



SCPCN CHRONIC PAIN PROGRAM ORIENTATION

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AGENDA

- Privacy, Security & Expectations
- SCPCN approach
- Introduction to Pain Education
- 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 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.

ORIENTATION LEARNING OBJECTIVES

- Understand the SCPCN approach
- Gain a new perspective of chronic pain
- Build on your current understanding
- Be empowered to choose your next steps



Change your lifestyle, change your pain.



SCPCN CHRONIC PAIN CLINIC APPROACH

- Access to a multidisciplinary team who will develop and assist in delivering a personalized treatment plan
- Open communication between all members involved your chronic pain management
- Access to workshops to further empower your chronic pain management
- Regular 1:1 treatment with various team providers

MEET YOUR TEAM MEMBERS

- **Nurse Practitioner: Niki**

- Will complete your assessments; coordinate healthcare needs for your chronic pain management, and work closely with all team members

- **Pharmacist: Cecli**

- Will provide additional support and consultation for medication management and assist in seeking alternative options for your pain management

- **Kinesiotherapist: Matt**

- Will assist in identifying self-management tools that increase day-to-day function, promote healthy lifestyle and further aid in pain management

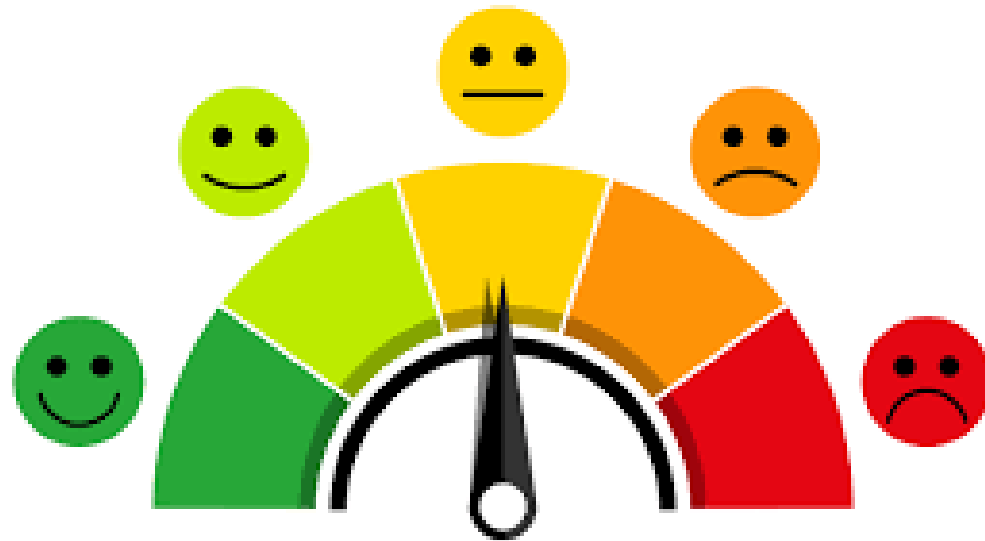
- **Mental Health Therapist: Taryn**

- Will assess and support your chronic pain management by further educating you on tools and resources helpful for pain control

- **Family Physician: Dr. JP Leung**

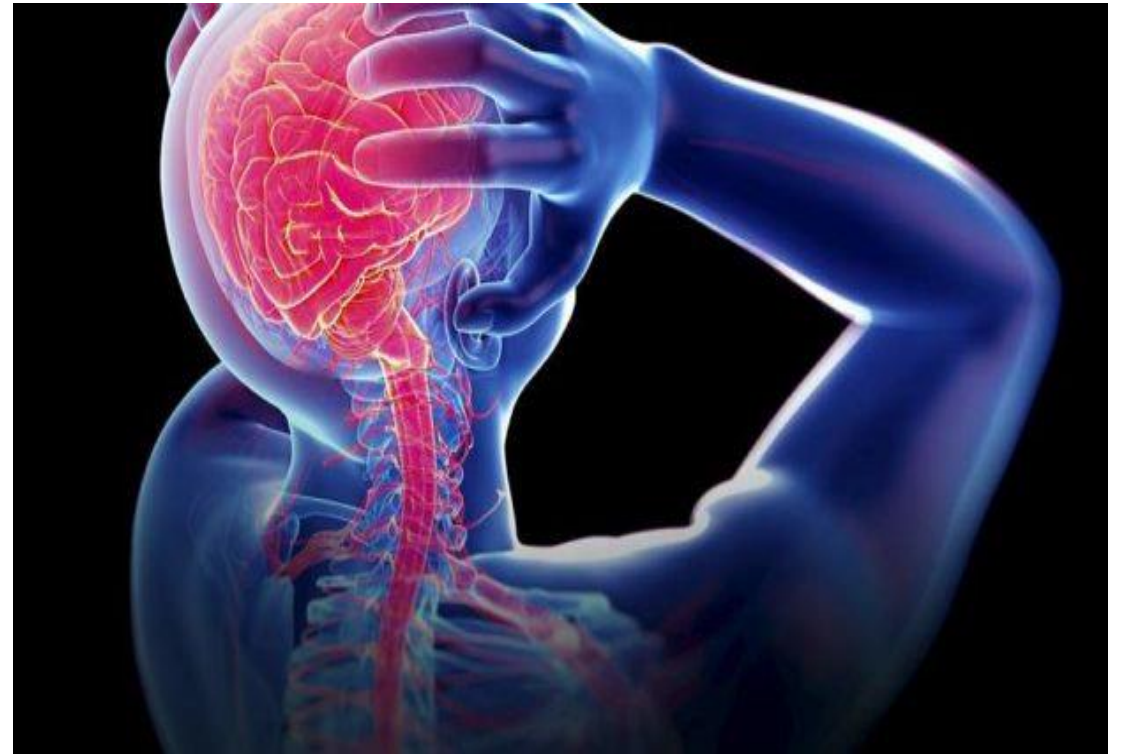
- Will provide additional supports and consultation as needed for your chronic pain management

PAIN EDUCATION



WHAT IS PAIN?

"An unpleasant sensory or emotional experience associated with actual or potential tissue damage or described in terms of such damage." (IASP)



TYPES OF PAIN

Nociceptive Pain

TYPES:

- Arthritis
- Post surgery pain
- Trauma
- Burns

Mixed Pain

TYPES:

- Lower back pain with bone and nerve injury
- Carpal Tunnel Syndrome
- Cancer pain

Neuropathic Pain

TYPES:

- Spinal cord injury
- Diabetic neuropathy
- Trigeminal neuralgia
- Post-herpetic neuralgia

Centralized Pain

TYPES:

- Fibromyalgia
- Chronic headaches
- Irritable bowel syndrome
- Sickle Cell disease

NOCICEPTIVE PAIN

- Often a result of acute pain
- Is caused by a stimuli that threaten or result from bodily tissue damage; this is expected after surgery or acute injury; Nociceptive pain is how this is often described
- SUBTYPES:
 - SOMATIC PAIN
 - Can originate from the skin (surgery, trauma, burns)
 - VISCERAL PAIN
 - Pain that originates from the internal organs (appendicitis, gall bladder attack)



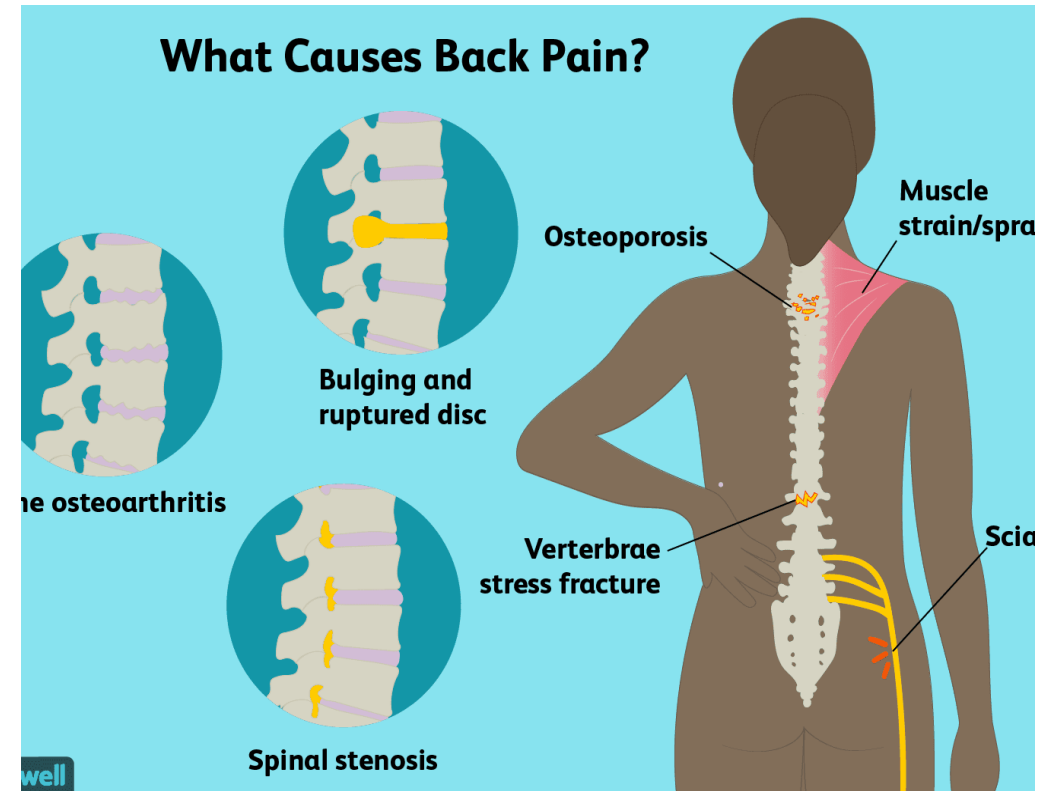
NEUROPATHIC (NERVE) PAIN

- Is caused by damage to a nerve or a dysfunction within the nervous system. When nerves are damaged, a person may feel abnormal sensations such as:
 - Tingling
 - Burning
 - Stabbing
 - Numbness
 - Pins and needles
 - Crawling sensation
 - Electrical shocks



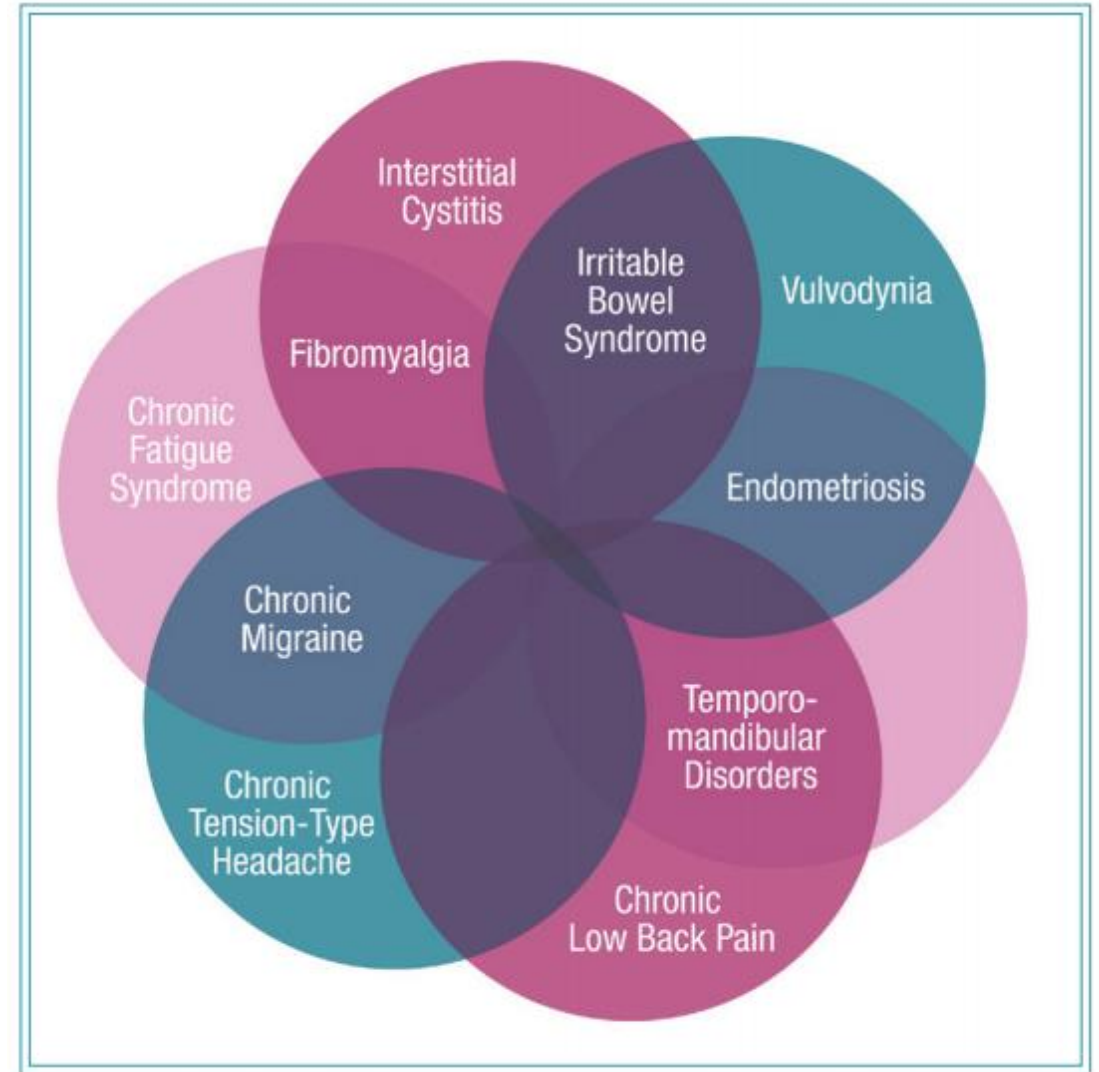
MIXED PAIN

- Pain that is mixed with nociceptive and neuropathic pain
- Examples of mixed pain include:
 - Lower back pain that has bone changes with nerve injury
 - Carpal Tunnel Syndrome
 - Cancer pain



CENTRALIZED PAIN

- Pain that exists due to the Central Nervous System not being able to diminish the signals from the peripheral body
- Examples of centralized pain include:
 - Fibromyalgia
 - Visceral pain conditions (originating from the organs)
 - Pelvic pain
 - Chronic headaches

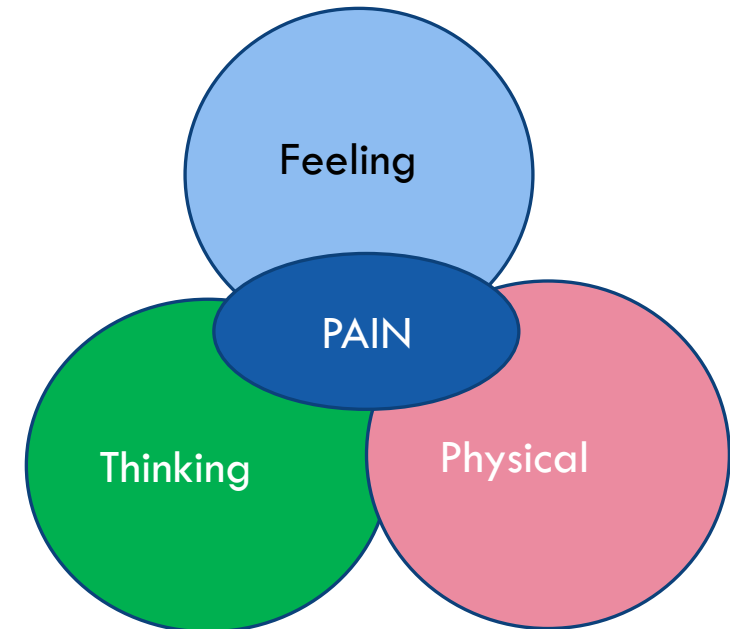


CHRONIC PAIN

- Usually lasts longer than 6 months
- Pain that continues even after the injury or illness
- Pain signals remain active for weeks, months, or years
- Can exist even when there is no past injury or apparent body damage
- Originates in the brain & involves many body systems

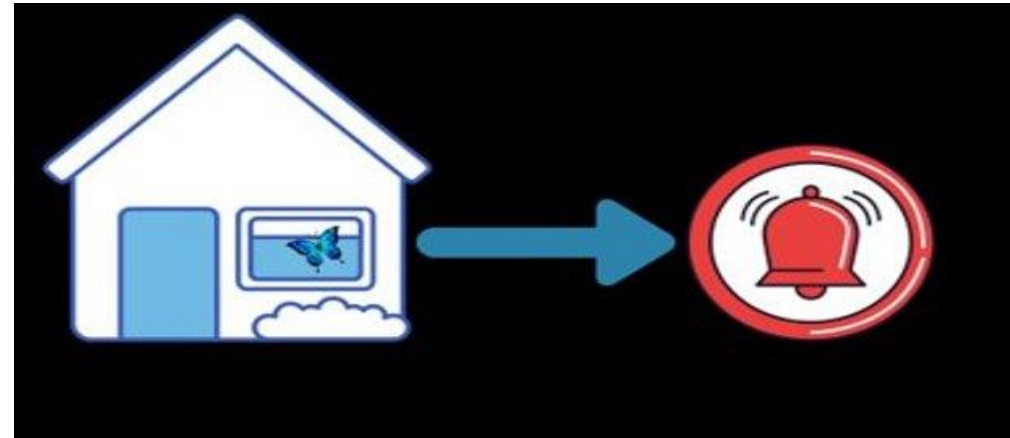


PAIN!



CHRONIC PAIN: SOUND THE ALARM

- Pain that persists continuously feeds the pain sensors.
- Pain sensors increase their sensitivity due ongoing exposure
- This alarm system can become faulty and set off even when there is no pain

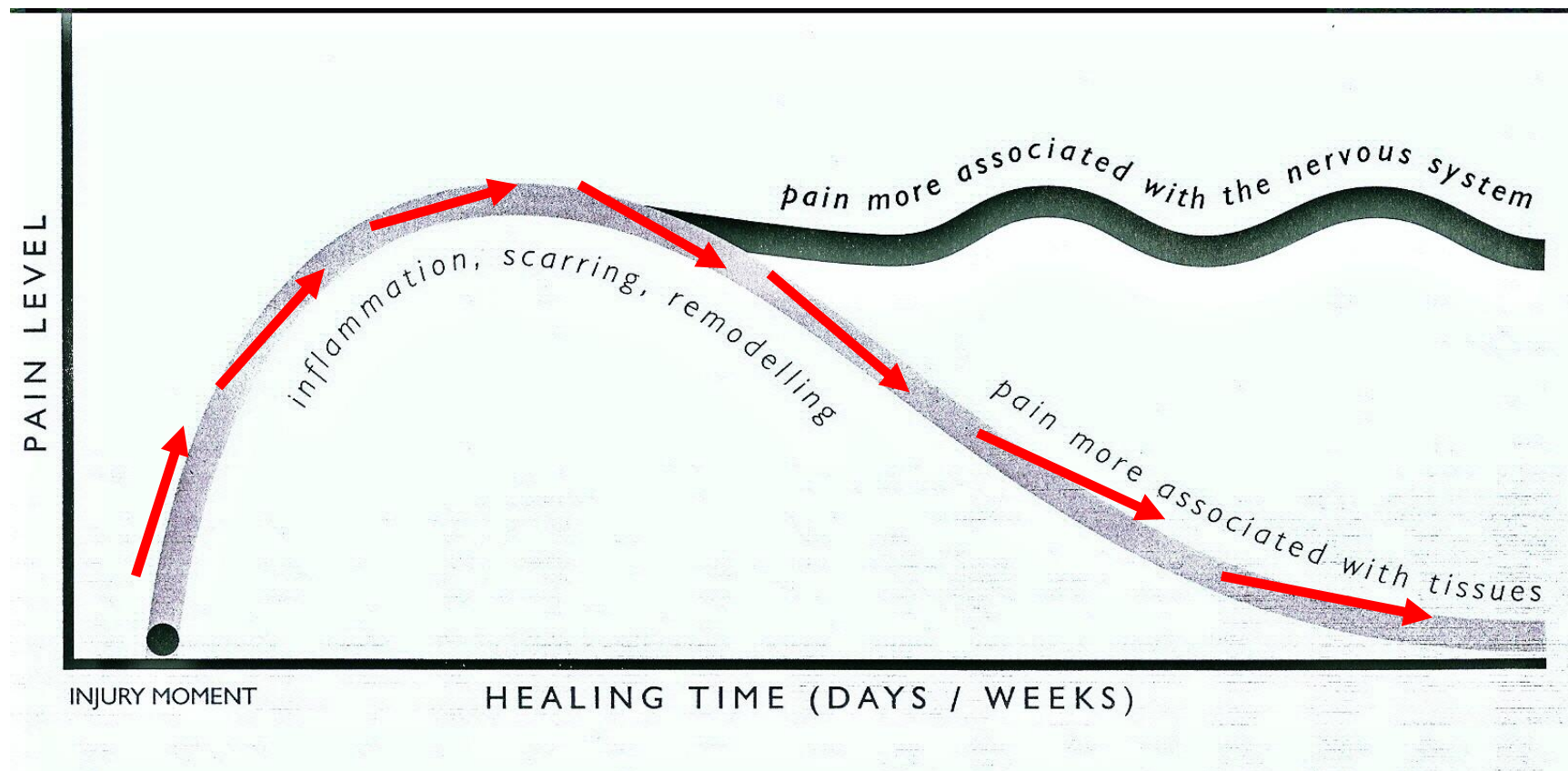


CHRONIC PAIN: SOUND THE ALARM CON'T

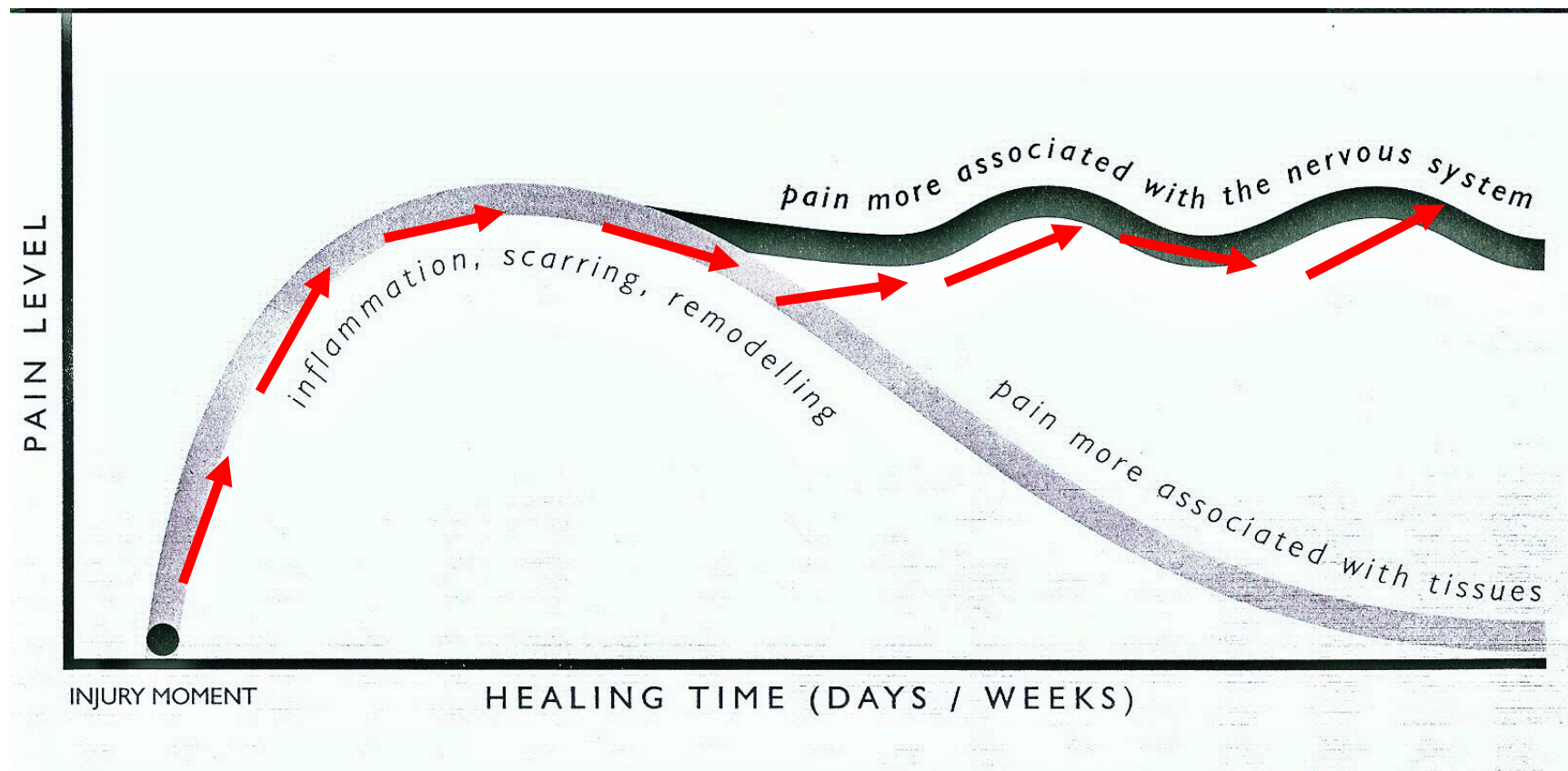
- Pain sensors also become sensitive to other influences, such as mood, sleep quality, activity, nutrition . . .
- Input from all sources increase the alarm, **!!DANGER!!**
- The more signs of danger the brain receives, the more times the alarm goes off, causing the alarm system to produce more pain



ACUTE PAIN : PAIN VS. TIME



CHRONIC PAIN: PAIN VS. TIME



Tame the Beast

It's time to rethink persistent pain

[Tame the Beast](#)

DEBRIEF: TAME THE BEAST



- Thoughts about the video?
- Did you learn anything new from the video?
- Is there anything you would add to help others better understand your experience with chronic pain?

PAIN KEY MESSAGES



Acute and chronic pain are different and need a different treatment approach



Chronic pain is a complex experience



Pain is a warning signal but is sometimes an unnecessary alarm



Pain has three parts: physical, feeling and thinking – mind and body are closely connected and easily influence one another

CHRONIC PAIN MANAGEMENT: A NEW APPROACH

- **A New Perspective:** Manage instead of cure.
- **A New Goal:** Improve function & quality of life.
- **A New Focus:** Coping positively with pain.



WHERE DO I BEGIN?

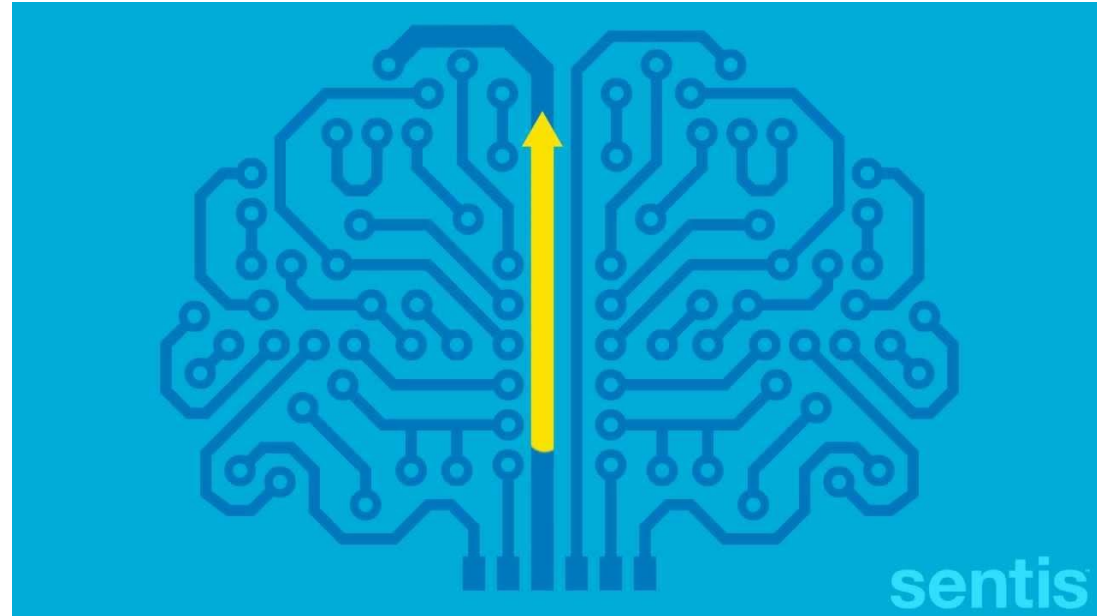
Changing your pain experience begins with asking yourself these 3 questions:

- 1) **Safety** – is this pain really dangerous?
- 2) **Perspective** – what new goals can I make?
- 3) **Actions** – what can I do differently?



RETRAINING YOUR BRAIN: NEUROPLASTICITY

- The brain's ability to modify, change and adapt its perception on stimuli
- Neural receptors in the brain re-map overtime with ongoing practice of new behaviours leading to new perceptions of how you experience your pain
- **Ownership + Control = CHANGE**



<https://youtu.be/ELpfYCa87g>

CONTINUING THE JOURNEY OF BRAIN RE-TRAINING

- 1) Learn pain doesn't mean harm
- 2) Focus on function rather than cure.
- 3) Prioritize areas where you can see success and build confidence.
- 4) Learn new coping strategies
- 5) Focus on how you can improve quality of life.



TAKE HOME MESSAGES



Chronic pain is over-activation of the pain signals that are influenced from the internal and external world



The brain can change pain interpretation by learning new pathways and ultimately learning to produce less pain



To manage chronic pain, it is important to address the **BODY** and the **BRAIN** by utilizing self-management tools

AM I READY?

- Am I able to participate fully and commit myself on this journey?
- Does the SCPCN Chronic Pain Clinic's objectives align with mine?
- Am I ready to learn and practice new tools to manage chronic pain?
- Am I ready to retrain my brain?



NEXT STEPS

- 1) Utilize the resources in place at the SCPCN Chronic Pain Clinic
 - Webinars
 - Multidisciplinary team
- 2) Focus on improving function to change your pain:
 - Prioritize areas where you can see success and build confidence
 - What are some things that you would like to be able to do?
 - What do you want to be able to do again?



LET'S START THIS JOURNEY!



“The only impossible journey is the one you never begin”

Tony Robbins