



## Pain Management Resources in Saskatchewan

Dr. Susan Tupper and Glen-mary Christopher  
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Continuing Professional Development



## Faculty/Presenter Disclosures

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## Disclosure of Financial Support

- The speakers have received no support from any organization for this presentation.

## Mitigating Potential Bias

- The speakers will not discuss products or programs produced by organizations supporting this program.

## Learning Objectives

- Review the 4 P's of pain management
- Discuss resources available across Saskatchewan to address each "P"
- Introduce SaskPain – the Saskatchewan Pain Society Inc.



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## Scope of the Problem

Problem not solved by specialty services

- Prevalence of chronic pain in the general population
  - Canadian telephone survey of 2000 adults

Question	Percent
Considers self as suffering from pain	44
For six months or more	35
Suffering several times a week or more	25
Intensity last time of 5+ on a 0-10 scale	19

- Alberta telephone survey of 5000 adults

- 47% reported some problem with pain
- 3.4% reported extreme problems with pain

40,000+

Schopflocher et al. P Res Manag 2011;16(6):445-50.  
Agborsangaya et al. Qual Life res 2013; 22:791-799.

## The 4 P's of Pain Management



Tupper SM & Beckwell E, 2017

### psychological



- Pain neurophysiology education
- Peer support groups
- Relaxation training (e.g. imagery, breath control)
- Mind-body therapies (e.g. yoga, tai chi)
- Spirituality (e.g. prayer, meditation, smudging)
- Mindfulness meditation
- Acceptance therapy
- Somatic experiencing
- Stress management
- Cognitive behavioral therapy
- Hypnosis

Psychologist  
Social Worker  
Traditional Healer  
Community program  
Self-management training  
Physical/occupational therapist

## Where to get help?

- **Online**
  - Online Therapy User
  - Websites e.g. saskpain.ca, saskatoonhealthregion.ca/painmanagement
- **Group classes**
  - LiveWell with Chronic Pain
  - Regional condition specific education classes
  - Concurrent Disorders Program e.g. Saskatoon
- **Individual sessions**
  - Mental Health & Addictions – central intake programs through SHA
  - Walk-in Programs e.g. Wynyard
  - Clinical Health Psychology Programs
  - Private psychologists or social workers
- **Peer support groups**
  - SK Pelvic Pain and Endometriosis Warriors
  - Complex Regional Pain Syndrome
  - Cancer and Palliative Care Support Group



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### physical



### Passive

#### Thermal

- Hot packs, hot tub, cold packs, ice massage
- Contrast baths, whirlpool
- Ultrasound

#### Manual therapies

- Joint mobilizations or manipulations
- Massage therapy or self massage

#### Proprioceptive or Sensory

- Two-point discrimination
- Sensory discrimination or desensitization

#### Electrical or Magnetic

- Transcutaneous Electrical Nerve Stimulation (TENS)
- Interferential current
- Transcranial Magnetic Stimulation (TMS)
- Cortical Electrical Stimulation (CES)

#### Biomodulation

- Acupuncture
- Low Level Laser Therapy (cold laser)

### physical



### Active

#### Therapeutic exercises

- Targeted exercises to address functional deficits
- Work/sport conditioning

#### General physical activity/exercise

- Activity for general health and fitness, fun, or social engagement
  - Sports
  - Leisure (e.g. dance, gardening)
  - Active transportation

#### Combined Psychophysical Approaches

- Yoga
- Tai chi
- Mirror-box therapy
- Graded motor imagery
- Cognitive Functional Therapy



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## Where to get help?

- **Disease-based Group Classes**
  - Chronic Disease Management Programs
    - Supervised exercise and exercise training
- **In the Community**
  - Community Walking Programs
  - Northern Health Communities Partnership
    - Workplace physical activity toolkit
  - Leisure centers – beginner or gentle classes
- **Individual sessions**
  - Private physical/occupational/exercise therapy, chiropractic, massage therapy
- **Apps for iOS or Android**
  - WebMD Mobile Pain Coach; Flaredown; iBeatPain for Teens; MyFibroTeam; iCanCopeWithPain; YOGAmazing; MyFitnessPal



## prevention



### Good disease management

- Regular health checks

### Joint/tissue protection

- Splints, braces, orthotics, foot wear
- Poles, lifts
- Mattress, pillow, seating surfaces
- Ergonomic set up of work/ADL stations
- Avoid sedentariness

### Lifestyle changes

- Diet, physical activity, smoking cessation

### Sleep hygiene training/clinic

### Activity modification

### Energy conservation

- Positioning, posture, activity pacing
- Mobility devices
- Cane, walker, wheel-chair



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## pharmaceutical



### • Non-opioid, opioid, adjuvant, and cannabis prescribing

- Phenotyping pain for appropriate multi-modal prescribing
- Drug interactions and selection of optimal agents
- Concurrent conditions management
  - Depression, anxiety, substance use, fatigue
- Minimizing risk of adverse effects
  - Constipation, nausea, itch
- Opioid tapers or rotations
- Suboxone for pain

### • Screen and monitor for risk of misuse

- Urine drug screens, checks for non-prescribed administration routes

### • Patient education about medications

- Pill storage, disposal, and naloxone kits

## Where to get help?

### • Patient education and prescription review

- In-person or phone: Medication Assessment Centre
- Phone: MedSask – drug information service
- RxFiles – patient handbooks on opioids and cannabis
- Website: Health Canada – cannabis and opioid information

### • Prescriber online information and guidelines

- RxFiles Pain Book
- CADTH evidence bundles
- Canadian 2017 Opioid Guidelines for Chronic Non-Cancer Pain
- Revised consensus statement on pharmacological management of chronic neuropathic pain – 2014
- Cannabis: CFPC: Resources for Family Physicians, Alberta Doctors Toward Optimal Practice (TOP), Health Canada information for healthcare professionals

## Education for HealthCare Providers

### • Saskatchewan group or individual training

- ECHO for Chronic Pain
- Rx Files academic detailing
- Opioid Stewardship Program mentorship

### • Canada online

- Safer Opioid Prescribing Course
  - University of Toronto 3 online webinars
- Centre for Addiction and Mental Health (CAMH) free courses
- PainBC Pain Foundations Course
- BC Centre on Substance Use free courses
- Interprofessional pain management certificate programs
  - U of A, Western U, McGill U, Canadian Academy of Pain Management

### • Pain Conferences

- Western Canadian Pain Conference – Oct 18-20, 2019
- Canadian Pain Society – Calgary, May 2020

## Saskatchewan: Interprofessional or Advanced Pain Management Clinics

- Interdisciplinary Pediatric Complex Pain Clinic
- Regina Chronic Pain Clinic
- Anesthesiology interventional clinics
  - Regina and Saskatoon
- Neuromodulation clinics
  - Regina and Saskatoon
- Physical Medicine & Rehab Physicians

## Pain Special Interest Groups

Organization	Special Interest Group	Contact
Saskatchewan Registered Nurses' Association	Professional Practice Group (PPG) in pain management	<a href="http://www.saskpain.ca">www.saskpain.ca</a>
The College of Family Physicians of Canada	Member interest group in chronic pain	Email: <a href="mailto:cnppc@cfpc.ca">cnppc@cfpc.ca</a>
Canadian Physiotherapy Association	Clinical Specialty Program	<a href="https://physiotherapy.ca/clinical-specialist-program">https://physiotherapy.ca/clinical-specialist-program</a>
Canadian Physiotherapy Association	Pain Science Division membership	<a href="https://physiotherapy.ca/division-s/pain-science">https://physiotherapy.ca/division-s/pain-science</a>
Canadian Association of Occupational Therapists	Practice network in chronic pain & OT	Email: Kat Kikeakos at <a href="mailto:vancooverci@gmail.com">vancooverci@gmail.com</a>
Canadian Pain Society	5 topical SIGs	<a href="http://www.canadianpainsociety.ca">www.canadianpainsociety.ca</a>
International Association for the Study of Pain	24 topical SIGs	<a href="http://www.iasp-pain.org/Membership/ContentL.aspx?ItemNumber=1024">www.iasp-pain.org/Membership/ContentL.aspx?ItemNumber=1024</a>

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## Saskatchewan Pain Society Inc.

- Provincial health charity incorporated in May 2018
- Mission: promote better understanding of pain and access to coordinated pain management services through education, advocacy, support of clinical practice improvements, and involvement in research.

[Website: www.saskpain.ca](http://www.saskpain.ca)

[Email: info@saskpain.ca](mailto:info@saskpain.ca)



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## Questions and Discussion



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