



SCPCN CHRONIC PAIN PROGRAM

TOP PRIORITY PLANNING

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AGENDA

- Privacy, Security & Expectations
- SCPCN approach
- Introduction to Top Priority Planning for chronic pain management
- Next Steps



BEFORE WE GET STARTED

VIRTUAL CONSENT:

Please see your copy of the Participation Agreement that includes consent for virtual participation. Should you have any questions regarding this consent, please contact privacy@scpcn.ca

PRIVACY:

To respect your privacy and the privacy of the other workshop participants, it is important for you to be in a quiet, private space when you participate in this workshop. We will not at any time be recording our virtual workshops, nor will participants be able to record them.

SECURITY:

Understand that confidentiality cannot be guaranteed due to unknown vulnerabilities in technology security. Ensure you use a private computer/device that is password enabled and you access a private network versus open guest Wi-Fi connection.

GROUP NORMS & GUIDELINES

1. If not already done, please rename yourself so that only use your **first name** is visible.
2. **Private, quiet space.** Only those registered may attend.
3. We **recommend using headphones** to keep the conversation confidential.
4. Turn virtual backgrounds off.
5. Sensitive/personal information that is shared in the group stays in the group.

EXPECTATIONS

- Respect
- Safe space
- Confidential
- Comfort
- Phone silent and away



VIRTUAL ETIQUETTE

1. If you have technical issues, please refer to the zoom patient handout or website for troubleshooting. Your host is unable to assist you.
2. ***Mute*** yourself when not speaking to limit background noise.
3. ***Raise a Hand*** function is available if you have a question.

THE PATH TO MOTIVATION IS BY MAKING CHANGE MEANINGFUL TO **YOU!**



EFFECTIVE CHRONIC PAIN MANAGEMENT

Successful chronic pain management involves a multidisciplinary team and is multifactorial

A person must take an active role in their own treatment and recognize that medications are just one part of effective pain management.

Successful treatment means that the person has learned to manage their condition in a way that allows them to participate in activities and enjoy their life, while minimizing side effects.



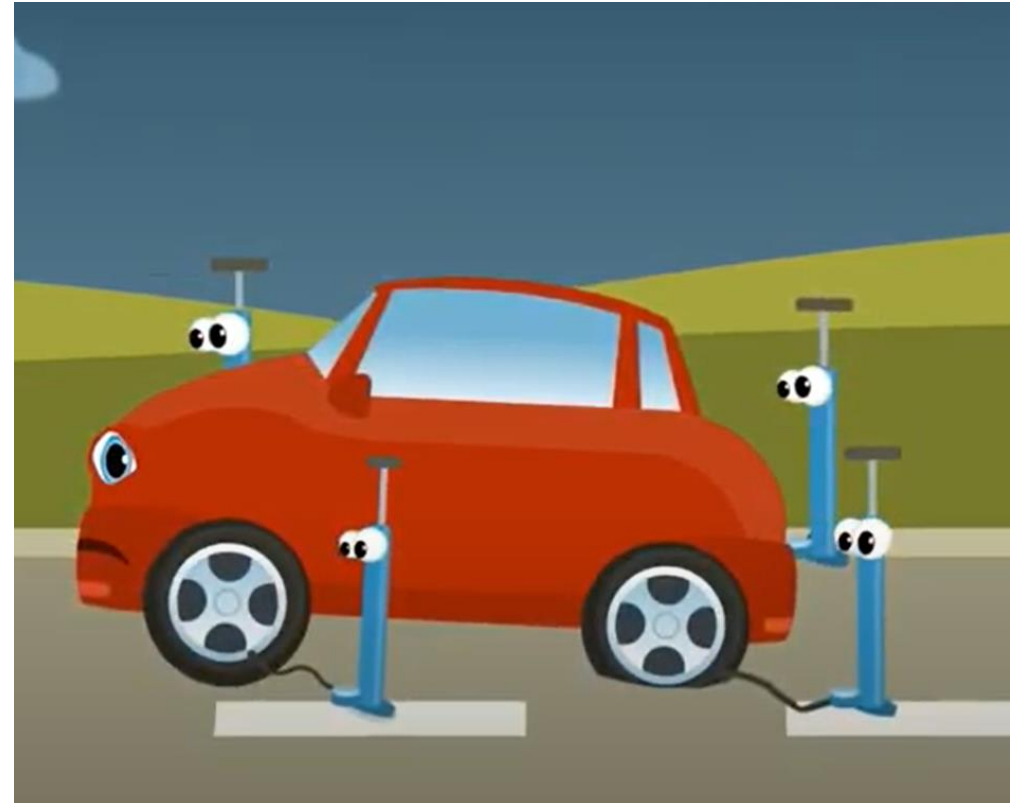
BUILDING BLOCKS FOR PAIN MANAGEMENT



CHRONIC PAIN MANAGEMENT SUCCESS

Successful chronic pain management includes:

- learning how to independently self-manage your condition in a way that allows life to continue
 - maximizing participation in everyday life activities
 - minimizing discomfort and side effects
 - avoiding other bad consequences of treatment
- [A Car with 4 Flat Tires](#)



WHAT IS SELF-MANAGEMENT?

Self-management includes the knowledge and use of health specific skills and interventions to increase confidence and optimization of chronic pain management.

Health care professionals act as navigators in this management and will include assisting in developing tools, maintain regular assessment of progress, goal setting, and problem-solving support

A person with chronic pain who develops these skills and has confidence to deal effectively with chronic pain, will experience pain differently. Becoming more active and independent results in better outcomes in chronic pain treatment



SELF-MANAGEMENT INVOLVES THE WHOLE PERSON



Productivity



Activity



Relationship



Thoughts



Sleep



Food



Surroundings

= IMPROVED
FUNCTION!!

SELF-MANAGEMENT AND PRIORITIES

- You are the driver in your pain experience
- Understanding your pain and the resources available to manage pain are the initial steps
- You decide your destination - where do you want to go, what do you want to achieve?
- Establishing priorities will help shape your destination



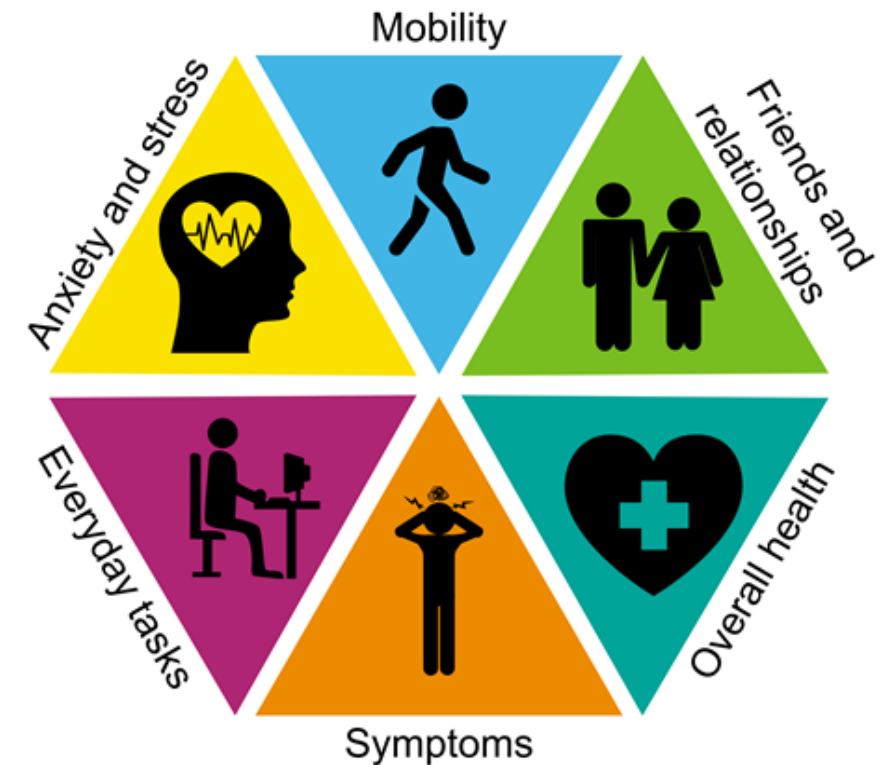
WHAT IS PRIORITY PLANNING?

- Part of the destination involves identifying what is meaningful to you and choosing to make it a priority
- Focus on function rather than cure
- Realistic and practical - improve quality of life.
- Prioritize areas where you can see success and build confidence.
- Build up your self-management toolbox
- Learn self-management strategies and tools to help reach those goals



STEP 1: IDENTIFY WHAT IS MEANINGFUL TO YOU

- Remember, the **ULTIMATE GOAL** of Chronic Pain Management is to improve your **QUALITY OF LIFE**
 - Acceptance that chronic pain may be lifelong
 - Pain intensity may diminish but may not entirely disappear
- What does Quality of Life look like for you?
- How can your daily function improve?
- What are **YOUR** priorities in chronic pain management?



CHOOSING FUNCTIONAL PRIORITIES

- Think about functional priorities that are important to **YOU!**

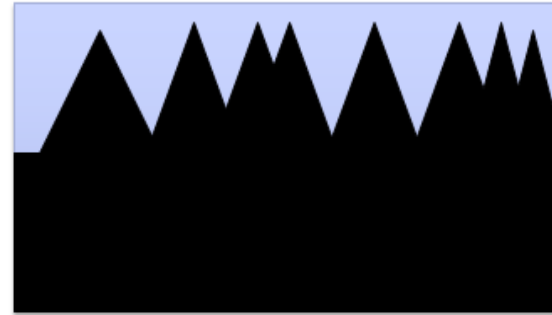
➤ What are some things that you would like to be able to do?

➤ What do you want to be able to do again?

➤ What actions do I need to take to achieve these priorities?

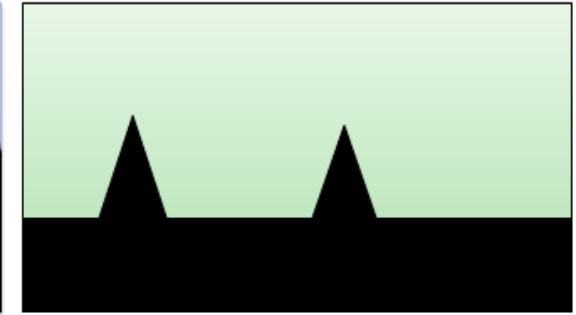
9/10

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Before

Pain intensity and
flare-ups before
self-management

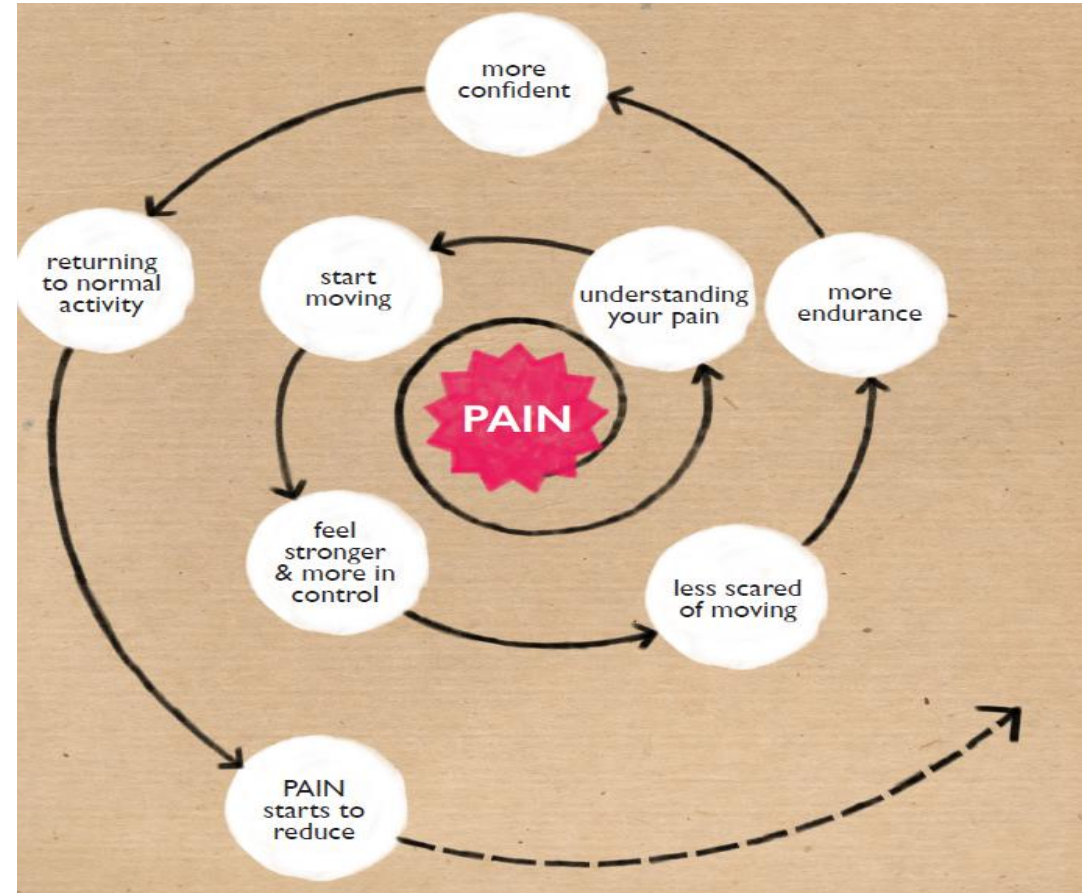


After

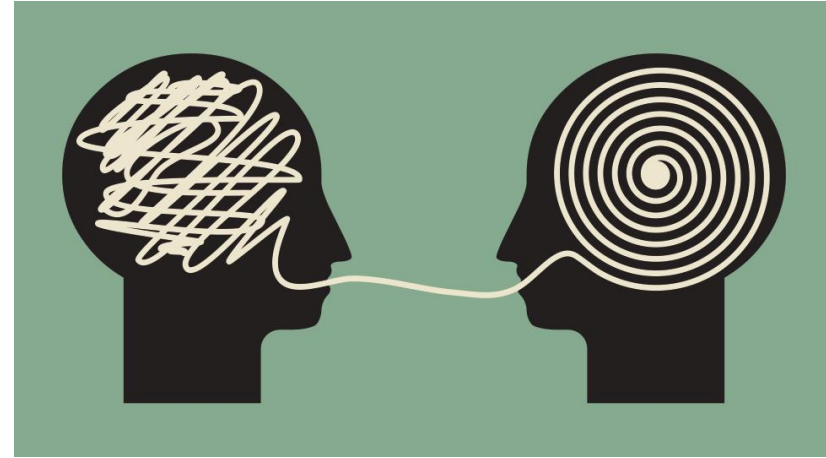
Pain intensity and
flare-ups after
self-management

STEP 2: CHANGING FOCUS

- Focus on improving function to **change your pain**
- Change perspective: **pain-centered life** → **function-centered life**
- What do you have control over?



THE ROLE OF PERCEPTION



Seeking a cure



Managing & coping well

Fear



Safety

Pushing through



Listening to your body

I can't



I can!

Passive



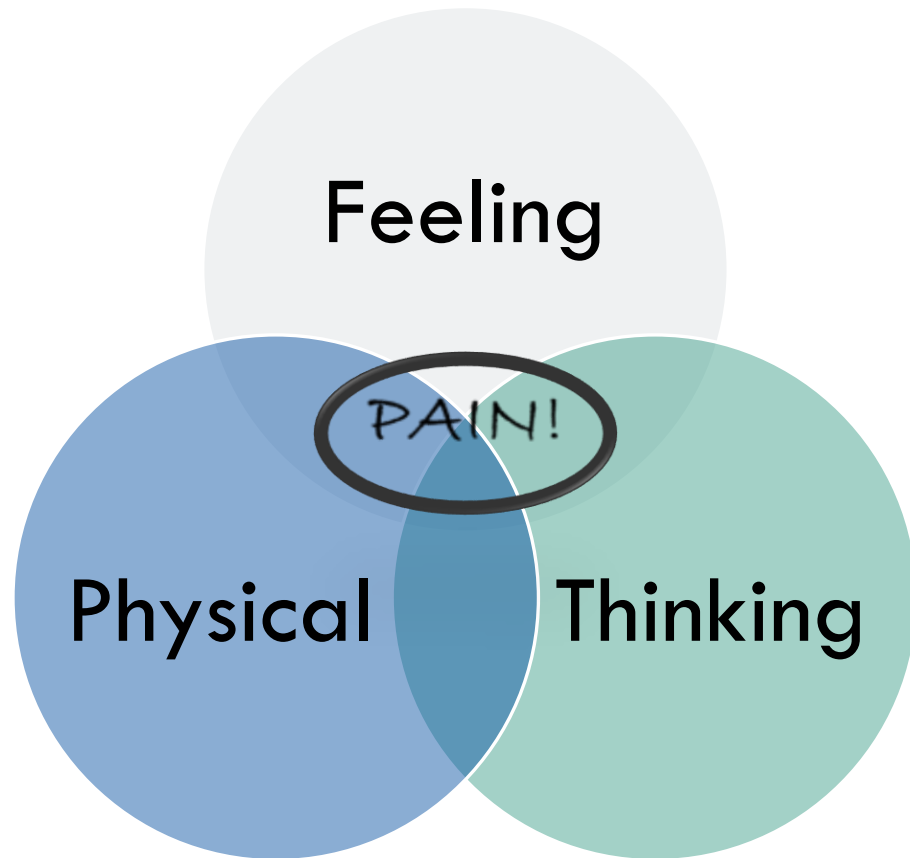
Active

Lacking control



Empowered

MIND BODY CONNECTION



- What we feel affects what we think and do
- What we think affects how we act and feel
- What we do affects how we think and feel

STEP 3: PLANNING PERSONAL PRIORITIES

- Choosing priorities need to be realistic and practical. Is it something that I can work toward and achieve?
- Identifying Benefits and Barriers to those priorities:
 - What are the benefits? Short-term and long-term.
 - What are the barriers? What solutions do I have to overcome these barriers?
- Evaluate what other components will help motivate me and work toward my priorities?

Goal 1: Start exercising and moving	
Benefits	Barriers
<i>I know I'll feel better.</i>	<i>I worry that I will re-injure or hurt myself.</i>
<i>I'll feel stronger.</i>	<i>My pain increases.</i>
<i>I can do more.</i>	<i>I'm too tired.</i>
<i>I can do things with my friends.</i>	<i>I'm too busy.</i>
<i>I'll have more energy.</i>	<i>I have no time.</i>
<i>My partner will stop nagging.</i>	<i>I can't motivate myself.</i>
<i>I'll sleep better.</i>	<i>I hate exercising.</i>
<i>It will help with my depression/low mood.</i>	

EXAMPLES OF SOME PRIORITIES



Increasing physical activity by starting to walk to the mailbox 3 days of the week



Reduce pain by learning new stretches



Lose weight by learning more about food labelling

STEP 4: MAKING PRIORITIES INTO ACTION

Apply **SMART** goal objectives:

Specific: what action can I focus on?

Measurable: how will I measure or evaluate it?

Attainable: is it realistic?

Relevant: is it realistic and relevant to my priorities?

Time-bound: what is my timeline?



PUTTING IT ALL TOGETHER

Select top priorities that you want to focus on

- Example: I want to be able to walk to the mailbox

Determine how important these priorities are

- “I know increasing my physical activity will help reduce my pain overall”
- Rate this importance on a scale of 1-10

Determine how confident you are on starting this goal this week?

- Use scales 0-10 to rate this confidence
- If $< 6/10$; what do I need to change to make it >7 ?

Action/re-evaluation

- Choose a start date, put it in your calendar
- Re-evaluate your goal; is it too aggressive to begin with? Choose a smaller step: “I will walk half-way to the mailbox”

STEP 5: BUILD YOUR TOOLBOX

- To further increase your success on achieving your top priorities, you need to build up your toolbox to set you up for success
- Tools in your toolbox are unique to you and with repetitive exposure, you will determine what tools are more useful than others
- Your toolbox will help you overcome barriers and challenges that get in the way of your priorities and goals



TOOLS USEFUL FOR SELF-MANAGEMENT

Movement

Self-Talk

Lifestyle

Holistic



Relaxation

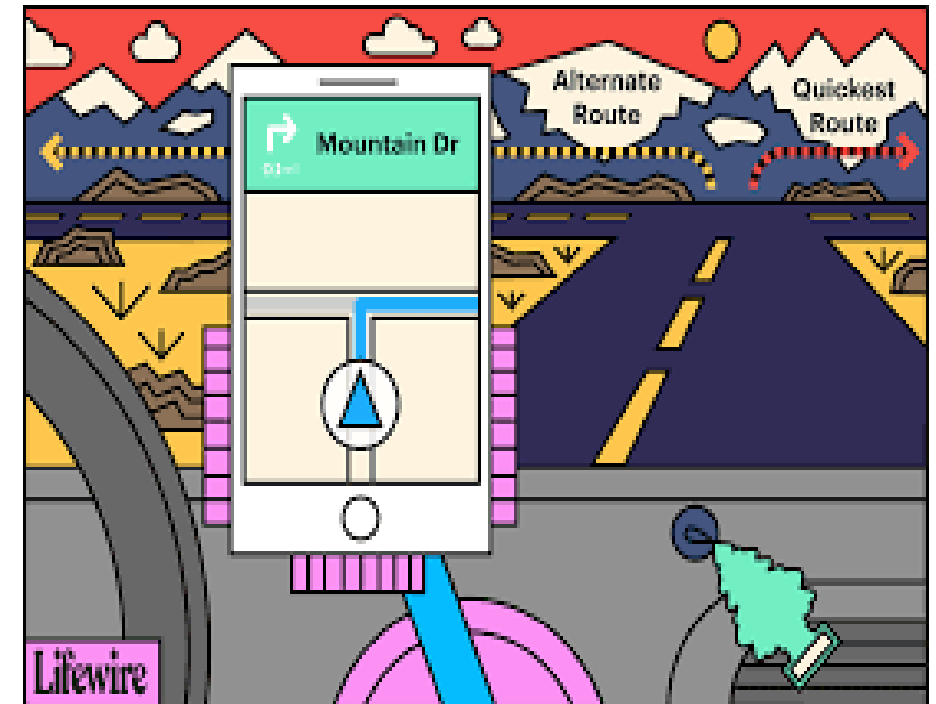
Communication

Self-monitoring

Pacing

SUMMARY

- The most effective approach for long-term chronic pain management involves applying a variety of strategies
- Focus on FUNCTION rather than cure
- Choose priorities that are meaningful to YOU
- Create action plans for your priorities that have SMART objectives
- Build upon self-management tools you've identified that will help reach your priorities
- **REMEMBER, YOU'RE THE DRIVER AND CHOOSING THE DESTINATION!**





“Success is not found in achieving a certain target number. Success means moving in the right direction.”