

THE CHRONIC PAIN ASSOCIATION OF CANADA



A PATIENT GROUP TO PROMOTE THE
EDUCATION AND AWARENESS
ABOUT CHRONIC PAIN

Heather Divine
President of the Chronic Pain Association of Canada
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Chronic Pain



- Pain lasting past the normal time of healing is by definition Chronic Pain.
- There is no natural way of dealing with chronic pain.
 - We learn from a young age, that rest equals healing.
 - We receive attention and concern about the injuries.

Living With Chronic Pain



- **Chronic Pain is enormous – like an elephant**
 - How do you eat an elephant
 - One bite at a time.

CONTROL

ABANDONMENT

ANGER

STIGMA

SELF-IMAGE

SUICIDE

DEPENDANCY

ISOLATION

One bite at a tome

HOW DO YOU EAT AN ELEPHANT?



PAIN



CONTROL

ANGER

SELF-IMAGE

DEPENDANCY

ABANDONMENT

STIGMA

SUICIDE

ISOLATION

ONE "BITE" AT A TIME

WITH A MULTI-DISCIPLINARY APPROACH

Living With Chronic Pain



- **Control**
 - **I have a new boss – its name is pain**
 - **Challenged re-establish control.**
 - **Uncertainly**
 - **Life reference points no longer visible.**
 - **What is the future?**

Living with Chronic Pain



- **Self-image**
 - I will never be the same?
 - Why me?
 - I have no identity left.
 - My job made me important.
 - How can I ever live with pain like this?

Living With Chronic Pain



- **Dependency.**
 - Feelings of inadequacy.
 - Need for assistance with daily activities.
 - Not able to perform normal everyday tasks.
 - Change in roles.
 - Have to ask for help.
 - Loss of dignity

Living With Chronic Pain



- **Stigma:**
 - Chronic pain sufferers are not understood.
 - Its all in your head.
 - Get up and get on with life.
 - How do we measure pain.
 - Some of the treatment options are controversial.
 - Forces people to try and make the best of it.

Living With Chronic Pain



- **Abandonment:**
 - Sufferers tend to withdraw, and avoid situations.
 - Friends and family start to avoid pain sufferers.
 - Much confusion and contradictory advise.

Living With Chronic Pain



- **Anger:**
 - Loss of independence.
 - Loss of ability to perform every day skills.
 - Loss of control of every day activities.
 - Loss of identity.
 - Anger at the pain.
 - Loss of dignity.
 - Why Me!

Living With Chronic Pain



- Isolation:
 - Miss understood
 - Many relationships end.
 - When we hurt, we tend to withdraw.
 - Pain makes decisions for us about social activities.
 - Very hard to make plans.

Living With Chronic Pain



- **Suicide**
 - People with chronic pain have a 9 times higher suicide rate, and they are usually successful.

Chronic Pain Self Management



- How do we help our members learn to live with chronic pain?
 - We learn and pass on how to be chronic pain self managers.
 - We do this by setting up action plans.
 - We do this by sharing experiences, both good and bad.

Chronic Pain Self Management



- How do we approach this complex issue?
 - The pain sufferer must be the leader of their chronic pain management team. After all it is their pain.
 - Knowledge is vital.
 - Understanding that chronic pain is a disease and not a symptom.
 - With chronic pain, pain does not always equal harm.

Chronic Pain Self Management



- How do we approach this complex issue?
 - With your health care provider, list 3 things (goals) that you want to do if your pain is reduced.
 - These will give you a base to measure and know if the pain treatment is working.
 - Break down the goals into smaller weekly action plans that will help you achieve your goals.

Chronic Pain Self Management



- Action Plans:
 - Develop plan
 - Execute plan
 - Reevaluate results
 - Adjust plan
 - Execute new plan
- ``Know your limits``*

Learning what activities and the time spent on each, that increases pain is a valuable tool in learning individual limits.

Chronic Pain Self Management



- Pacing:
 - Balancing activity and rest.
 - Too much rest is not good.
 - Too much activity is not good.
 - Trial and error finds the balance of activities, different activities and rest.

Chronic Pain Self Management



- Pacing:
 - Track pain scores with activities to know what causes increased pain.
 - Learn time limits of activity and pain related increases.
 - Keep activity a little less than the amount of time that causes increased pain.
 - Make a time table with information learned from diary.

Chronic Pain Self Management



- Preparing a schedule:
 - Set aside time to prepare your daily schedule.
 - Decide what is the most important things to do.
 - Balance activity with rest periods.
 - Indicate successful completion of activities.
 - If unsuccessful indicate the reason.
 - Keep track of pain fluctuations.

This is a new skill, so be patient and adapt as needed.

Chronic Pain Self Management



- Activity:
 - Hurt does not always equal harm. Consult with your doc about any exercises that would be harmful.
 - Regular exercise is a key to a healthy life.
 - Exercises include flexibility, strengthening and endurance.
 - Warm-ups and cool-down exercises.

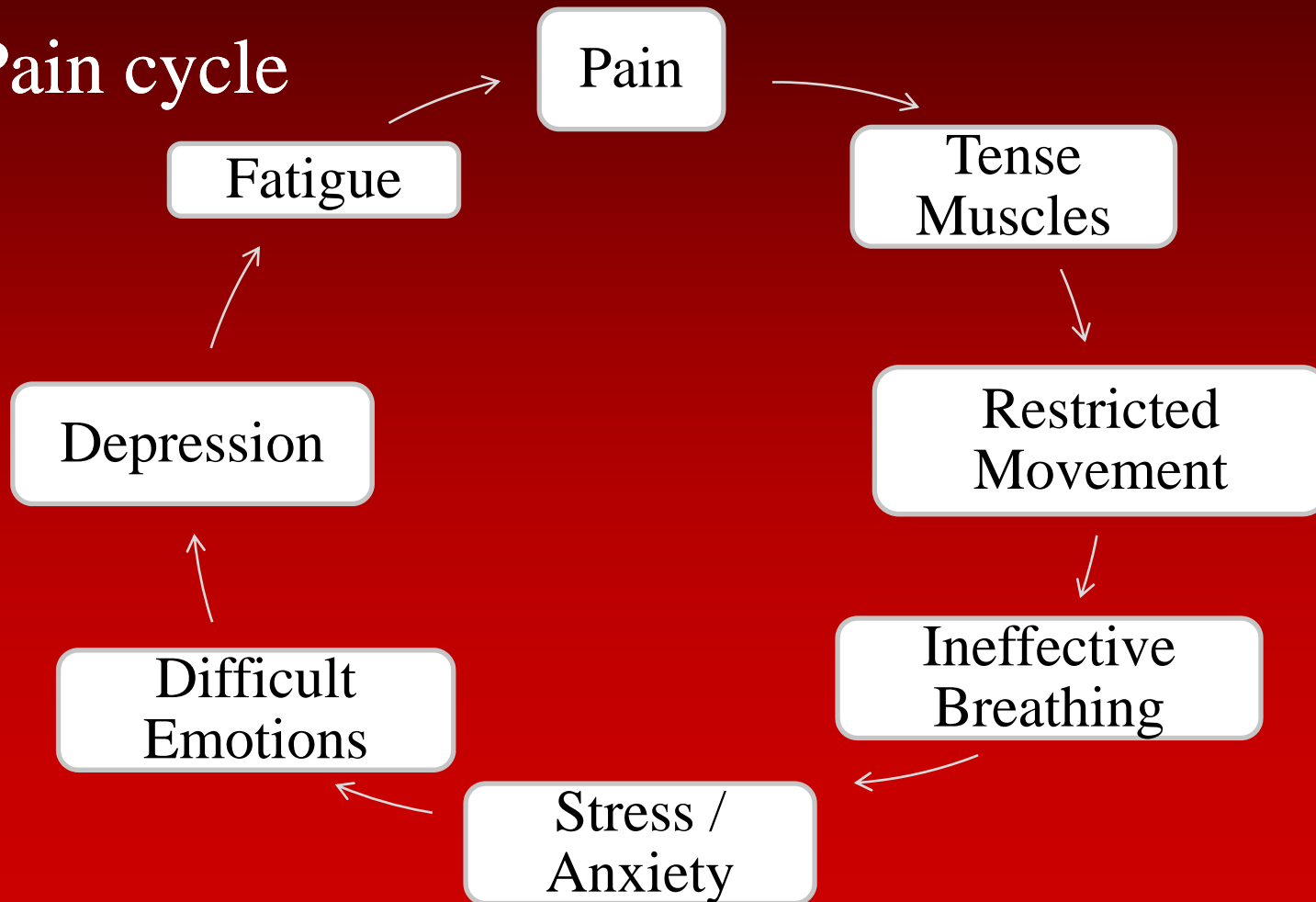
Chronic Pain Self Management



- Low impact exercises:
 - Walking
 - Swimming and aqua size
 - T'ai Chi and Yoga
 - Easy movement and chair workouts.

Chronic Pain Self Management

- Pain cycle



Chronic Pain Support Groups



- Purpose:
- A support group offers those suffering from chronic pain, the opportunity to improve their quality of life and knowledge of treatment options available. The group experience is a great source of emotional support and a forum for exchange of ideas and information.

Chronic Pain Support Groups



- Objectives:
 - Safe place where people can share their story.
 - A place where people understand.
 - An exchange of ideas.
 - How to talk to your doctor.
 - Provide a clear picture of your pain story.
 - Ways to prepare your pain history.
 - Pain management techniques.

Chronic Pain Support Groups



- Common Bonds:
 - My pain is all mine, I'm all alone in the world.
 - I'm not alone
 - Ability to share with someone who does not judge
 - I'm listen too
 - Understood

Chronic Pain Association of Canada



- Canadian wide self funded patient run organization.
- 46 support groups and counting
- Source of help, education and awareness for patients, healthcare providers and Provincial Health Ministries
- Web site www.chronicpaincanada.com

Chronic Pain Association of Canada



- Thank you
- Questions?
- Contact information
 - Heather Divine
 - Email heather.divine@chronicpaincanada.com
 - Phone 780-482-6727