



# **Changing Pain Care: BC Provincial Pain Initiative**

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Dr. Michael Negraeff  
Chair, BCPPIC

# Purpose

1. Origin, history and achievements of the BC Provincial Pain Initiative.
2. Future directions.
3. Invite suggestions and encourage your involvement.

# Roots: The Vancouver Coastal Strategy

- Three people:
  - Dr. Brian Warriner: Head UBC Dept of Anesthesia, Pharmacology, and Therapeutics.
  - Lynda McCloy: Director Population Strategy, VCH
  - Gerry O’Hanley, Consultant and Project Manager

# Roots:

## The Vancouver Coastal Strategy

- The idea man
- The money bags
- The worker bee
- Initiative
- Support
- Passion
- Me?
- The mouthpiece!

# VCH Pain Strategy

- Vision:

*“all individuals, from birth to end of life, who experience any type of acute, chronic, or cancer pain will be able to receive timely, integrated, coordinated, and quality pain services within all care settings”*

# VCH Pain Strategy

1. Prevalence and economic impact report
2. Community engagement process
3. Provider engagement process
4. Development of model

# Magnitude of Problem

- 30% adults with chronic pain
- 2-3% disabled by pain
- 8% adults with neuropathic pain
- 6% children 9-13 with pain (Canada)
- >50% of people in residential care
- 75% of all cancers

# Magnitude – Costs

- 4<sup>th</sup> most prevalent chronic condition
  - Behind visual, cardiovascular and musculoskeletal
- 3<sup>rd</sup> most costly chronic condition
  - Behind cardiovascular and musculoskeletal
    - *The high price of pain: the economic impact of persistent pain in Australia, November 2007, MBF Foundation in collaboration with the University of Sydney Pain Management Research Institute*

# Magnitude – Costs

- \$50 billion dollars total cost in Canada
- \$10 billion dollars in direct health care costs in Canada

# Problem

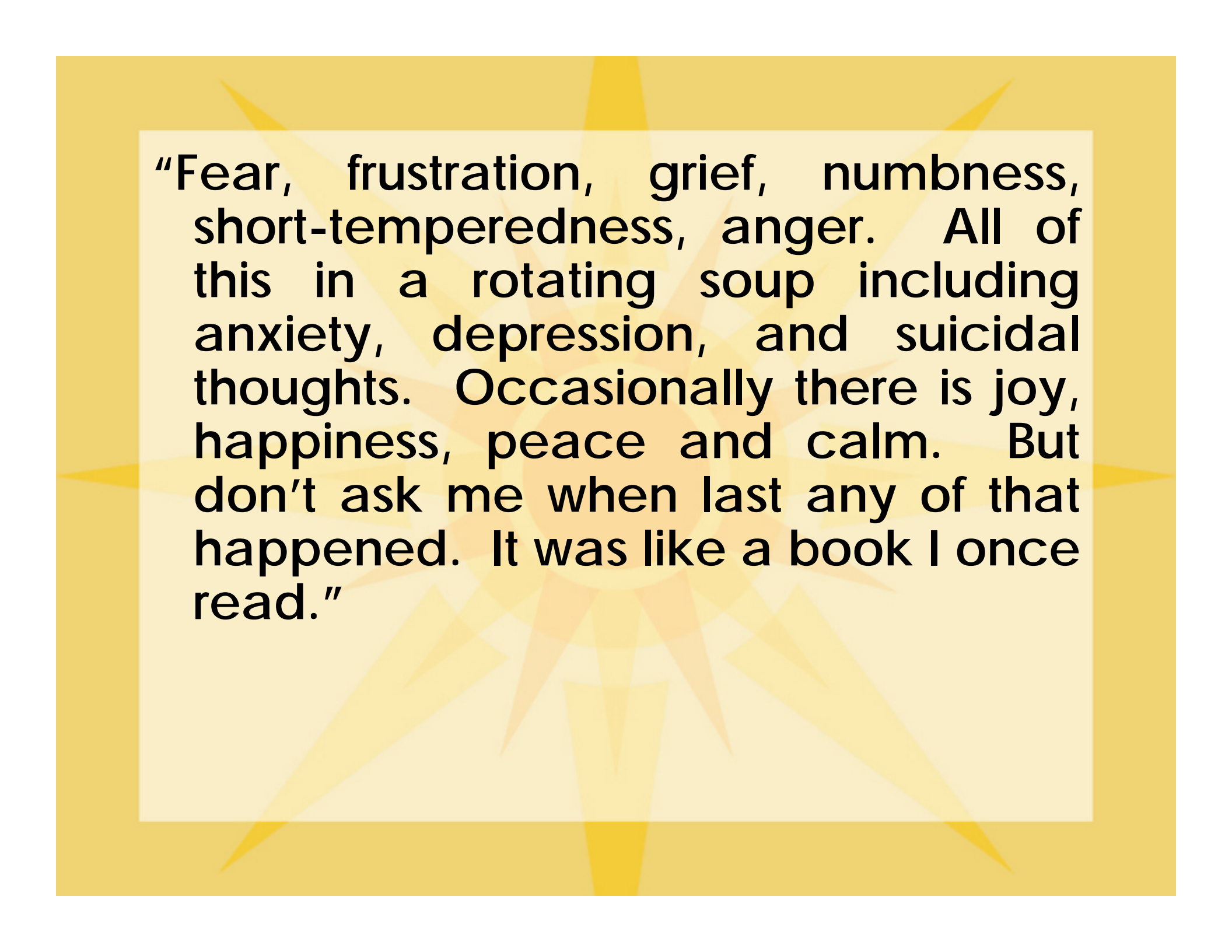
- Pain is invisible.
- Pain isn't owned by anyone.

# Pain Medicine

- Chronic pain is a chronic disease
- Needs the resources that other chronic disease conditions access

# Community Engagement


- Vancouver Coastal Health team
- >600 participants
- 19 focus groups
- 57 interviews
- 375 surveys
- Multiple languages and cultures



**“Fear, frustration, grief, numbness, short-temperedness, anger. All of this in a rotating soup including anxiety, depression, and suicidal thoughts. Occasionally there is joy, happiness, peace and calm. But don’t ask me when last any of that happened. It was like a book I once read.”**



**“My perceptions of how I will  
be treated keep me from  
seeking treatment”**



**“I am articulate, confident and English fluent. However, I still experience challenging and difficult health care providers who do not have the time, skills, information or bedside manner to listen and help manage my chronic pain.”**

# Community Engagement

- Themes:
  1. Lack of access
  2. Lack of coordination
  3. Treated as a condition rather than a person
  4. Challenging physician relationships
  5. Lack of information, education and patient participation
- <http://www.vch.ca/ce/reports.htm>

# Provider Engagement

- Working group contacted:
  - Family doctors
  - Specialists
  - Physiotherapists
  - Psychologists
  - Nurses
  - Pharmacists
- Colleges of health providers
- Private health organizations

# Provider Engagement

- Themes:
  1. Lack of specialized services and allied health care
  2. Lack of education
  3. Not interdisciplinary
  4. Fragmented
  5. Lack of other supports

# VCH Model

- Pain hubs to support primary care
- Roles:
  1. Hotline and triage
  2. Group patient visits
  3. Assess and treat patients
  4. Track outcomes, research, registry, education, etc

# Provincial Engagement

- First meeting in May 2007
- Clinical staff and administrators from all 5 health authorities
- Agreement that a provincial plan is the best approach
- Became: BC Provincial Pain Strategy

# Ministry of Health

- Met with Primary Care officials Feb. 2008
- Initiatives:
  1. Method of coding pain
  2. Clinical Practice Guideline
  3. Integrated Health Networks
  4. Patient self management training
  5. Hotline support

# Tertiary Care

- Vancouver Island Pain Program (VIHA)
- St. Paul's Hospital Pain Program (VCH)
- Fraser Health – in development
- Interior Health, Northern Health - nil
- Multidisciplinary clinics, moving toward better community and primary support
- Pain medicine specialty training

# Achievements

1. Network of experts and administrators
2. Provincial pain website
3. Residential care facilities report
4. Acute care facilities report
5. Education framework report
6. Interdisciplinary pain education
7. Provider education
8. Pain Foundation
9. Advocacy
10. Children's pain

# Advocacy Groups

- BC Coalition of People with Disabilities
- Canadian Diabetes Association.
- Chronic Pain Canada
- Kidney Foundation, BC Div.
- ICBC
- Worksafe BC
- Arthritis Society of Canada, BC/Yukon Div.
- BC Persons With AIDS Society
- BC Care Providers Association
- Heart and Stroke Foundation, BC/Yukon Div.
- PARC (CRPS & RDS Association)

# Advocacy Groups

- Canadian Pain Society (CPS)
- Vancouver Area Network of Drug Users (VANDU)
- Child Health BC Network, BC Children's Hospital
- Canuck Place
- Canadian Cancer Society, BC/Yukon Div
- MS Society of BC
- ACTION
- Canadian Association of Retired People (CARP)
- Canadian Institute for Relief of Pain & Disability
- MEFM Society of BC

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