



## **NURSING CENTRE RESOURCES FOR PEOPLE LIVING WITH CHRONIC PAIN 2020**

### **CHRONIC PAIN SUPPORT GROUP – PEOPLE IN PAIN NETWORK**

This support group aims to help people living with chronic pain improve their lives through education, encouragement and fellowship. This meeting is co-facilitated by Heather Devine - People in Pain Network and Gayle Timmons RN. **Third (3<sup>rd</sup>) Tuesday of every month from 1:30-3:30 pm**

**Drop In, No registration required**

### **GOOD VIBRATIONS - RELAXATION THERAPY**

Facilitated by a Registered Clinical Therapist this open class meets weekly for 60 minutes to learn and practice relaxation skills. **Thursdays from 1:15-2:15pm**

**Drop In, No registration required**

### **CHRONIC PAIN EDUCATIONAL SERIES**

A 5 week consecutive program (2hrs at each session) designed to assist people in exploring self-management strategies to enhance the quality of their lives. Chronic Pain Management Team members lead session(s), dedicated to their respective area. This program is run three times per year. **Mondays from 2-4pm**

Jan 20 – Feb 24	Registration opens January 3, 2020
Apr 27 – Jun 1	Registration opens April 10, 2020
Sept 14 – Oct 19	Registration opens August 28, 2020

**To register call: 250-331-8502**

### **SUPER 6 EXERCISE PROGRAM**

This is a 6 week consecutive program where we focus on increasing strength, endurance and general fitness level. The Super 6 Exercise Program is run by a kinesiologist to re-introduce clients living with chronic pain to movement and exercise. **Tuesdays from 1:30-3:30pm**

Jan 28 – Mar 10	Registration opens January 10, 2020
Apr 28 – Jun 9	Registration opens April 9, 2020
Sept 22 – Nov 3	Registration opens Sept 4, 2020

**To register call: 250-331-8502**

## **1:1 APPOINTMENTS WITH A PRIMARY CARE RN**

If you are interested in a comprehensive health/chronic pain assessment you can access this service by:

- Coming to our DROP IN on a Monday, Wednesday or Friday between 1-4pm to self-refer
- Having your family physician or other health care provider refer you to the Chronic Pain Program
- This comprehensive assessment will take an average of 3 to 4 one hour appointments. We encourage clients to take personal responsibility for their health through shared discussion, goal setting and problem solving. We support their decisions about their health and lifestyle by providing information and helping people find other resources in the community.

**In order to access the CHRONIC PAIN MANAGEMENT TEAM the client will have completed a health/chronic pain assessment with a Primary Care RN.**

## **MULTIDISCIPLINARY CHRONIC PAIN MANGEMENT TEAM**

- Nursing
- Physiotherapy
- Kinesiology
- Pharmacy
- Dietician
- Mental Health
- GP Pain Consultants

Working in partnership with your family MD, the goals of this team have been to provide a multidisciplinary framework to assess, treat and to educate people experiencing chronic pain, and their families. As well as to increase our own knowledge and other health care professionals in this community. We have used existing community resources to provide a coordinated, multidisciplinary, and client centered approach.