imagined.
- Pain is a critical life-giver and life-saver that protects your body tissues.¹
- Your brain will make pain when it receives more danger messages than safety messages from your body *and* decides you need to do something about it.
- Pain is one of many protection systems and anything that increases the activity of your protection systems can increase pain or cause it to last. This includes your thoughts, feelings, actions and surroundings.

What can you do for your pain?

- Just as your system can 'wind-up' over time, and keep the brain 'over-protecting' with pain, you can learn to 'wind-down' your system.
- You can wind-down your system by decreasing danger messages and/or increasing safety messages.
- You have to do things differently in order to change the messages and retrain your brain: move, breathe, think and pay attention differently.

¹ Moseley, GL. "Amazing Pain Facts That Will Change Your Life" May 7th, 2018, Public Lecture, Calgary, AB

- Learning about pain can help – when you understand why you hurt, you hurt less.
- When you understand and commit to active treatment recovery is possible.

Do I need a referral to attend the Chronic Pain Centre?

- Yes. You need a referral from your physician or nurse practitioner.

What will I do at the Chronic Pain Centre?

- You will learn ways to change your messages and 'wind-down' your system to better manage and reduce your pain.
- At your first group you will learn about the latest pain biology and explore the ten target concepts anyone with pain needs to know.
- Your second group focuses on evidence-based treatment options and the goals that are a priority for you.

- You will be invited to take part in group and/or individual sessions.
- Your program may take up to a year to complete as you create your Personal Self-Management Plan. Your plan will help you continue to improve your quality of life after your program.
- Many of the skills and techniques we offer are best learned in a group. Our groups provide cognitive behavioural treatment and address pain, sleep, intimacy, nutrition and movement.
- Evidence shows that working with a multidisciplinary team can be most effective. Your team depends on your priorities and may include: dietitian, kinesiologist, nurse, nurse practitioner, occupational therapist, pharmacist, physician, physical therapist, psychologist or social worker.

