

Resources for Pain Management and Training

Category	Name of Program/Clinician/Resource	Contact Info
Patient support group		
Rosetown, Kindersley, Outlook, Unity, Biggar	None for pain; Cancer Survivor Groups wrap Palliative Care support Dementia support group Compassionate Care Grief care Diabetic Support Group	Local Volunteer Groups , contact Pat Aylward for local contact information In progress - Anel Meerholz 306 882 4111 ext 2345; Rosetown Kathie 306 882 2672 ext 2206; Outlook Leah 306 867 5303; Biggar Loral 306 948 3323 ext 2737; Unity 306 228 2666 ext 2951; Brea 306 882 2672 ext 2245
Provincial	Alcoholics Anonymous	http://aasask.org/find-a-meeting
Provincial	Complex Regional Pain Syndrome	Ross McCreery: ross@painfullyoptimistic.com
Provincial	Endometriosis and Chronic Pelvic Pain Warriors	Laura Millions: lauramillions@live.ca
CDM Team that also treats pain		
Prince Albert	Cooperative Health Centre	Amanda LaHaye 306-953-6207
Saskatoon and area	LiveWell CDM Programs - Chronic Disease Nurses, Community Dietitians, and Exercise Therapists: bleeding disorders, COPD, diabetes, heart health, rheumatology	www.saskatoonhealthregion.ca/locations_services/Services/cdm/Pages/About-Us.aspx ; Phone: 306-655-LIVE (306-655-5483); 1-877-LIVE-898(1-877-548-3898) toll free
Lloydminster and North Battleford	Referral form for CDM assessment and education: https://www.pnrha.ca/programs_services/Documents/Chronic%20Disease%20Management/CDM%20Referral%20May%202018.pdf	Fax: Lloydminster 306-820-5978; Meadow Lake 306-236-4355; North Battleford 306-446-7368; Rural 306-893-4488 (Maidstone, Turtleford, Cut Knife, St. Walburg, Neilburg, Paradise Hill)
Moose Jaw	Exercise Therapist runs free 12 week pulmonary rehab program. Physiotherapists on medicine and surgical floors can screen and direct refer if the client is acute to reduce wait time for the program.	Jared Dormer (ET) jared.dormer@saskhealthauthority.ca ; 306-694-0201
Group physical activity programs		
LaRonge and Northern Sask	Northern Health Community Partnership; no formal ongoing exercise groups; several informal "FaceBook" type groups for younger people; informal walking	www.nhcp.ca

	programs through Seniors Centre	
Buffalo Narrows (most northwest communities)	Sporadic usually through summer months. Some communities may have exercise equipment available to the public year round.	Community Outreach Worker; Supervisor is Deanna Larson at present
Saskatoon and area	Exercise Therapists with CDM program	Saskatoon Health Region LiveWell Programs 306-655-LIVE (306-655-5483) 1-877-LIVE-898 (1-877-548-3898) toll free
Prince Albert	Walking program (Spiritwood); Fit life (Spiritwood and Shellbrooke) open 6 days/week; yoga Sept to June; Community dance and sports for youth	Larissa Swityk-Conacher (below); Jas Coutu Jas.Coutu@saskhealthauthority.ca
Yorkton	Sask Seniors Fitness Association	Dianne Stinka 306-562-7544 dstinka@sasktel.net
Yorkton area	Cardiac & Pulmonary Rehabilitation (supervised, graduated activity program) Exercise therapy Community walking programs Active Aging New Horizons Senior Citizens (dancing/yoga) Yorkton & Melville	Sunrise Health & Wellness Centre, Healthy Living Team, Kerry O'donnell 306 786-0768, kerry.o'donnell@saskhealthauthority.ca , Sunrise Health & Wellness Centre, Healthy Living Team, Marcy Eskra 306 786-0864, marcy.eskra@saskhealthauthority.ca , Parkland Valley Sheila Hryniuk – 306-782-3353 shryniuk@parklandvalley.ca ; Parkland Valley SCR Chelsey Johnson 306 786-6586 cjohnson@parklandvalley.ca ; 306 783-4835 (contact for more info)
Moose Jaw	Cardiaction – Cardiac Rehab program with supervised exercise 3 times/week. Not specific to pain but clients have comorbid pain conditions. Open class forum so not an organized group where clients can be direct referred to ET.	For Cardiaction: Please contact Yara Center (field house facility) to determine group activity (306-694-4560 or website) ; City of Moose Jaw Recreation programming (website has recreation guide link)
Wynyard and area	Walking Club; Art Nest - private services and open public times; Fiddling, Fun, and Dancing (last Wednesday of each month); PARTNERS family services - mental health walk-in every Thursday; Exercise Therapy appointments	Contact SHA Primary Healthcare Team

Rosetown, Kindersley, Outlook	Walk This Way; Pathways to Wellness; Local Volunteer led walking programs	Stephanie Fusnik 306 882 2672 ext 2236 or Joanne Kosloski 306 463 0104 contact Pat Aylward for more info
Physician with a practice focus in pain management		
LaRonge	Dr. Sean Groves (Takes more complicated cases from the group practice)	La Ronge Medical Clinic: (306) 425-2174
Regina and area	Wascana Rehabilitation Centre Physiatrists performing interventional pain management: Drs. Wunder, Fink, Kleisinger, Krushaar	Phone: 306-766-5100; www.rqhealth.ca/facilities/wascana-rehabilitation-centre
Regina and area	Regina General Hospital Pain Management: Dr. Michael Lang (Anesthesiology)	
Saskatoon and area	St. Paul's Hospital Pain Clinic - Anesthesiologists: Drs. Pelivanov, Jorgensen, Ha.	www.saskatoonhealthregion.ca/locations_services/Services/pain-management/Pages/SPHPainClinic.aspx ; Referral Form: www.saskatoonhealthregion.ca/locations_services/Services/pain-management/Documents/IPC%20form_final_2016.pdf
Saskatoon and area	Saskatoon City Hospital Rehabilitation: Dr. Waill Khalil (PM&R)	306-655-8736; www.medicine.usask.ca/department/clinical/physical-medicine
Education session for patients or providers		
Prince Albert	LiveWell in PA and Shellbrook	
Yorkton area	LiveWell with Chronic Pain (multiple offerings per year)	Sunrise Health & Wellness Centre Healthy Living Team Tracy Fichtner 306 786-0236 tracy.fichtner@saskhealthauthority.ca
Yorkton area	Cornerstone therapies Back class Hip/Knee class	(306) 786-0178

Moose Jaw	Live Well with chronic pain	Linda Pawelke 694-0230
Saskatoon and Area	PT/OT outpatient pain education class - while you wait for your appointment (2 hours).	JoAnn.nilson@saskhealthauthority.ca
Southwest (Rosetown area)	Live Well with Chronic Conditions	Pat Aylward 306 882 4111 ext 2312
Other		
Provincial - online	Online Therapy User Pain Course	https://onlinetherapyuser.ca/pain
Saskatoon	Concurrent Disorders Program – Mental Health	Sturdy Stone; MH&A Centralized Intake; 306-655-7777
Provincial	Clinical Health Psychology – see former health authority websites	www.saskatoonhealthregion.ca/locations_services/Services/cdm/Pages/Programs/Clinical-Health-Psychology.aspx
International	Apps for pain management and exercise support	https://paindoctor.com/pain-diary-apps/
General Pain Websites	www.saskatoonhealthregion.ca/painmanagement ; www.saskpain.ca ; www.painbc.ca	Additional links at each website
Multidisciplinary Pain Clinics		
Saskatoon	Interdisciplinary Pediatric Complex Pain Clinic Royal University Hospital	Phone: (306) 844-1076; www.saskatoonhealthregion.ca
Regina	Chronic Pain Clinic	Email: Opioid.stewardship@saskhealthauthority.ca
Pharmacological Supports		
Saskatoon	Medication Assessment Centre	https://pharmacy-nutrition.usask.ca/mac/ ; Phone: 306-966-6392 Fax: 306-966-6656 Email: e.landry@usask.ca
Provincial	MedSask	https://medsask.usask.ca/
Provincial	RxFiles	www.rxfiles.ca ; Phone: 306-655-8505 Fax: (306) 655-7980; www.rxfiles.ca/rxfiles/uploads/documents/PainLinks.pdf
National	Health Canada Opioid Information Website	www.canada.ca/en/health-canada/services/substance-use/problematic-prescription-drug-use/opioids.html
National	Cannabis Information Websites	www.doctorsofbc.ca/resource-centre/cannabis-resources-physicians
National	CADTH Evidence Bundles on Pain and Opioids	www.cadth.ca
National	CFPC: Cannabis Resources for Family	www.cfpc.ca/cannabis-resources/

	Physicians	
National	Alberta Doctors Toward Optimal Practice (TOP) Cannabis	www.topalbertadoctors.org/download/2238/Medical%20Cannabinoid%20CPG.pdf?_20180320184543
Professional Training		
Online - Opioids	U of T Safer Opioid Prescribing Webinars	www.cpd.utoronto.ca/opioidprescribing/
Online - SUD	British Columbia Centre on Substance Use	www.bccsu.ca/about-the-addiction-care-and-treatment-online-certificate/
Ontario	Western University Interprofessional Pain Management course	www.uwo.ca/fhs/programs/ahcp/pain.html
Online MH&A	Centre for Addiction and Mental Health online courses	www.camh.ca
Online - Quebec	McGill University Graduate Certificate in Chronic Pain Management (online learning)	www.mcgill.ca/spot/programs/online-graduate-certificates/chronic-pain-management
Online - Alberta	University of Alberta Certificate in Pain Management	www.ualberta.ca/rehabilitation/professional-development/certificate-programs/certificate-in-pain-management
Online - BC	PainBC Pain Foundations	www.painbc.ca/health-professionals/education/pain-foundations
Special Interest Groups in Pain		
SRNA	Professional Practice Group (PPG) in pain management	www.saskpain.ca
CFPC	Member interest group in chronic pain	Email: cncppc@cfpc.ca
Canadian Physiotherapy Association	Clinical Specialty Program	https://physiotherapy.ca/clinical-specialist-program
Canadian Physiotherapy Association	Pain Science Division membership	https://physiotherapy.ca/divisions/pain-science
Canadian Association of Occupational Therapists	Practice network in chronic pain & OT	Email: Kat Kikeakos at vancouverot@gmail.com
Canadian Pain Society	5 topical SIGs	www.canadianpainsociety.ca
International Association for the Study of Pain	24 topical SIGs	www.iasp-pain.org/Membership/Content.aspx?ItemNumber=1004