

# Your Treatment Plan



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## Treatment Planning Topics

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Pain Neuroscience

Impact of Pain

Interdisciplinary Pain Treatment

- Explore the 8 Categories of Action
- Choose your priorities

Interdisciplinary Treatment at the Chronic Pain Centre (CPC)

- Review options for Group and Individual Treatment at CPC
- Consider which areas you would benefit most from working on

Prepare for your Interdisciplinary Assessment on: \_\_\_\_\_

- Bring Your Treatment Plan with you to your Interdisciplinary Assessment
- Your team will help you decide on the best place to start considering your pain and priorities

## Pain Neuroscience

### We know pain is personal and always real

At your Intake meeting, the nurse shared some ideas about persistent pain. The number one message we hope you heard is: your pain is real.

- Whether you have had surgeries, injuries or a gradual start to your pain; it is real.

We also encouraged you to watch six pain videos to hear more about the neuroscience of pain and why learning about it helps you change your pain.

1. Tame the Beast <a href="https://www.tamethebeast.org/#tame-the-beast">https://www.tamethebeast.org/#tame-the-beast</a>	Date Watched:
2. What is Pain Neuroscience? <a href="https://youtu.be/BrNZ1bXizDc">https://youtu.be/BrNZ1bXizDc</a>	Date Watched:
3. The Relationship between Pain and Damage to our Bodies <a href="https://youtu.be/sK0yoljbfDc">https://youtu.be/sK0yoljbfDc</a>	Date Watched:
4. Why Your Pain is Variable <a href="https://youtu.be/ehXmFy_1ff4">https://youtu.be/ehXmFy_1ff4</a>	Date Watched:
5. How Does Pain Change the Body <a href="https://youtu.be/qapc-q83O30">https://youtu.be/qapc-q83O30</a>	Date Watched:
6. Practical Pain Neuroscience <a href="https://youtu.be/L_5s8Oey6Q8">https://youtu.be/L_5s8Oey6Q8</a>	Date Watched:

You might have been surprised to hear that one in four people lives with persistent pain. You may have also learned some new ideas about pain, such as:

- Pain is a protector, not a measure of your body's health
- Hurt does not always mean harm
- Pain depends on the balance of danger messages (DIMS) and safety messages (SIMS)
- Your brain uses the *warning signal* of pain when there is evidence you need protecting
- Your emotions, thoughts and experiences affect your pain
- Your brain can learn to produce unnecessary warning signals
- You can retrain your pain system
- Active treatment strategies can retrain the pain system to be less protective

Please write down your thoughts about the following questions.

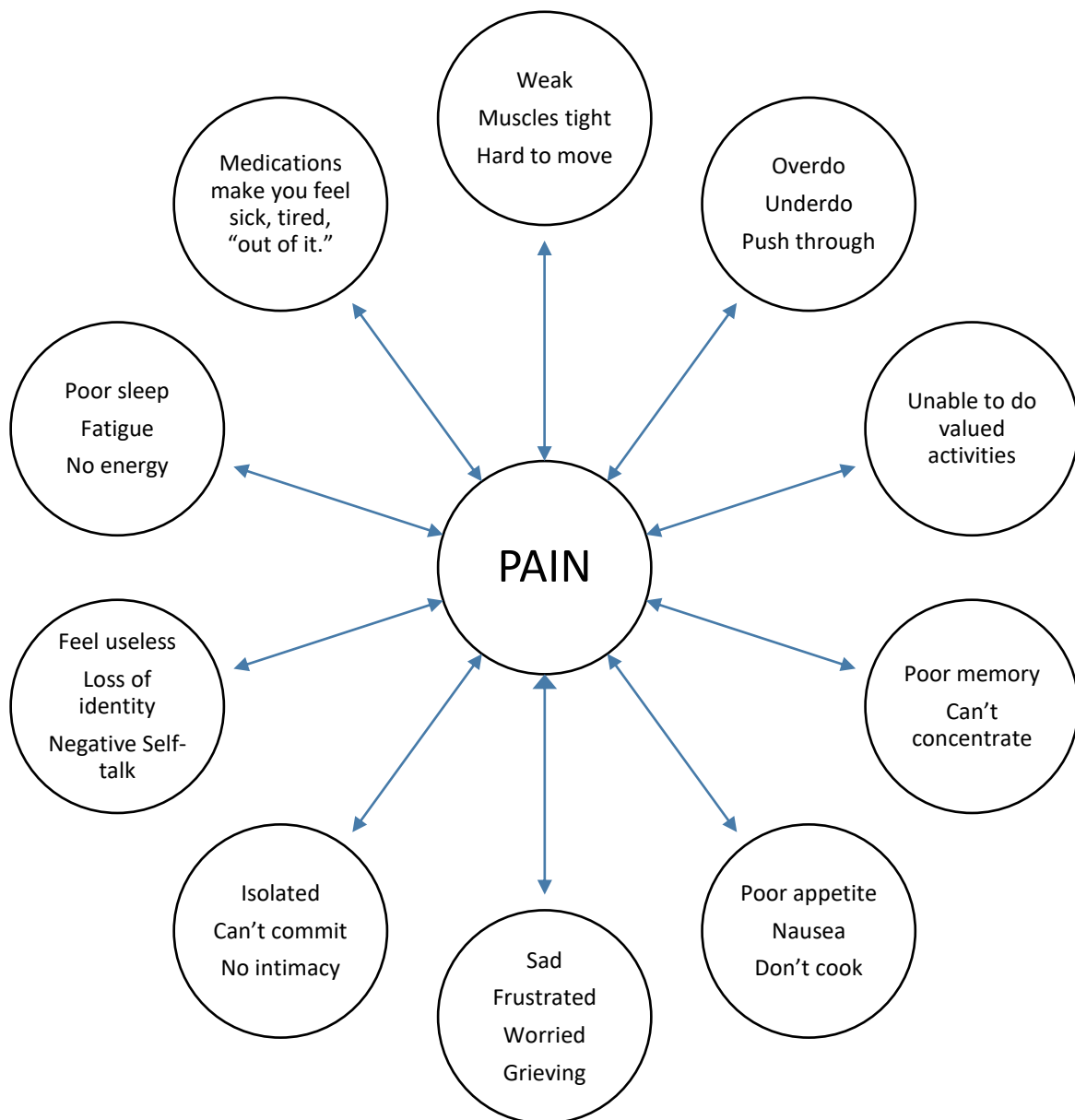
*What have you experienced that would suggest **your pain system has become over-protective**? (examples - pain is spreading, old injuries hurt, more sensitive to things, more things trigger pain)*

*How could you **retrain your pain system**, or help your pain system become less sensitive? (examples - manage my triggers, strengthen my body, address my fears)*

## Impact of Pain

**We know the impact of pain is personal and touches all parts of your life**

*How has pain impacted your life? Please write down or circle your top 3 impacts.*



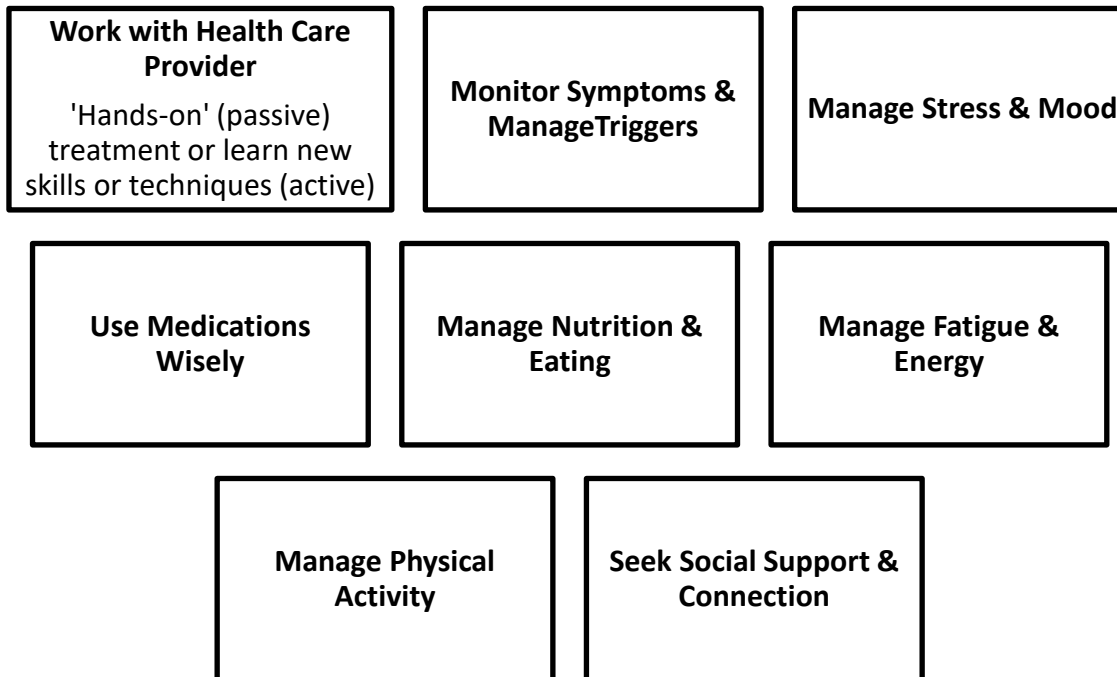
## Interdisciplinary Pain Treatment

### We know ACTIVE treatment strategies promote recovery

- Active treatments “retrain” the pain system to be less protective and decrease the impact of your pain on your life.

*What do you already **know** about active pain treatment? What do you already **do, use or practice**?*

We can think of Pain Treatment as having **8 categories of action**.



*Knowing what is going on in your life right now, which are the **top 3 action areas** you would **benefit most** from working on? Where do you want to start?*

1.
2.
3.

## Interdisciplinary Treatment at the Chronic Pain Centre

**We know that working with a team is the most effective way** for you to develop the knowledge and skills to retrain your pain system and manage your pain in the future.

- It is also the most effective way for health care providers to share information, ideas and skills for you and each other.

Thinking of the **top 3 action areas** you chose, you may wish to attend one of our treatment groups or work with an individual provider. Which groups or health care providers are most important for you right now?

Please see the next pages for brief descriptions of the treatment groups available and the roles of the health care providers at the CPC.

Please place a check mark ✓ by those you think you could benefit from the most.

### Treatment Groups

<input type="checkbox"/>	Active Pain Coping
<input type="checkbox"/>	Improving Function & Independence
<input type="checkbox"/>	Intimacy Group for Women
<input type="checkbox"/>	Medication Essentials
<input type="checkbox"/>	Nutrition Essentials
<input type="checkbox"/>	Sleep Essentials
<input type="checkbox"/>	Yoga

### Providers

<input type="checkbox"/>	Dietitian
<input type="checkbox"/>	Kinesiologist
<input type="checkbox"/>	Nurse
<input type="checkbox"/>	Occupational Therapist
<input type="checkbox"/>	Pharmacist
<input type="checkbox"/>	Physical Therapist
<input type="checkbox"/>	Physician or Nurse Practitioner
<input type="checkbox"/>	Psychologist
<input type="checkbox"/>	Social Worker

## Treatment Groups

<p><b>Active Pain Coping</b> (2 hours per week for 8 weeks)</p>	<ul style="list-style-type: none"> <li>○ Improve understanding of pain neuroscience and learn cognitive-behavioural treatment strategies for managing chronic pain</li> <li>○ Practice the Big 5 Skills: Self-monitoring, pacing, relaxation, self-talk, and communication</li> <li>○ Develop a daily coping plan and a flare-up plan for pain</li> </ul>
<p><b>Improving Function &amp; Independence</b> (2 hours per week for 4 weeks)</p>	<ul style="list-style-type: none"> <li>○ Learn about safe movement, posture and positioning options for chronic pain and apply these to your self-care, household management (e.g., cooking, cleaning, etc.) and work</li> <li>○ Develop strategies to manage your energy better (i.e., fatigue management) for your self-care, household management and work life, and help you find balance between your daily activities</li> <li>○ Review adaptive tools, equipment options, and pacing strategies to help make your home more accessible and keep it accessible for the long-term</li> </ul>
<p><b>Intimacy Group for Women</b> (2 hours per week for 4 weeks)</p>	<ul style="list-style-type: none"> <li>○ Improve understanding of the impact of pain on sexual function</li> <li>○ Learn cognitive-behavioural, mindfulness, and sex therapy strategies for decreasing the impact of pain on sexual function</li> </ul>
<p><b>Medication Essentials</b> (2 hours per week for 2 weeks)</p>	<ul style="list-style-type: none"> <li>○ Describe the role of medications in the overall management of chronic pain</li> <li>○ Explain why it is important to establish goals, create a plan for monitoring, and weigh pros and cons when starting, continuing, or stopping medications to manage chronic pain</li> <li>○ Learn about medications used to manage chronic pain including common or serious side effects</li> </ul>
<p><b>Nutrition Essentials</b> (2 hours per week for 4 weeks)</p>	<ul style="list-style-type: none"> <li>○ Learn dietary strategies for managing fatigue, poor appetite, and meal skipping</li> <li>○ Learn about bowel health (i.e., constipation, diarrhea, irritable bowel syndrome)</li> <li>○ Improve understanding of hydration, glycemic control, food triggers and headaches</li> <li>○ Educate about anti-inflammatory nutrition</li> <li>○ Develop skills for food preparation and meal planning</li> <li>○ Provide community resources for food security and weight management</li> </ul>
<p><b>Sleep Essentials</b> (2 hours per week for 4 weeks)</p>	<ul style="list-style-type: none"> <li>○ Learn about sleep stages, sleep drive, and causes of poor sleep</li> <li>○ Explore strategies for improving sleep including stimulus control, time-in-bed restriction, lifestyle habits, relaxation and cognitive skills</li> <li>○ Learn how to use a daily sleep diary. Develop a daily sleep plan and relapse plan</li> </ul>
<p><b>Yoga</b> (1 hour per week for 4 weeks)</p>	<ul style="list-style-type: none"> <li>○ Learn a sequence of yoga poses and modifications</li> <li>○ Practice a variety of breathing exercises, mindfulness and relaxation techniques</li> </ul>
<p><b>Know Pain</b> (1 hour drop-in, every 3<sup>rd</sup> Wed of Month)</p>	<ul style="list-style-type: none"> <li>○ Increase understanding of essential pain concepts</li> <li>○ Practice exercises that demonstrate these concepts</li> <li>○ Learn to identify opportunities to change your pain experience</li> <li>○ Have an opportunity to dive deeper into the concept and how it applies, or does not apply, to you</li> </ul>



## Health Care Providers

<b>Dietitian</b>	<ul style="list-style-type: none"> <li>○ Review evidence for the connection between nutrition and pain and the impact of different dietary interventions</li> <li>○ Identify barriers to healthy eating (examples - changes to appetite, difficulty preparing meals, emotional eating) and develop strategies to overcome these</li> <li>○ Provide support in identifying food triggers for a range of pain conditions and gastrointestinal concerns (examples - IBS, interstitial cystitis, migraine)</li> </ul>
<b>Kinesiologist</b>	<ul style="list-style-type: none"> <li>○ Provide a personal exercise program to work toward your goals, example - increasing function or decreasing fear of movement</li> <li>○ Review your exercise program and modify or progress as needed</li> <li>○ Provide support and education to improve independence with physical activity</li> </ul>
<b>Nurse</b>	<ul style="list-style-type: none"> <li>○ Support your team physician and coordinate team communication</li> <li>○ Explore understanding of pain neuroscience and how it relates to you</li> <li>○ Help address any barriers or concerns and connect you to resources and providers within your team and the community</li> </ul>
<b>Occupational Therapist</b>	<ul style="list-style-type: none"> <li>○ Explore strategies, tools or equipment to address barriers in self-care (bathing, dressing, toileting, mobility), productivity (cooking, cleaning, going to work, school, or volunteering, caring for others) and leisure</li> <li>○ Identify barriers to function: physical, emotional, cognitive, social, or environmental issues that impact independence in specific activities</li> </ul>
<b>Pharmacist</b>	<ul style="list-style-type: none"> <li>○ Educate about possible benefits and harms of pain medications</li> <li>○ Review your medications for pain, sleep, and mood and ensure safety</li> <li>○ Identify options for starting, stopping and changing dosing/timing of medications, assist with setting goals for function and quality of life and provide support for changes</li> </ul>
<b>Physical Therapist</b>	<ul style="list-style-type: none"> <li>○ Assess, diagnose and address symptoms by treating underlying impairments and restoring mobility</li> <li>○ Explore understanding of pain neuroscience and how it relates to you</li> <li>○ Work with you to restore and/or maintain mobility and optimize performance and physical independence</li> <li>○ Provide a personal treatment plan to support your goals and plan for the future</li> </ul>
<b>Physician or Nurse Practitioner</b>	<ul style="list-style-type: none"> <li>○ Complete a comprehensive history and physical exam</li> <li>○ Explore understanding of pain neuroscience and how it relates to you</li> <li>○ Review medical interventions and medications and discuss options</li> <li>○ Provide updates and suggestions to your family doctor</li> </ul>
<b>Psychologist</b>	<ul style="list-style-type: none"> <li>○ Explore pain neuroscience and how it applies to you and your treatment choices</li> <li>○ Develop coping skills to manage pain, improve sleep and mood, and reduce pain impact on sexual function</li> <li>○ Have a safe place to discuss the impact of pain on your life</li> <li>○ Address mental health concerns like depression and anxiety</li> </ul>
<b>Social Worker</b>	<ul style="list-style-type: none"> <li>○ Identify barriers to your full participation at the CPC</li> <li>○ Address psychosocial stressors i.e. grief and loss, depression, reinforce active pain coping skills, stress management</li> <li>○ Identify and advocate for resources available in the community, city, province or federally</li> <li>○ Assess eligibility criteria for programs</li> </ul>

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## Prepare for your Interdisciplinary Assessment

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Watch the six pain neuroscience videos

Bring the completed **Your Treatment Plan** with you

- Your team will help you decide on the best place to start considering your pain and priorities
- We will explore the pain neuroscience concepts and how they relate to your diagnosis and treatment options
- You will also start your Personal Self-Management Plan, a guide to help you and your team develop goals and track progress