

Community Chronic Pain Program

Burnaby ♦ Maple Ridge ♦ New Westminster ♦ Pitt Meadows ♦ Tri-Cities

What is 'chronic pain'?

- It is pain lasting for at least 3 months on a near daily basis.
- It does not go away even if you have been treated for the medical condition or the pain.
- It can be from things like injury, surgery, or another medical condition such as arthritis, fibromyalgia, or an infection.

How can the Community Chronic Pain Program help?

Our program focuses on your needs and helping you take control of your pain as a way to improve your health and quality of life.

We offer the program once a week for 8 weeks.

During the program:

- You work with us in both one-to-one and group sessions.
- You learn self-management skills and tools to decrease pain and improve your quality of life.
- You learn about the complex nature of chronic pain and how it effects both our physical and emotional wellbeing.
- You can get physiotherapy and occupational therapy in group sessions as well as individual appointments if needed.
- Depending on your needs, we might refer you to further services and healthcare providers.

Topics covered:

- Self-Care
- Stress Management and Relaxation
- Mood
- Sleep
- Activity and Exercise
- Nutrition and Pain
- Pacing and Energy Management
- How To Access Community Resources

You are the leader of your care. We work with you to identify what support and services might help your chronic pain.

The main people you work with include a registered nurse, physiotherapist, and occupational therapist.

Both during and after the program, we can help you access other services and healthcare providers (depending on the care you need), such as a pain doctor, pharmacist, mental health and substance use services, counselling, or social work support.

Who can take part in this program?

The program is most helpful when people are:

- 18 years or older
- have chronic pain
- interested in self-management skills
- can take part in group learning
- can attend an 8-week program
- open to talking with healthcare providers and others about their pain

Where is the program offered?

We offer this program in Port Moody.

This location allows us to serve people living in these communities:

- Burnaby
- New Westminster
- Maple Ridge
- Pitt Meadows
- Tri-Cities

How can I take part?

Talk with your doctor or nurse practitioner. They can help you decide if the program meets your needs. They can then send us a referral to the program.

Once we get the referral, a nurse calls you to discuss in more detail of the program and the upcoming start dates.

More information on chronic pain

 Fraser Health > Health Topics
> Chronic Pain
fraserhealth.ca/health-topics-a-to-z/chronic-pain
or bit.ly/2Rzc9iW

 HealthlinkBC www.healthlinkbc.ca
- search Chronic Pain or bit.ly/2FxANu7

 Pain BC www.painbc.ca

 Live Plan Be www.liveplanbe.ca

 Fraser Health > Health Topics
> Mental Health
fraserhealth.ca/health-topics-a-to-z/mental-health-and-substance-use
or bit.ly/2OMoXBB