

Primary care pathway: for adults living with chronic pain - Regina

Legend:
‡ Service may have fees
Some services for Regina area residents only

Prevention

Your healthcare provider may discuss ways to prevent development of chronic pain or worsening of chronic pain symptoms.

<p>Physical Activity Daily movement and less sedentary time will improve pain and mobility. It takes approximately 2 weeks of regular movement to feel benefits.</p> <p>Chronic Pain and Exercise Fact Sheet</p> <p>City of Regina Leisure Guide ‡</p> <p>Regina - Forever in Motion</p> <p>Physical Activity Tips for Adults</p> <p>Regina - Paul Schwann Centre ‡</p> <p>PainBC Movement YouTube</p>	<p>Support to stop smoking Smoking makes you more sensitive to pain. Stopping smoking may help reduce your pain</p> <p>Committing to Quitting - Your Stop -Smoking Plan</p> <p>PACT Smoking Cessation Support</p>	<p>Support for healthy eating Healthy eating and maintaining a healthy body weight (not underweight or overweight) can help reduce pain.</p> <p>Canada Food Guide</p> <p>Food Bank—Help is Here</p> <p>Dietitians can help with meal planning, finding your healthy weight, and advice on foods that may help reduce pain.</p> <p>Eat Well Saskatchewan</p>	<p>Sleep Quality Good quality sleep can help reduce pain and low mood. Practicing healthy sleep habits can be helpful.</p> <p>My Sleep Well</p>
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Assessment

What to expect with your chronic pain assessment: Your healthcare provider may take several visits to assess your pain. These are some ways your pain may be assessed and how you can be ready for the assessment.

<p>1. Treatment Goals</p> <p>Healthcare visits are busy. If you have many health issues, your provider may not be able to cover everything in one visit. Prepare before your visit to know your questions and priorities. Complete this Self-Management Navigator Tool before your visit and bring the form when you meet with your provider.</p> <p>Self-Management Navigator Tool</p>	<p>2a. Focused Pain History</p> <p>You may be asked to complete questionnaires before or during your visit or be asked about your pain:</p> <ul style="list-style-type: none"> • When did your pain start? • What makes it better or worse? • How do you describe your pain? • Where is your pain located? • How strong or intense is your pain? • Does your pain change throughout the day? <p>These questions may help your provider better understand your pain and the treatments that may help.</p>	<p>2b. Physical Exam</p> <p>Your healthcare providers may ask to assess your muscles, joints, and organs. They may test range of motion, strength and tenderness. This will help determine what is causing your pain and treatments that may help. With certain types of chronic pain, your physical exam may be normal or what is found on physical exam may not explain your pain. Often, for these types of pain, assessments like x-rays, CAT scans, and MRIs also do not explain your pain and may not be helpful.</p>
<p>3. Assessment for Pain Interference</p> <p>Your healthcare provider may ask you to fill in questionnaires that ask about ways that pain gets in the way of your activities, thoughts, or daily life. This is called “pain interference”.</p>	<p>4. Screen for Types of Pain</p> <p>Your healthcare provider may ask you to complete questionnaires that ask about specific symptoms to help identify the type of pain you are having. There are 3 main types of pain. You could have more than one type of pain.</p> <p>Nociceptive—this is pain from an injury or disease (e.g. arthritis) in your tissues (muscles, bones, joints, organs). This pain is usually short lived unless there is an ongoing disease such as arthritis. This pain normally goes away as the tissues heal.</p> <p>Neuropathic—this is pain from an injured or diseased nerve. You may also have numbness, tingling, electric shock type sensations, or areas that are very sensitive to temperature or light touch. This pain may get better as the nerve heals. Nerve healing can be slow and some nerve injuries may not fully recover.</p> <p>Nociplastic—this is pain from changes in your central nervous system that make everything more sensitive. This pain may not make sense—it can change from day to day. You may be sensitive to light touch or temperature changes in areas far away from where you were injured or where you have a disease. You may not have any underlying tissue problems to explain the pain.</p>	

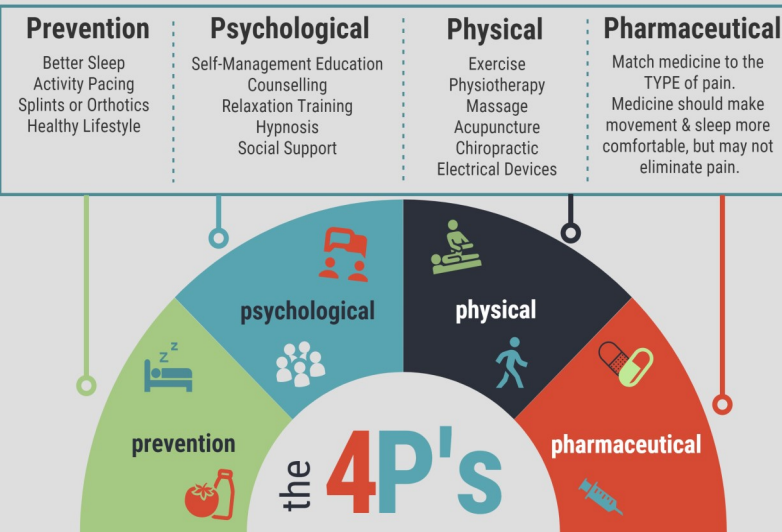
Risk Factors

Risk Factor Screening: Your healthcare provider may screen for serious problems (red-flags), trauma, and substance use. Your provider may also assess your mental health since pain may affect or be affected by depression, anxiety, and life stresses.

<p>Red-flags</p> <ul style="list-style-type: none"> • The large majority of chronic pain is not caused by something life-threatening. • Your healthcare provider may send you for special tests or to a physician specialist for further assessment. • It is important to treat your pain using the 4P's of pain management while you wait for results from any special tests or specialist appointments (see page 2 for examples of 4P's treatments). 	<p>Trauma</p> <ul style="list-style-type: none"> • Your healthcare provider may ask you questions about adverse events in childhood, chronic stress, or post-traumatic stress disorder. • These events can contribute to chronic pain for some people. • Treatment for these experiences can also improve your pain.
<p>Mental health</p> <ul style="list-style-type: none"> • Your provider may ask you questions or have you fill in a questionnaire to ask about depression, anxiety, or worried thoughts. • Difficulties with mental health can make pain worse, and pain can lead to poor mental health. • It is very common for people who live with pain to also have difficulties with mental health. • Tell your provider if you are struggling with mental health or worried thoughts. • Treating mental health can also improve your pain. 	<p>Substance use</p> <ul style="list-style-type: none"> • Your healthcare provider may ask you questions about your past use of substances such as alcohol or drugs. • Knowing about your history with substances will help your healthcare provider know what treatments are safe for you.

Management

The best pain treatment uses a combination of the 4P's.



What to Expect with Chronic Pain Treatment:

Many health care providers may be involved in your pain management, but **self-management is the most important part of chronic pain management**. This is also true for other chronic conditions, like diabetes or high blood pressure. People living with chronic pain have the best outcomes when they use a 4 P's approach to pain management rather than just relying on medications or treatments from healthcare providers. Active treatments like physical activity and mental health practices have the most benefit to help people **LIVE WELL** even through they have pain. For most people, what is needed to treat pain changes over time. That means that a treatment that didn't work in the past may help you now. Work with your healthcare providers and try new things to find what works for you. Most treatments for chronic pain take time to work. While some work right away, others can take weeks to start helping.

physical



prevention



PHYSICAL and PREVENTION TREATMENT SUPPORTS

Movement is an important pain management strategy that reduces pain, and improves sleep, function, and overall wellbeing. Restful sleep, healthy nutrition and stopping smoking can all help reduce pain.

Chronic Pain and Exercise Fact Sheet	Regina - Primary Physical Therapy ‡	Physical Therapist directory ‡
SMART Goal Worksheet	Regina - Forever in Motion	Chiropractor directory ‡
PainBC Gentle Movement @Home Videos	Provincially covered Occupational Therapy , Physical Therapy , Speech Language Pathology	Registered Massage Therapist directory ‡
CADTH patient resource for physical strategies	Spine Pathway patient information	Occupational Therapist directory ‡
CADTH patient resource for preventive strategies	City of Regina Leisure Guide ‡	Guidance on selecting a manual therapy clinician
Physical Activity Tips for Adults	Regina - Paul Schwann Centre ‡	Canada Food Guide
My Sleep Well —sleep hygiene	PACT Smoking Cessation Support	Food Bank—Help is Here

psychological



PSYCHOLOGICAL TREATMENTS—SELF-MANAGEMENT, SUPPORT GROUPS, and MENTAL HEALTH CARE

Chronic pain can impact all aspects of a person's life, including employment/school, relationships, and mental health. Chronic pain can make a person feel alone. Psychological strategies can be learned on your own, with peers, or with a mental health care provider.

Non-insured Health Benefits for First Nations and Inuit Counselling	LiveWell with Chronic Pain	Psychologist Directory ‡
Mobile Crisis Services 24/7 Help Lines	Wascana Adult Rehab Chronic Pain Education Program: (306) 766-5714	Social Worker Directory ‡
Regina - SHA Adult mental health clinics	SaskPain Living with Pain —see wellbeing and mental health supports	Arthritis Support
CADTH patient resource for psychological strategies	Online Therapy Unit Chronic Health Conditions Course	Narcotics Anonymous
Pain Canada - Live Plan Be +	TAPMI Pain Education: Understanding Your Pain	Alcoholics Anonymous-Regina

pharmaceutical



PHARMACEUTICAL TREATMENTS —MEDICATION SUPPORTS

Medications may not get rid of your pain, but they may help reduce your pain while you become more active in your pain self-management with movement and psychological strategies. Some medications, like opioids, can make some types of pain worse. Tell your healthcare provider if you have unpleasant side effects with your medication.

Med Sask — pharmacist on call 1-800-665-3784 (Saskatchewan)	Medication Assessment Centre —book an appointment with a pharmacist to review your medications	RxFiles—General information about pain
RxFiles—Opioid Tapering	RxFiles—Questions about Sleeping Pills	RxFiles—Pain Links
Take home naloxone map - if you take opioids	Health Canada—What You Need to Know about Opioids	Institute for Safe Medication Practices—Storage and Disposal of Opioids