



Guelph Family
Health Team

Chronic Pain Management Program

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The Program:

Launched in August 2016

A total of 145 patients have been referred to the program



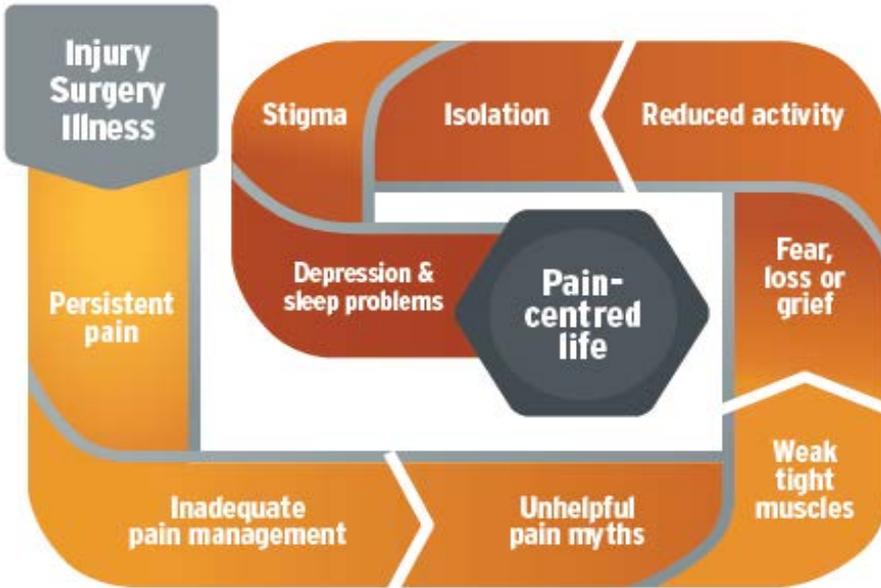
Referral Criteria

- Non-cancer chronic pain
- All appropriate initial investigations have been completed and the patient has a diagnosis
- Patient **motivated** to learn self-management and take control of pain

3 Components

1. Workshops- led by Mental Health Counselor
 - Introduction (1.5 hrs)
 - Pain 101 (2 hrs)
 - Pain 102 (2 hrs)
 - Loss & Costs from Pain (3 hrs)
 - Living with Pain (2 hrs)
2. One-on-one consultations with an Occupational Therapist and Kinesiologist to further develop your plan for better pain management.
3. Ongoing Peer Support group

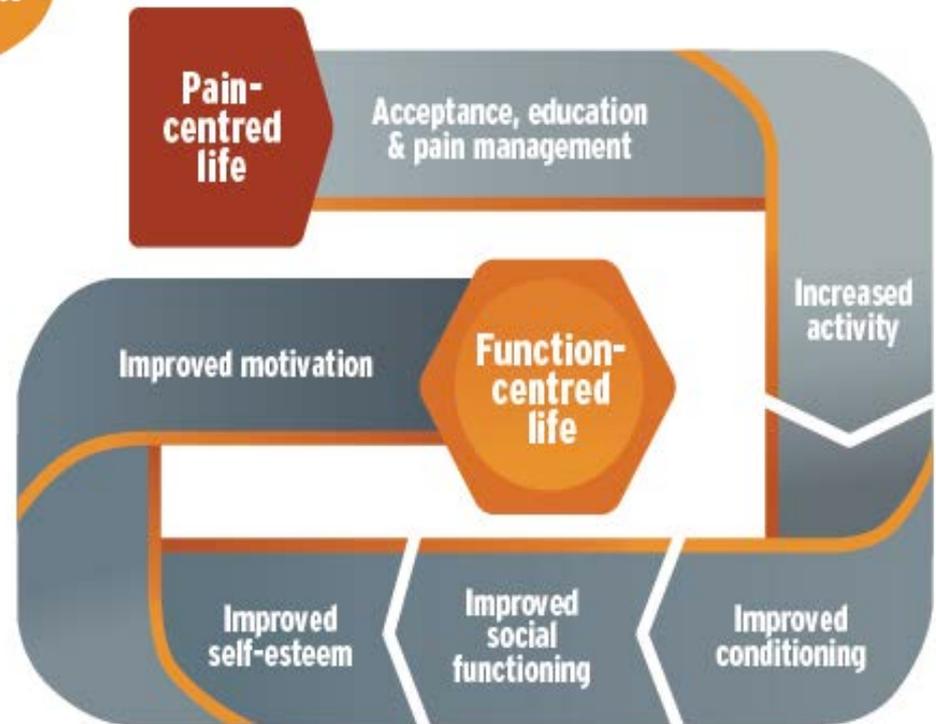




THE PAIN SPIRAL

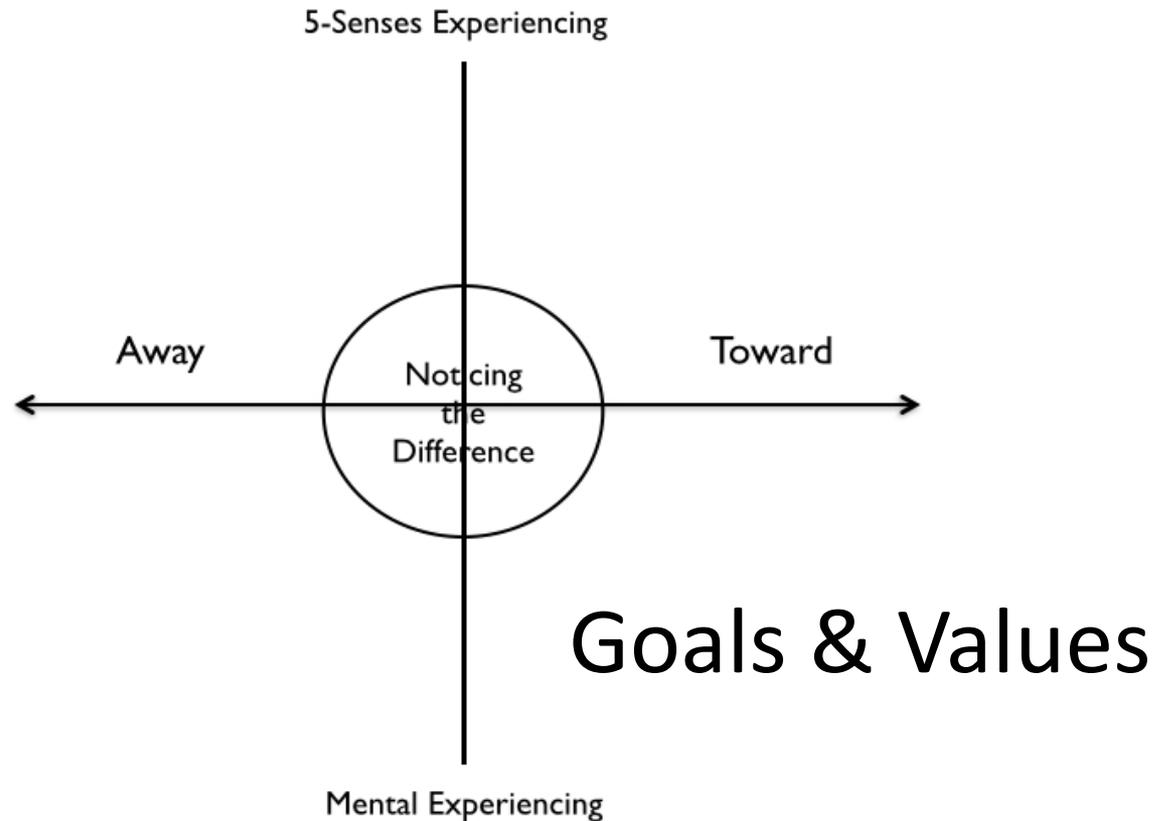
Shifting focus to a function-centred life

Identifying and acknowledging the pain cycle



BREAKING THE PAIN SPIRAL

Philosophy of the Program: ACT Matrix



Key lesson learned



Results

Patients comments include:

- “Comfortable. I wasn’t sure I would like the group experience. Glad I was wrong”
- “Program has given me a fresh perspective on being able to manage my pain”
- “Best program I have found to understand and manage pain. I have tried many things-best by far.”

Areas of improvement identified by patients include:

- “The program is excellent for self-management but we still need help dealing with realities such as job loss, low income, etc. It would help to have a system navigator.”
- “More mindfulness practice”



Results

Statement	Agree (%)
Learned new strategies that I can use to help manage pain	85
Workshops helped me to better understand how to manage my pain	85
Since starting the program, I feel better able to manage pain	79
Overall, I received the support I was hoping to get from program	76



Summary



We are a dynamic and evolving pain management program



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Questions?

Thank you!

Results

- Both patient specific measures (Brief Pain Inventory, PHQ-4, Pain Catastrophizing Scale & Knowledge/self-efficacy) and program evaluation measures (questionnaire post program, key informant interviews) are used to assess program impact.

Average Pre Program Scores			
PCS	PHQ-4	BPI – Average Pain	BPI – Pain Interference
30.1	7.0	5.9	6.6
Average Post Program Scores			
PCS	PHQ-4	BPI – Average Pain	BPI – Pain Interference
23.5	5.8	5.5	6.3