



# **Pain BC Toolbox**

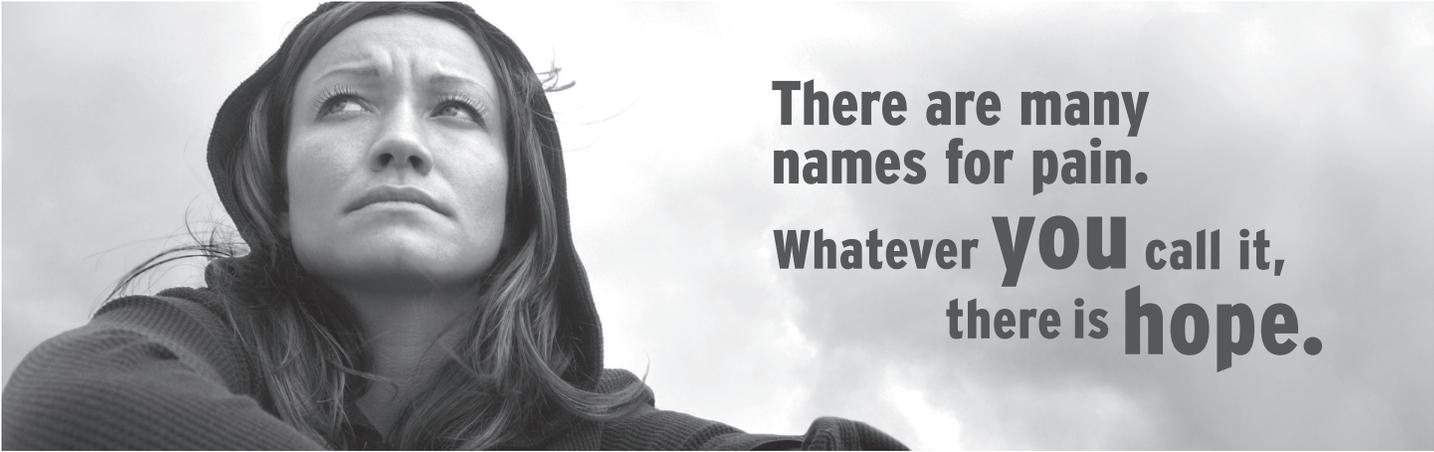
**Treatment Options for Pain:  
Beyond Medications, Surgery, and Injections**

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**Changing pain.  
Changing minds.**

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**There are many  
names for pain.**

**Whatever YOU call it,  
there is hope.**

## Introduction

### Authors

The Pain BC Toolbox was originally created by leading pain experts Dr. Pam Squire, Dr. Owen Williamson, Dr. Brenda Lau, Diane Gromala, Ph.D., and Neil Pearson in October 2011. Since then, it has been revised and updated by Pain BC.

### About Pain BC



Pain BC is a non-profit society made up of health care practitioners, people living with pain, and others with a shared passion to improve the lives of people in pain in British Columbia. We enable people to live better with chronic pain, help health care providers to better assess and treat their patients, and act as a resource hub for health care decision makers.

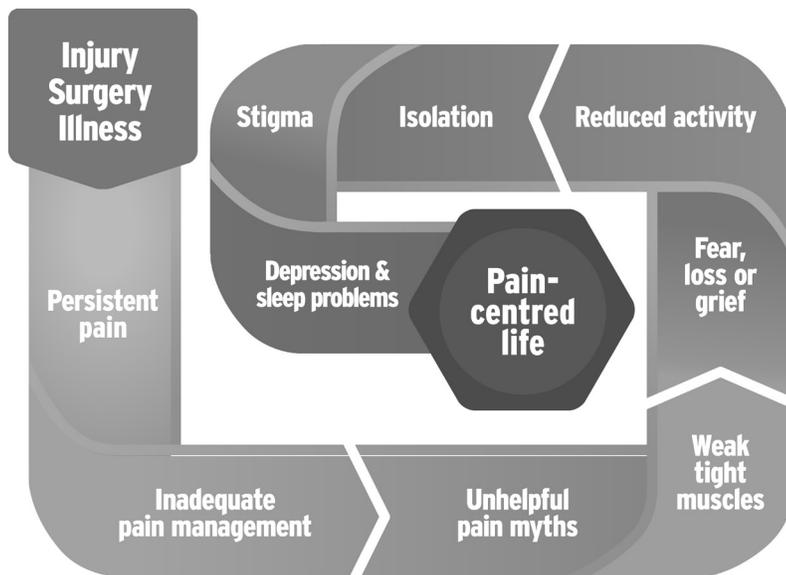
Our efforts are focused on:

- Reducing pain and lessening the impact of pain on all aspects of people's lives and their families' lives
- Providing pain self-management tools and resources
- Promoting skills development and building confidence and hope
- Fostering an inclusive community of allies and advocates for health care reform
- Raising public awareness and ending the stigma around chronic pain.

Pain BC recognizes that nothing affects our wellbeing more than pain; whether living with a chronic condition (like arthritis, heart disease, or cancer), suffering with an illness like fibromyalgia or Complex Regional Pain Syndrome, or recovering from injury or surgery, persistent pain is the common element with the single greatest impact on quality of life.

## How to Use the Pain BC Toolbox

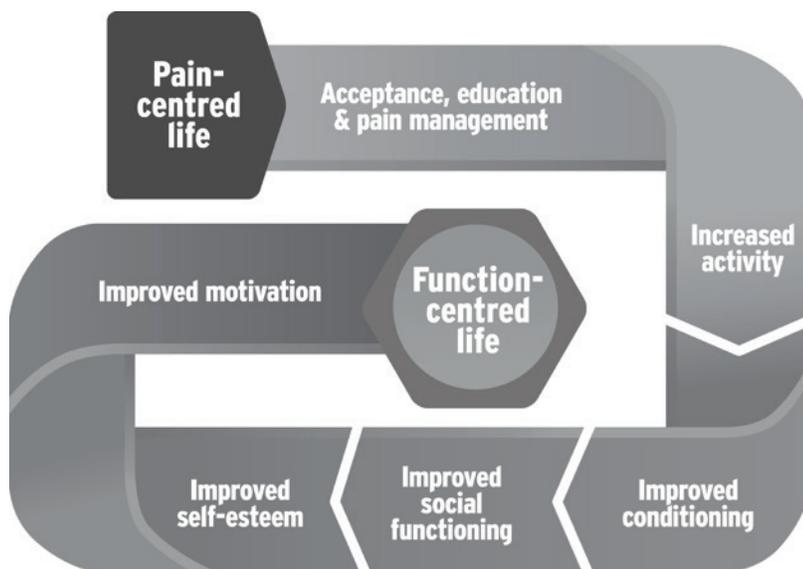
*Feeling overwhelmed? You're not alone.*



Chronic pain is overwhelming. Many people living with chronic pain feel like giving up at some point. The Pain BC Toolbox offers pain management resources to help you cope.

Pain self-management is important for a number of reasons. It gives you back the control in managing your pain. You'll feel better knowing that there are things you can try on your own. Pain is different for each person—trying out a number of tactics is the key to finding out what combination of pain management methods works best for you.

People who live well with chronic pain tell us that they do best when they are equal partners in managing their pain. Most said that in the early days, they relied heavily on medications, surgery, and specific procedures like needles because they were anxious to find a cure for the pain that had started to control and destroy their life.



Medication and interventions can help some people, but they are usually not the only answer. The Pain BC Toolbox offers helpful ideas that have been proven to work, reducing pain, and improving quality of life.

We hope that you, in consultation with your health care team, can use the resources provided in the Pain BC Toolbox and take steps to achieve your goals.

# Get Started

## Your Pain is Real

Chronic pain is overwhelming, period. We recommend that you try things one small bit at a time. Trying to address everything all at once can feel overwhelming and can add to the stress of living with pain. By taking time to experiment with different approaches, you can figure out what works best for you.

A great place to start is by watching this five-minute YouTube video produced in Australia: [https://www.youtube.com/watch?v=C\\_3phB93rvi&feature=youtu.be](https://www.youtube.com/watch?v=C_3phB93rvi&feature=youtu.be) . It provides an easy-to-understand overview of what happens when pain persists.

## You Feel Misunderstood

Communities, homes, and workplaces can and do influence people's health decisions and experience. Your experience is happening in a society that doesn't recognize chronic pain or know what to do about it. You may feel that no one understands. Family, friends, and even your doctors, may express doubt that your pain is as bad as you say or that it exists at all. You may respond with anger, worry, annoyance, and sadness. When stressed out, even questions like, "Why don't you try this?" or "Maybe if you exercised more you'd feel better?" can feel like an attack.

Short-term pain, like stubbing your toe, doesn't last—ice it, raise it, and soon the pain is gone. Chronic pain on the other hand is complex, often invisible, and may have no end in sight. The science of pain is evolving and there is a lot that we don't understand. We do know that once the body has healed, nerves may still be excited and engaged. There is often no magic cure for this pain. Getting your pain under control might require several things including physical therapy, counselling, and maybe medications.

Until recently, there has not been enough pain research and funding in Canada. Many doctors, nurses, and others working in health care don't receive the training they need to assess and treat chronic pain well. This is starting to change.

## You're Not Alone

People who report feeling the best tend to have health care providers who empathically and gently push them towards wellbeing (this includes your doctor, physiotherapist, occupational or exercise therapist, psychologists, etc.). We all do better when we have a support system in place.

Remember, pain management varies from person to person; one size doesn't fit all. So... pick one area to start with and try something. Didn't help? Not at all?

Don't give up!

It may take some patience, but if you feel like giving up, just remember you're not alone! Someone is going through the same struggle and feeling as frustrated as you are. Reach out and talk to others living with pain, either through **Pain BC's Facebook community** (<https://www.facebook.com/painbc>), **Pain BC's Live Plan Be secure community forum** (<https://www.liveplanbe.ca>), or through a peer support group.

# Help! I Can't Cope

## Pain BC's Connect for Health Program

<https://www.painbc.ca/chronic-pain/connect-for-health>

It's important to have the support you need to live better with pain.

Living with chronic pain is challenging and living with the impacts of pain can be even harder. **Pain BC's Connect for Health program** advocates for people in pain and their families, connecting you with services and support that go beyond your doctor's office.

## How We Help

In collaboration with health care and social service providers, we advocate for you, provide information, and follow up to ensure you're getting the support you need in your local community. We connect you to resources such as:

- Housing
- Employment/income security
- Food security
- Parenting support, child care, and respite services
- Education
- Recreation services
- Social services
- Health services

## How to Connect

We invite you to talk confidentially with our trained volunteers on the phone or online. Call us **24 hours a day** at one of the numbers below (leave a message at any time, night or day):

Tel: **604-730-0818**

Toll-free: **1-844-430-0818**

Email: [cforhintake@painbc.ca](mailto:cforhintake@painbc.ca)

Web: <https://www.painbc.ca/chronic-pain/basics-for-health/referral> Complete a self-referral form if you're living with chronic pain or know someone who is.

Volunteers are available to assist you Monday to Friday (excluding statutory holidays). We aim to get back to you within 3 business days.

**Pain BC's Connect for Health is not a crisis line. If you need immediate medical assistance, call 9-1-1. If you're in distress, or feel you may cause harm to yourself or others, these crisis lines can provide immediate assistance:**

<http://www.painbc.ca/chronic-pain/crisis-lines>

# Your Role in Managing Your Pain

Research shows that getting involved in managing your pain can have a big impact on your quality of life. Self-management refers to the skills and behaviours that can help you live well with your chronic condition. Self-management doesn't replace physical therapies, medication, and psychological support, but it's a big part of feeling better.

## Self-Management Programs

In-Person Free Local Pain Self-Management Workshops

[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

Call toll free: 1-866-902-3767

Self-Management British Columbia offers a range of free workshops in communities across the province. Participants meet as a group (10 to 16 people) once a week for 2½ hours for six consecutive weeks. Workshop leaders are volunteers who live with chronic pain themselves and deliver a course that has been taken by thousands of people with chronic pain all across Canada. These workshops are a great way to learn more about chronic pain and how to manage it. Most people who have attended these were surprised by how helpful they were. Find out when and where there are Chronic Pain **self-management workshops** (<http://www.selfmanagementbc.ca/upcomingworkshops>) in your area and register through the **Self-Management BC website** (<http://www.selfmanagementbc.ca/CommunityPrograms>). You can also become a **program leader** and volunteer to lead a workshop!

## BC Arthritis Society Chronic Pain Management Workshop

[www.arthritis.ca/cpmw](http://www.arthritis.ca/cpmw)

Call toll free: 1-800-321-1433

The **Chronic Pain Management Workshop (CPMW)** (<http://www.arthritis.ca/cpmw>) is a single, two-hour course that focuses specifically on pain management; the course is not limited to people living with arthritis but is open to anyone living with chronic pain from any condition. Participants have the chance to learn new information and skills, discuss ideas, and share experiences with others that have chronic pain. It also aims to teach family members, partners and friends how to support people with chronic pain. The CPMW is available in many communities across the country and is usually held in wheelchair-accessible settings.

## Online Resources

### Pain BC's Live Plan Be

[www.liveplanbe.ca](http://www.liveplanbe.ca)

Live Plan Be is a free online self-management tool developed by Pain BC to support those living with pain, no matter where they are on their pain journey. The tool has four main components: pain education, self-assessment tools, Brief Action Planning, and a secure community forum.

## Pain BC's Pain Waves Radio

<http://www.blogtalkradio.com/painwavesradiobypainbc>

Pain Waves Radio is an Internet radio show created by Pain BC, where listeners can hear from leading chronic pain experts, as well as people in pain, as they discuss the latest pain management research, tools, and trends. Listen to current and past episodes online anytime.

## The Pain Toolkit

[www.paintoolkit.org](http://www.paintoolkit.org)

This is a great resource for anyone who wants to start from step one, including an app for Apple or Android. It's the ultimate beginner's guide to dealing with pain on a day-to-day basis. Discover 12 friendly and comforting tools that you can start using immediately.

## PainSupport

[www.painsupport.co.uk](http://www.painsupport.co.uk)

The PainSupport website is packed with pain relief techniques and advice. There's a friendly and helpful Discussion Forum and a Contact Club for making new friends. There's also a shop with useful books, CDs, and downloads, a regular email newsletter, and much more.

## Canadian Pain Coalition

[www.canadianpaincoalition.ca](http://www.canadianpaincoalition.ca)

The Canadian Pain Coalition is a partnership of pain consumer groups, health professionals who care for people in pain, and scientists studying better ways of treating pain. Listen to their archived **podcasts** (<http://www.canadianpaincoalition.ca/index.php/en/help-centre/podcasts>) that explain pain and provide guidance about pain self-management techniques. The **Conquering Pain for Canadians booklet** (<http://www.canadianpaincoalition.ca/index.php/en/help-centre/conquering-pain>) answers a series of frequently asked pain-management related questions such as, "How should I talk to healthcare professionals about my pain?" The "Conquering Your Pain: Where to Start" video outlines a number of simple things you can try to alleviate pain in everyday physical routines. Both the booklet and video can be found on the CPC homepage.

## Pain Concern

<http://painconcern.org.uk/>

Pain Concern is a UK-based charity working to support and inform people with pain and those who care for them, whether family, friends, or healthcare professionals. Pain Concern produces information on pain using a variety of different media platforms, and the website is full of valuable resources like videos, books, and personal accounts of people living with pain.

## Alberta Health Services: Chronic Pain Management Lecture Series

<http://www.albertahealthservices.ca/services/Page2790.aspx>

This series of **10 lectures** (<http://www.albertahealthservices.ca/services/Page2790.aspx>) offers information about the nature of pain and the ways that your body's systems are affected by pain. Learn more about everything from nutrition and exercise to attention and memory.

## Canadian Institute for the Relief of Pain and Disability (CIRPD)

<http://www.cirpd.org/Webinars>

The CIRPD is a registered charitable organization dedicated to the prevention and reduction of pain, pain-related suffering, and disability. The CIRPD (partnering with Pain BC) provides free **webinars** (<http://www.cirpd.org/Webinars>) containing **credible information** (<http://www.cirpd.org/resources/Webinars/Pages/Default.aspx#credible>) for people living with pain as well as their family to encourage living well with chronic pain. The focus is on the most recent research on effective self-management techniques and ways you can improve your life despite pain.

## Overcome Pain Self Management

<https://vimeo.com/ondemand/paincareeducation>

Pain science education is an effective and evidence-based intervention for people in pain. Many clinicians tell us that when people understand pain better, it improves clinician-to-patient communications and decreases clinical stress in complex pain situations. “Overcome Pain Self Management” is an education facilitation package that was created to assist health professionals in providing effective pain science education to their patients, especially in group settings. View the free introductory **video** (<https://vimeo.com/ondemand/paincareeducation>).

## First Nations Health Authority (FNHA)

<http://www.fnha.ca/>

The First Nations Health Authority is a Health & Wellness partner to each and every First Nations person living in BC. The FNHA website has a large range of resources, including information on programs, benefits, and services available for First Nations. It's also packed with tips for healthy living, and includes informational on traditional healing practices. Find out more on their website.

## Recommended Apps

Check out these helpful apps to better manage your persistent pain using web-based technology that can be accessed from a smartphone or tablet.

### Relaxation Apps

<b>Smiling Mind</b>	Smiling Mind is meditation made easy. A simple tool that helps put a smile on your mind anytime, anywhere, and every day.	FREE. Available for Apple or Android.
<b>Relax Now</b>	Introducing the revolutionary new “Pocket Hypnotherapy” range from TapMedia. Each track in this app is a combination of spoken word and soothing, uplifting “binaural” music by certified hypnotherapist David Ridgeway D.Hypn., M.N.C.H.	FREE. Available for Apple or Android.
<b>BellyBio</b>	BellyBio generates beautiful music & light perfectly synchronized to your deep abdominal breathing movements, making deep breathing more pleasant and rewarding than ever.	FREE. Available for Apple only.

## Relaxation Apps continued

<p><b>MyCalmBeat</b></p>	<p>MyCalmBeat is a Brain Exercise by MyBrainSolutions.com that helps improve your ability to manage stress through slow breathing. Slow breathing allows you to increase the variability of your heart rate to decrease stress, improve focus, and build resilience.</p>	<p>FREE. Available for Apple or Android.</p>
<p><b>E-catch the Feeling</b></p>	<p>Reinforce your positive feelings on the go using e-Catch the Feeling, a Brain Training Exercise by www.mybrainsolutions.com.</p>	<p>FREE. Available for Apple only.</p>
<p><b>Simply Being</b></p>	<p>Recommended by the NY Times, Self Magazine, Yoga Journal, Huffington Post, and more. Meditate easily with this elegantly simple app. Enjoy the deep relaxation, stress relief, and benefits of meditation without prior experience.</p>	<p>\$2.79. Available for Apple or Android.</p>
<p><b>iZen Garden for iPad</b></p>	<p>Chosen as one of the top 500 apps in the world by The Sunday Times of London and an App Store Essential by Apple, iZen Garden™ gives you all the peace and tranquility of a beautiful Zen Garden right on your iPad, without the sandy mess!</p>	<p>\$4.99. Available for iPad only.</p>
<p>Insight Timer</p>	<p>Home to more than 950,000 meditators, Insight Timer is rated as the top free meditation app on the Android and iOS stores.</p>	<p>FREE. Available for Apple or Android.</p>
<p><b>Breathe2Relax</b></p>	<p>Breathe2Relax is a portable stress management tool that provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management.</p>	<p>FREE. Available for Apple or Android.</p>
<p><b>Universal Breathing Pranayama</b></p>	<p>Download the most popular breathing app in the world! Pranayama was engineered to teach your body how to breathe properly. Babies naturally breathe diaphragmatically; however, adults often take shallow breaths. By training your lungs to breathe at their full capacity, you could experience a whole ton of health benefits.</p>	<p>FREE. Available for Apple or Android.</p>

## Self-Care Apps

<p><b>Self Esteem Daily Affirmations</b></p>	<p>Truths everyone should know - building healthy self-esteem through creative daily affirmations.</p>	<p>\$1.39. Available for Apple only.</p>
<p><b>Pain Diary &amp; Forum - CatchMyPain</b></p>	<p>The award winning "Catch My Pain" app allows you to visualize and monitor your pain by creating detailed drawings and by tracking other relevant information. The diary will help you to explain your pain to any medical practitioner. In addition, you can exchange insights with similar patients.</p>	<p>FREE (In-app products \$1.19 - \$4.24 per item)  Available for Android only.</p>
<p><b>My Pain Diary</b></p>	<p>Track your chronic pain, symptoms, triggers, and more to create detailed reports your doctor will love!</p>	<p>\$6.99. Available for Apple or Android.</p>

## Exercise Apps

<p><b>Super Stretch Yoga for Kids</b></p>	<p>Top 100 Health &amp; Wellness app on iTunes! Super Stretch is a fun, interactive yoga app created for kids, used by the whole family! Move, play and breathe as Super Stretch introduces you to his friends and their yoga poses.</p>	<p>FREE. Available for Apple or Android.</p>
<p><b>Recognise Hands (for CRPS)</b></p>	<p>Recognise™ is the first way to accurately measure the ability to recognise left and right body parts and movements, and to train left/right discrimination as part of a comprehensive rehabilitation programme. You can learn more about how left/right discrimination forms part of the graded motor imagery rehabilitation process at <a href="http://www.gradedmotorimagery.com">www.gradedmotorimagery.com</a> and more about the apps on the NOI group website: <a href="http://www.noigroup.com/en/Product/BTRAPP">http://www.noigroup.com/en/Product/BTRAPP</a></p>	<p>\$9.99. Available for Apple or Android.</p>

## Medication Management Apps

<b>MedicineList+</b>	<p>MedicineList+ provides individuals, carers, families, doctors and nurses, with a comprehensive and easy to use medication reminder system that links with your local pharmacy. It takes the stress out of managing your medicines and helps you stay on top of your own health as well as those in your care.</p>	<p>FREE. Available for Apple or Android.</p>
<b>Pillboxie</b>	<p>Pillboxie is the easy way to remember your meds. Other med reminder apps are either too complicated or just downright boring. Pillboxie is easy because it lets you visually manage your meds. Scheduling a reminder is as easy as dropping a pill into a pillbox.</p>	<p>\$2.79. Available for Apple or Android.</p>
<b>Pillbox</b>	<p>Pillbox is an easy way to manage medication lists. Created by Community Health Network, Pillbox allows you to keep track of you and your family's medication list on your iPhone or iPod touch.</p>	<p>FREE. Available for Apple only.</p>

## Support Groups

Living with pain can make you feel isolated and alone. You might feel that no one understands. Seeking and receiving the support you need is critical to improving your quality of life.

Through peer support groups and processes, people in pain can:

- Help each other find and navigate health care and community resources
- Share personal stories of managing chronic pain
- Listen to one another and provide a supportive presence
- Decrease isolation and gain social support

## Facebook – Pain BC’s Virtual Peer Support Community

<https://www.facebook.com/PainBc>

Pain BC hosts a vibrant, online peer support community. Using Facebook, we connect people in pain to resources; encourage dialogue on important issues; post questions people in pain are wondering about; and share research as well as new information about managing pain.

## Live Plan Be’s Secure, Anonymous Forum

<https://forum.liveplanbe.ca/home>

Live Plan Be (Pain BC’s free online self-management tool) includes a safe, supportive community forum designed to allow people in pain to ask questions, share their stories, offer support to peers, and share tips and resources. Information and posts are kept private, with usernames allowing for anonymity.

## Family Caregiver Network Society

<http://www.familycaregiversbc.ca/>

Toll free: 1-877-520-FCNS (3267)

FCNS provides one-to-one support to family caregivers. They can help in navigating the healthcare system, provide information and referrals to community resources, and direct to family caregiver support groups. Support is available Monday through Friday between 8:30 a.m. and 4:30 p.m.

## People in Pain Network (PIPIN) Pain Self-Management Support Groups

<http://www.pipain.com/pain-self-management-groups.html>

PIPIN is a non-profit organization founded in 2011 by Heather Divine. Heather is a person living with persistent pain who has been working to help others in the same situation since 1990. PIPIN self-management groups provide a safe place to find support and education. Find a self-management support group in your area or, if you're interested in becoming a group leader in your community, complete the form on the **PIPIN website** (<http://www.pipain.com/application-for-new-peer-group-leaders.html>).

## ME/CFS & FM Support Group

<https://mefmgroup.wordpress.com/>

The Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) and Fibromyalgia (FM) Support Group meets in Vancouver and via Skype. Learn more on **their website**.

## Pain Clinics

There are many resources in your local community. Pain BC has trained many “Pain Champions” who are physical therapists, massage therapists, pharmacists, and other health care professionals. Find these Pain Champions, as well as pain clinics and services in your area: <http://www.painbc.ca/chronic-pain/clinics-and-services>

## Chronic Pain Clinic - Jim Pattison Outpatient Care and Surgery Centre

[http://www.fraserhealth.ca/find-us/services/our-services?program\\_id=13615](http://www.fraserhealth.ca/find-us/services/our-services?program_id=13615)

With a focus on self-management, this clinic offers education in group settings focused on improving quality of life and decreasing pain through exercise, lifestyle changes, mood management, relaxation techniques, and mindfulness strategies. Pain specialist physicians provide individualized care and medical procedures (if indicated). The clinic's physicians and pharmacists also offer medication recommendations for you and your family doctor.

## St. Paul's Hospital Complex Pain Centre

<http://mh.providencehealthcare.org/programs/complex-pain-program>

**The Complex Pain Centre** is an interdisciplinary pain management program for patients requiring treatment of severe pain that has proven unresponsive to conventional approaches. To receive treatment, a patient must be referred by their family physician or a specialist who must complete a **Complex Pain Centre Referral** ([http://mh.providencehealthcare.org/sites/default/files/Complex%20Pain%20Centre%20Referral%20Form%202013\\_0.pdf](http://mh.providencehealthcare.org/sites/default/files/Complex%20Pain%20Centre%20Referral%20Form%202013_0.pdf)).

## Island Health (formerly Vancouver Island Health Authority)

[http://www.viha.ca/pain\\_program/](http://www.viha.ca/pain_program/)

**Island Health** offers two Clinical Centres in Victoria and Nanaimo and a Community Pain Service Support Centre in Comox Valley, and runs a pain program. The Pain Program offered is for people living in the Island Health region who are experiencing severe chronic pain that is resistant to treatment, and for the people who support them. To receive treatment at any of Island Health's clinical centres, please contact your family physician for a referral.

### Island Health Clinical Centres:

Victoria (Royal Jubilee Hospital)

Phone: **250.519.1836**

Fax: **250.519.1837**

Email: **RJHPainClinic@viha.ca** for general inquiries only.

Nanaimo (Nanaimo Regional General Hospital)

Phone: **250.739.5978**

Fax: **250.739.5989**

Email: **NRGHPainClinic@viha.ca** for general inquiries only.

Comox Valley Nursing Centre, Community Pain Service Support

Phone: **250.331.8502**

Fax: **250.331.8503**

### Victoria Pain Clinic

Victoria Pain Clinic is a **private clinic** that offers individual customized programs. They focus on non-medication solutions for pain.

The Victoria Pain Clinic

365 Hector Rd., RR#3

Victoria, BC CANADA V9E 2C3

Phone: **250-727-6250**

## Pain Management Books

### General

#### Understand Pain, Live Well Again

by Neil Pearson

<http://www.lifeisnow.ca/product/electronic-ebook/>

This book (available in e-book form) provides an explanation of how the pain systems work, why pain is persisting, and the basics of recovering movement and ability in the face of ongoing pain. For best results with the book, after reading each section, it's important to consider how this information relates to your specific pain problems. Discussing this with a health practitioner often improves understanding.

## **Managing Pain Before It Manages You**

by Margaret Caudill

<https://www.amazon.ca/Managing-Pain-Before-Manages-Third/dp/1593859821>

This is a wellspring of wisdom and practical approaches that can help transform your life as well as your pain. Dr. Caudill's enormous wealth of knowledge, extensive clinical experience, and compassionate understanding combine to make this an indispensable resource.

## **Pain Management for Older Adults: A Self-Help Guide**

by Thomas and Heather Hadjiistavropoulos

<https://www.amazon.ca/Pain-Management-Older-Adults-Self-Help/dp/0931092701>

Several self-help books are available to help people manage their pain and the associated stress, but few of them focus on the pain management needs of older adults. Developed specifically for this growing segment of our population, this book helps older adults better understand and proactively address chronic pain.

## **Fibromyalgia & Chronic Myofascial Pain: A Survival Manual**

by D. Starlanyl and M.E. Copeland

<https://www.amazon.ca/Fibromyalgia-Chronic-Myofascial-Pain-Survival/dp/1572242388>

This classic survival manual offers you the first comprehensive guide for managing the common but often misdiagnosed conditions of fibromyalgia and chronic myofascial pain. The management techniques found in this book include targeted bodywork for painful trigger points and strategies to help you cope with the chronic pain, sleep problems, and numbing effects of 'fibrofog' that occur as a result of the disease.

## **The Fibromyalgia and Chronic Fatigue and Life Planner Workbook: Healing Resources for Patients, Family and Friends**

by Dawn Hughes

<https://www.amazon.ca/Fibromyalgia-Chronic-Fatigue-Planner-Workbook/dp/1581126859>

A must-read resource for the millions of people affected by Fibromyalgia and Chronic Fatigue Syndromes. The Life Planner is a workbook that maps out a step-by-step guide for adapting and coping with the lifestyle changes fibromyalgia and chronic fatigue patients must face.

## **Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain**

by Kelly McGonigal

<https://www.amazon.ca/Yoga-Pain-Relief-Practices-Whole-Body/dp/1572246898>

It's no secret that yoga increases muscular flexibility and strength, but you may not know that yoga is a proven treatment for back pain, knee pain, carpal tunnel syndrome, and other chronic pain conditions. Yoga also helps to ease the stress, anxiety, and depression that can create and reinforce pain, making you feel more comfortable in both your mind and your body.

## **Break Through Pain: A Step-by-Step Mindfulness Meditation Program for Transforming Chronic and Acute Pain**

by Shinzen Young

<https://www.amazon.ca/Break-Through-Pain-Step-Step/dp/Boo1CB6AoA>

The newest treatment for pain is one of the oldest, most effective strategies for pain-free living: meditation. With Break Through Pain, meditation expert Shinzen Young teaches you how to retrain your relationship to pain through traditional meditation practices. Drawing from thirty years of results in the field, this respected teacher offers the essential techniques that have proven successful at pain management centers around the country. Break Through Pain adapts the core principles of mindfulness training to a practical process that can help ease even extreme chronic pain.

## **Books on Pain Pathophysiology or How Pain Persists**

Below is a list of books for anyone who needs to understand more about the mechanisms of chronic pain.

### **Painful Yarns: Metaphors and Stories to Help Understand the Biology of Pain**

by Dr. Lorimer Moseley

<https://www.amazon.ca/Painful-Yarns-Metaphors-Stories-Understand/dp/0979988004>

This is a compilation of hilarious stories and images intended to help explain the complexity of pain. These stories, while entertaining, are used as metaphors to explain key aspects of the biology of pain. Painful Yarns is a perfect pre-read for Explain Pain (see below).

### **Explain Pain Second Edition**

by David Butler and Lorimer Moseley

A humorous and maybe slightly irreverent explanation about chronic pain pathophysiology. Explain Pain Second Edition discusses how pain responses are produced by the brain, how responses to injury from the autonomic motor and immune systems in your body contribute to pain, and why pain can persist after tissues have had plenty of time to heal. Here's a **YouTube video** in which the authors discuss the book: <https://www.youtube.com/watch?v=qv7Y26miLDA>

### **The Brain that Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science**

by Norman Doidge

<https://www.amazon.ca/Brain-That-Changes-Itself-Frontiers/dp/0143113100>

Neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable, and proving that it is, in fact, possible to change your brain. Psychoanalyst, Norman Doidge, M.D., traveled extensively to meet both the brilliant scientists championing neuroplasticity, its healing powers, and the people whose lives they've transformed—including people living with chronic pain. Using these stories to probe mysteries of the body, emotion, love, sex, culture, and education, this book will permanently alter the way we look at our brains, human nature, and human potential.

## **Books on Living with Pain from a Personal Perspective**

### **The Pain Chronicles: Cures, Myths, Mysteries, Prayers, Diaries, Brain Scans, Healing, and the Science of Suffering**

by Melanie Thurnstrom

<https://www.amazon.ca/Pain-Chronicles-Mysteries-Prayers-Suffering/dp/0312573073>

In *The Pain Chronicles*, Melanie Thurnstrom traces conceptions of pain throughout the ages—from ancient Babylonian pain-banishing spells to modern brain imaging—to reveal the elusive, mysterious nature of pain itself. Interweaving first-person reflections on her own battle with chronic pain, incisive reportage from leading pain clinics and medical research, and insights from a wide range of disciplines, Thurnstrom shows that when dealing with pain we are neither as advanced as we imagine nor as helpless as we may fear.

### **Inside Chronic Pain: An Intimate and Critical Account**

by Lous Heshusius

<https://www.amazon.ca/Inside-Chronic-Pain-Intimate-Critical/dp/0801447968>

Chronic pain which affects 1 in 5 Canadians—more than diabetes, cancer, and heart disease combined—is a major public health issue that remains poorly understood both within the health care system and by those closest to the people it afflicts. This book examines the experience of pain in ways that could significantly improve how patients and practitioners deal with pain. It's the first volume of a new collection of titles within the acclaimed *Culture and Politics of Health Care Work* series called *How Patients Think*, intended to give voice to the concerns of patients about their own medical care and the formulation of health policy.

### **Pain: The Fifth Vital Sign**

by Marni Jackson

<https://www.amazon.com/Pain-Fifth-Vital-Marni-Jackson/dp/0747565589>

Jackson's *Pain: The Fifth Vital Sign* is a witty, personal, and groundbreaking inquiry into the nature, treatment, and definition of human pain, one of the most misunderstood and elusive subjects to challenge humankind. In the questing and narrative manner of Oliver Sacks, Jackson takes us back into the history of pain and forward into the possibilities of pain genetics. She brings us stories both of people in pain and the pain pioneers: eccentrics and artists, wrestlers and writers, psychologists and philosophers, nurses and doctors. Above all, this book makes an elusive subject vivid and readable.

### **My Imaginary Illness: A Journey Into Uncertainty and Prejudice in Medical Diagnosis**

by Chloe G.K Atkins

*My Imaginary Illness* is the compelling story of Atkins's decades-long battle with a disease deemed imaginary, her frustration with a succession of doctors and diagnoses, her immersion in the world of psychotherapy, and her excruciating physical and emotional journey back to wellness. As both a political theorist and patient, Atkins provides a narrative critique of contemporary medicine and its problematic handling of uncertainty and of symptoms that are not easily diagnosed or known. She convincingly illustrates that medicine's belief in evidence-based practice does not mean that individual doctors are capable of objectivity, nor that the presence of biomedical ethics invokes ethical practices in hospitals and clinics.

# Healthy Living

Chronic pain affects every aspect of a person's life. The doctor's office may not have all the answers you're looking for; there are other resources for the specific issues you're facing related to your chronic pain.

## Mental Health

Chronic pain is overwhelming and exhausting—physically and emotionally. Speaking to a professional about the emotional impacts of chronic pain can be valuable even if you already have a strong support system in place. You may want to explore these resources if you're experiencing anxiety, depression, or just need someone else to talk to.

## Centre for Clinical Interventions

<http://www.cci.health.wa.gov.au/resources/consumers.cfm>

This is an Australia-based online resource centre with many useful workbooks that help people to change the way they think. Their information kits include a course on coping with panic attacks and another on how to overcome health anxiety.

## BC Psychological Association (BCPA)

[www.psychologists.bc.ca](http://www.psychologists.bc.ca)

Contact the BCPA to ask about a referral to a good psychologist. If you (or a family member) are working, you may have access to an employee assistance program, which is free. Many extended health care plans cover a referral to a psychologist if your physician writes you a referral. Call the BC Psychological Association (phone number: **604-730-0522**) or visit **the website** for a list of psychologists in your area.

## Psychologists Specializing in Chronic Pain

The following is a list of some Registered Psychologists who have had extensive experience with chronic pain. This is NOT a comprehensive list. Many extended health plans will cover referrals for a few sessions to help get you started:

- Dr. Elizabeth Bannerman **604-592-8348** (Surrey)
- Dr. Michael Boissevain **250-592-6869** (Victoria)
- Dr. Wesley Buch **604-592-8348** (Surrey and Abbotsford)
- Dr. Barry Cooke **250-537-7072** (Salt Spring Island)
- Dr. Ingrid Federoff **604-682-2344** (Vancouver)
- Dr. Brian Grady **250-592-4281** (on Vancouver Island / Gulf Islands)
- Dr. Lynda Grant **604-987-3574** (North Vancouver)
- Dr. Trevor Hale **778-223-2749** (West Vancouver)
- Dr. Julia Jacobson **778-288-5702** (Richmond)
- Dr. Judy Le Page **604-803-4761** (Richmond and Vancouver)
- Dr. Tony Le Page **604-803-4578** (Vancouver)

## Counsellors Specializing in Chronic Pain

<http://counsellingbc.com/counsellors/practice/chronic-pain-111>

Counselling BC's website has a directory that you can search (by postal code or name) for counsellors with an interest in pain management.

## Here to Help

[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

This site provides comprehensive information on mental health and addiction issues and focuses on providing information that is based on the best research possible. With a number of partner organizations included in this project, like Anxiety BC and Canadian Mental Health Association, this website has a wide array of useful resources. Resources are also available in multiple languages.

## Mind-Body Strategies for Pain Relief

Mental wellness is as important as physical health; together they increase our overall sense of wellbeing. This leads to an increase in our ability to function. But when you have chronic pain, it may be difficult to focus. Here are various techniques you can try to achieve a sense of rest, relaxation, and alertness.

### Meditation

Learning meditation is like learning to play an instrument. It takes coaching and practice. Books, DVDs, apps, and CDs are helpful, and face-to-face teaching is even better. Going to group meditation courses is a great way to get out. Many yoga studios, community centres, and libraries offer these kinds of courses. **Mindful Living** ([www.mindful-living.ca](http://www.mindful-living.ca)) in Vancouver offers stress reduction and counselling services to help people manage anxiety, depression, pain and illness.

### Yoga & Tai Chi

Gentle and restorative yoga practices have been shown to be effective for helping to decrease pain, improve function, and decrease the psychological and social impact of pain. Many centres have designed classes to accommodate people who have limitations. Tai Chi has also been demonstrated to be helpful. See the exercise section below for more information.

## Books and Guided CDs

### Meditations for the Mindfulness Solution to Pain

by Dr. Jackie Gardner-Nix

Your mood, thoughts, and emotions affect your perception of pain and your ability to heal. While treatments like medication and physical therapy can be enormously beneficial to the body, to maximize pain relief, it's necessary to take advantage of the mind's healing abilities. The meditations on these **CDs** (<http://www.shopneuronova.com/meditations-for-the-mindfulness-solution-to-pain/>) have been recorded by Dr. Jackie Gardner-Nix and can be used in conjunction with her best-selling book, **The Mindfulness Solution to Pain**. Together, the book and CDs introduce you to mindfulness practice, which helps you to harness your mind's power to quiet your pain and put you in control.

The above links can be found on the [neuronovacentre.com](http://neuronovacentre.com) website (<http://neuronovacentre.com>) under "Books and Audio."

## Dissolving Pain: Simple Brain-Training Exercises for Overcoming Chronic Pain

by Dr. Les Fehmi

Dissolving Pain is based on the premise that although pain is perceived to exist in a particular part of the body, pain in fact resides in the brain. Dr. Fehmi shows us that it is possible to learn to resolve pain at the brain level, using simple attention exercises. Drawing on scientific research, Dr. Fehmi explains how to quiet the pain signal in the brain, empowering readers to free themselves from many forms of pain and discomfort. Included with the book is a 65-minute audio CD in which Dr. Fehmi guides listeners through the fundamental Dissolving Pain exercises. This book can be purchased through [amazon.com](https://www.amazon.com).

## Mindfulness Meditation for Pain Relief: Guided Practices for Reclaiming Your Body and Your Life

by Jon Kabat-Zinn (Audio CD & Audiobook)

Mindfulness can transform pain. Over the past three decades, Jon Kabat-Zinn has clinically proven it. Now, with **Mindfulness Meditation for Pain Relief** (<https://www.amazon.ca/Mindfulness-Meditation-Pain-Relief-Reclaiming/dp/1591797403>), the man who brought mindfulness into mainstream medicine presents his original practices for using conscious awareness to free us from physical and emotional suffering. The audiobook and CD are available on [Amazon.ca](https://www.amazon.ca).

## Sleep

Dealing with chronic pain is exhausting enough without having to cope with sleep deprivation. Whether you have a sleep condition unrelated to your chronic pain or your chronic pain is interfering with your ability to sleep—there are things that can help!

For more information, visit [sleepfoundation.org](https://www.sleepfoundation.org)

## Pain Waves Radio Episode: How to Make Peace with Sleep—Even If You’re Dealing with Chronic Pain

<http://www.blogtalkradio.com/painwavesradiobypainbc/2015/06/03/you-can-make-peace-with-sleep-even-if-you-are-dealing-with-pain>

Dr. May Caprio and Linda Cundiff unlock some mysteries and myths around sleep. How can we get better sleep, even if we’re living with chronic pain? Find the episode [here](#).

## Sleep Diary

<https://sleepfoundation.org/sleep-diary/SleepDiaryv6.pdf>

Documenting your sleep can help your health care provider better determine how to help you. **The National Sleep Foundation** has a useful PDF template of a sleep diary that can be found here: <https://sleepfoundation.org/sleep-diary/SleepDiaryv6.pdf>

## Cognitive-Behavioural Therapy (CBT) for Insomnia

[www.cbtforinsomnia.com](http://www.cbtforinsomnia.com)

Cognitive behaviour therapy (CBT) is a type of psychotherapeutic treatment that helps people identify and change destructive or disturbing thought patterns that negatively influence their behaviour. **CBT For Insomnia**

(<http://www.cbtforinsomnia.com/>) is a 5-week, 5-session online program recommended by sleep experts at the University of British Columbia (UBC). It costs \$39.95, similar to the cost of two weeks of sleeping pills. It replicates the 5-session CBT-I program for sleep disorders developed and tested at Harvard Medical School. CBT has been shown to be one of the most effective and long-lasting treatments for people who don't sleep well. CBT-I (cognitive-behavioral therapy for insomnia) is the only scientifically proven non-drug insomnia treatment. CBT-I improves sleep in 70-80% of patients, is more effective than sleeping pills, reduces or eliminates sleeping pills in the vast majority of patients, and doubles the improvement rates of depression compared to antidepressant medication alone in depressed patients with insomnia.

## Sleep Clinics

To find a sleep clinic or sleep lab in your area to talk with doctors and health professionals that specialize in sleep disorders visit The Canadian Sleep Society website: <https://css-scs.ca/resources/clinic-map>. You can search the sleep clinic map using your postal code to find clinics/labs in your area. You may need a doctor's referral.

## Sleeping Pill Withdrawal

If you want to safely stop using sleeping pills that are benzodiazepines (like zopiclone/Imovane, clonazepam/Rivotril, diazepam/Valium, lorazepam/Ativan), in a way that doesn't put you at risk of complications, the Benzodiazepines: How They Work and How to Withdraw website ([www.benzo.org.uk/manual/index.htm](http://www.benzo.org.uk/manual/index.htm)) can help. The website includes a manual with all of the practical advice you and your physician need to help you stop these medications. It is written by Professor Heather Ashton, a world authority on the subject.

## Exercise

Gentle exercise is proven to help manage chronic pain. It brings both mental and physical benefits, helping distract you from the pain and increasing mobility. Exercise can improve sleep, alertness, mobility, and mood. That doesn't mean it's easy to get started! Perhaps exercise wasn't part of your routine before chronic pain. Or perhaps you exercised vigorously before, but now aren't able to do what you used to. Either way, it can be frightening to get moving and many people with chronic pain fear re-injury. It's important to start slowly and work with your health care professionals to find an exercise plan that's best for you. Pain BC's **Live Plan Be** (<https://www.liveplanbe.ca>) tool also includes useful information on exercise and pain.

## Basic Guidelines

Here are some simple guidelines to assist you with being more successful when you exercise and work towards increasing your activities.

1. Find your baseline.

This is the amount of activity or exercise that you know is safe for your body, and you know will not make you "pay for it later." Even if this is a very small amount of activity, this is where you need to start.

2. Push yourself in moderation.

Do this until there is a small increase in your pain. Then, to make it successful you need to do three things: work on keeping your breath calm, your body tension low, and at the same time monitor your pain. If you ignore your pain, you won't know if you are pushing too much, but if you pay too much attention to it—that may increase your pain. To help find that balance, try dividing your attention between the activity you are doing, keeping your breathing calm, keeping your body relaxed, and attending to your pain a little bit.

3. Choose an activity you want to do.

If you don't want to do any activity, pick something that will make your life easier, more fun, or help you reconnect with friends. Then do it a little bit.

4. Try for every day.

When it gets a little easier, do a little more. Take your time.

5. Be persistent and patient.

It takes practice to change your nervous systems and your body when you have persistent pain.

## Developing a Well-Rounded Workout—Arthritis Today

<http://www.arthritis.org/living-with-arthritis/>

The Arthritis Foundation website offer tips, tricks, and tools to achieve a well-rounded workout including sections on aerobic fitness, muscular fitness, and flexibility.

## Physical Activity Line

[www.physicalactivityline.com](http://www.physicalactivityline.com)

The Physical Activity Line (PAL) is British Columbia's primary physical activity counselling service and your free resource for practical and trusted physical activity and healthy living information. Their mission is to improve your health through evidence-based physical activity guidance tailored to your needs and lifestyle.

Qualified Exercise Professionals are available:

Monday to Friday

9:00 AM - 5:00 PM PST

Toll Free Number: **1-877-725-1149** | Lower Mainland: **604-241-2266**

You can also email the PAL staff around the clock with any of your questions or concerns at [info@physicalactivityline.com](mailto:info@physicalactivityline.com).

## Yoga for People in Pain Videos—5 part series

<https://vimeo.com/channels/467432>

Yoga that is gentle and restorative can be a useful technique for controlling pain levels and increasing movement and function in your body. There is current research that shows specific benefits of therapeutic yoga for certain groups of people in pain. These five webinars were conducted by Neil Pearson and can be found on the **CIRPD (Canadian Institute for the Relief of Pain and Disability) Vimeo channel**. Neil has become one of the leading voices in using yoga specifically with people living with pain. This video series provides an opportunity to learn how to use simple yoga exercises to live well with chronic pain.

## Restorative Yoga

Restorative yoga is available at many different yoga centres and is designed to accommodate people who cannot do the common poses. Call your local recreation centre or yoga studio to find courses offered near you. If you need to do this from home, you can order **DVDs (<http://www.lifeisnow.ca/pain-management-products/>)** that include follow-along programs. Neil Pearson has developed one that is designed specifically for people with chronic pain (see his website [www.lifeisnow.ca](http://www.lifeisnow.ca)).

## Pain Waves Radio Episode: How to Keep Moving Through Persistent Pain

<http://www.blogtalkradio.com/painwavesradiobypainbc/2012/10/17/how-to-keep-moving-through-persistent-pain-with-neil-pearson>

Neil Pearson PT, physiotherapist, yoga teacher, and internationally renowned pain expert discusses how to keep moving through chronic pain. This episode includes information on common barriers to increasing your activity and how to overcome them; practical exercises you can try at home; and tools like breathing, relaxation, body awareness, and quieting the mind

## Eating Well

Diet is an integral part of having a healthy immune system. Here are some resources to make it easier for you to maintain a healthy diet as well as ways to modify your diet to decrease general inflammation.

## BestLifeRewarded®

[www.bestliferewarded.com](http://www.bestliferewarded.com)

Best Life Rewarded is the first-ever wellness incentive program that actually rewards you for taking action to improve your health. Canadians can log on to BestLifeRewarded® to learn about health-related information and track healthy activities. It's free to join. Members earn health reward points as they take quizzes, eat healthy food, and track daily health results. Cookson James Loyalty, creators of BestLifeRewarded®, work with not-for-profit organizations such as the Canadian Obesity Network, Dietitians of Canada and the Canadian Cardiovascular Society, as well as consumer health goods and pharmaceutical companies in a coordinated effort to encourage a healthier Canada.

## Pain Waves Radio Episode: Is There a Link Between Pain And Nutrition?

<http://www.blogtalkradio.com/painwavesradiobypainbc/2015/01/30/the-connection-between-nutrition-and-pain--pain-waves-radio-by-pain-bc>

Dr. Caroline Coombs, ND is a licensed naturopathic physician and health educator. She runs private practices in Vancouver and Port Moody and is the resident Naturopathic physician for the LULORA collective, an online health and wellness company. Caroline's interest in pain and nutrition began as a child when she saw her father live better with chronic pain through nutrition. She is passionate about sharing evidence-based nutritional advice to those in chronic pain that will help them decrease inflammation, heal more efficiently and prevent all types of chronic illness. Find the episode **here**.

## Supplements

### Supplements that may relieve nerve pain

These supplements are the only ones that have some medical evidence to support the recommendation. Please talk to your health care providers (physician, pharmacist, naturopath, etc.) about dosage and any individual considerations.

1. **Alpha Lipoid Acid (ALA)** is an antioxidant that protects nerves and their blood supply. There are at least three good trials that show pain relief in patients with nerve damage from neuropathy. Side effects include nausea, vomiting, and diarrhea. In high doses (>600mg/day), it can lower blood sugars so diabetics may have to be careful. ALA is found naturally in liver, broccoli, and spinach.

2. **Acetyl-L carnitine (ALC)** has multiple mechanisms. There is some evidence that it may help you if you have diabetic neuropathy or nerve damage after chemotherapy. Other causes of nerve pain have not yet been researched, but it may be helpful. Side effects are mild but include stomach discomfort, restlessness, and headaches.
3. **Vitamin E** is another antioxidant. At least three trials have demonstrated that using it while receiving (not after) a nerve-damaging chemotherapy agent called paclitaxel can significantly reduce nerve pain.

## Additional supplements that may be beneficial

1. **Vitamin D** is technically a hormone but almost everyone in Canada has lower than recommended levels. It's important for building strong bones. This is especially important if you take opioids for pain as they can affect your hormones and lower your body's ability to effectively build bone.
2. **Calcium** is also important for maintaining good bone health. If you're on opioids, it's probably a really good idea to learn more about this supplement. Calcium is often combined with magnesium as the magnesium counteracts the constipating effect of the calcium.
3. **Omega-3 Fatty Acids** have been shown to reduce the amount of anti-inflammatories needed by patients with rheumatoid arthritis and was helpful when used by patients with neck and low back pain.
4. **Magnesium Citrate** is necessary to relax smooth muscles and plays an important function in blocking pain transmitting receptors called NMDA receptors. One study demonstrated that patients with Fibromyalgia who had low levels of magnesium were more likely to report fatigue.

## For Kids and Teens in Pain (and their families)

Chronic pain can have a major impact on the day-to-day lives of children and teens. It can disrupt schooling, sports, and connecting with friends. Parents often struggle with how best to support their child or teen to function, despite ongoing pain. Children and teens with chronic pain often feel alone and misunderstood.

To learn more about chronic or consistent pain, watch this video: **Understanding Pain** ([https://youtu.be/eJ8THITj\\_2Y](https://youtu.be/eJ8THITj_2Y))

## Pain Service

<http://www.bcchildrens.ca/our-services/clinics/pain-service>

BC Children's Hospital provides expert pain management for newborns, infants, children, and youth. Their mission is to "Stop Pain Hurting." Learn more on **their website**.

## Books

### Complex Regional Pain Syndrome (CRPS) Explained: For Teenagers, By Teenagers

by Dr. G. R. Lauder and Roslyn Massey

CRPS is a medical condition where long-lasting, unbearable pain is experienced, usually in a limb. The pain is often felt as burning, stabbing, or shooting. CRPS may occur after trauma, but in children and teenagers, it may occur with little or no injury. Dr. G. R. Lauder and Roslyn Massey, address the lack of information for teenagers with this condition. This book is organized and presented to provide clear information, describe difficult concepts, and outline the team approach and techniques that empower teenagers to take back control of their life.

## **Taming Worry Dragons**

by E. Jane Garland, MD, FRCP(C) and Sandra Clark

This psychoeducational manual has nine chapters and is designed to be read by kids and the adults who help them. Using the concept of anxiety as a “dragon,” children learn what worrying does to the mind and body. Readers are given a tour of the zoo with different kinds of “dragons” (habits, obsessions, panic, and generalized worries). This popular illustrated manual describes both basic and advanced tools for dragon “taming” and “trapping” and offers tips for parents and other coaches.

## **A Child in Pain: How to Help, What to Do**

by Leora Kuttner, Ph.D.

Unique in the field, this book provides specific language that will help children manage the full spectrum of the pain experience, both on a sensory and an emotional level. The volume spells out clearly what the professional, the parent, the child, and the team together, can do to ease the pain itself and uncover the resources to support management and recovery. There are important discussions on: responding to a child's pain, medications to relieve pain, visiting the doctor, preparation for the hospital, pain management at home, going to the dentist, and more. Indispensable for the range of caregivers - whether parent, nurse, psychotherapist, or other significant adult - the book imparts the necessary knowledge for a sensitive, effective response that can be applied across settings.

## **A Child in Pain: What Health Professionals Can Do to Help**

by Leora Kuttner, Ph.D.

This comprehensive book will help professionals gain understanding and skill in how to approach and treat children's pain, and how to help children make sense of and deal with their own pain. Pain is the most common reason for children to seek a medical consultation - and sometimes a common reason for avoiding it. These unaddressed fears and anxieties can complicate the pain management and recovery process.

## **Pain in Children and Adults with Developmental Disabilities**

by James Bodfish Ph.D., Shauna Bottos B.A., Lynn Breau Ph.D. and 5 others

For clinicians working with patients who have disabilities and may not be able to self-report, recognizing and correctly interpreting expressions of pain can be a challenge. The first to synthesize research about pain in children and adults with a range of developmental disabilities, this landmark book will help ensure that health care professionals are better prepared to assess and manage pain and deliver timely, appropriate health care. Expert researchers and clinicians cover a wide range of topics, including the basic science of pain, quality of life concerns, health care issues, and best practices in pain management for individuals across the life span.

## **Websites**

### **It Doesn't Have to Hurt: Proven Pain Control for Children**

<http://itdoesnthavetohurt.ca/>

“It Doesn't Have to Hurt” is an initiative led by the Centre for Pediatric Pain Research to get research evidence about children's pain directly into the hands of parents who can use it.

## Camp Pain Retreat

<http://www.painretreat.net/>

The **Camp Pain Retreat website** is for parents of children who experience recurring headaches and stomachaches. The site is also for the children themselves. While parents can learn information to better understand their children's pain, children can learn ways to better cope with (and maybe even prevent) headaches and stomachaches.

## About Kids Health — from the Hospital for Sick Children, Toronto

<http://www.aboutkidshealth.ca>

AboutKidsHealth is a leading non-profit information source for children's health whose mission is to improve the health and wellbeing of children in Canada and around the world by making pediatric health care information universally available in multiple languages, via the Internet.

## Kidshealth — from New Zealand

<http://www.kidshealth.org.nz/>

Kidshealth is a popular website that provides information on keeping kids healthy. Topics include:

- Pain: The facts about children's pain
- Pain: chronic or persistent
- Painful procedures and operations - how can parents help?
- Pain and childhood cancer

## Recommended Apps

Check out these helpful apps to better manage your child's persistent pain using web-based technology that can be accessed from a smartphone or tablet.

<b>Pain Squad Mobile App</b>	The Pain Squad™ App was developed by the iOUCH research team at The Hospital for Sick Children in Toronto to help kids with cancer track their pain. This innovative mobile app makes an overwhelming task easy and fun. Find out more: <a href="http://www.sickkids.ca/Research/I-OUCH/Pain-Squad-App/index.html">http://www.sickkids.ca/Research/I-OUCH/Pain-Squad-App/index.html</a>	FREE. Available for Apple only.
<b>Take a Chill</b>	As a teen, there are moments in your life when you're really stressed and just need to "Take a Chill." This app is full of tools to help manage that stress and bring mindful practices into a daily routine. Using quick mindful exercises and thoughtful activities, begin to overcome those moments - whether it's studying for a test or preventing negative thoughts and patterns.	\$2.79. Available for Apple only.

## Recommended Apps continued

<b>Pain Tricks</b>	A colourful collection of tricks to make medical procedures less scary and sore. For kids and grownups too! These simple tricks are for kids and their parents to do any time they are in pain or are having a medical procedure that they are afraid of, especially if it might be painful, such as an injection.	FREE. Available for Apple only.
<b>Rainbow Draw</b>	Draw, sketch, doodle, or paint anything and everything in rainbows!	FREE. Available for Apple or Android.
<b>I Think, I Am!</b>	Dive into this interactive book app for kids and discover the power of affirmations from Louise L. Hay! Explore pictures, learn new vocabulary, and personalize the story with your own narration. Now children can learn and understand the powerful idea that they have control over their thoughts and words, and in turn, what happens in their life. Get the hard copy book on Amazon: <a href="https://www.amazon.ca/Think-Am-Teaching-Power-Affirmations/dp/1401922082">https://www.amazon.ca/Think-Am-Teaching-Power-Affirmations/dp/1401922082</a>	\$3.99. Available for Apple or Android.

## For Parents

<http://www.cirpd.org/Webinars/Pages/Webinar.aspx?wbID=30>

The Canadian Institute for the Relief of Pain and Disability (CIRPD) website includes a useful **webinar** for parents. The webinar includes guidelines to assist parents in helping their child or teen return to living a healthy life. The guidelines stem from research and the experiences of families living with chronic pain. The webinar also includes information on the ways in which chronic pain can impact the day-to-day lives of children and teens.

## Disability Information

“Disability is any restriction or lack of ability to perform an activity in the manner or within the range considered normal for a human being”. - World Health Organization

Not everyone with chronic pain is disabled. However, if you're unable to perform your usual daily activities, you may be considered disabled. Thankfully, there are resources available to help you deal with declining health and function.

## The Social Planning and Research Council of BC (SPARC BC)

[www.sparc.bc.ca](http://www.sparc.bc.ca)

The Social Planning and Research Council of BC (SPARC BC) is a non-partisan, charitable organization that was established in 1966. SPARC BC focuses on social justice issues and works together with communities on:

- Accessibility
- Community Development
- Income Security
- Social Planning

Contact SPARC BC for a Disability Parking Permit: **604-718-7744**

## Advocacy Access Program at Disability Alliance BC

[www.disabilityalliancebc.org/programs/advocacy.htm](http://www.disabilityalliancebc.org/programs/advocacy.htm)

For over 20 years, the Advocacy Access Program at Disability Alliance BC (formerly BC Coalition of People with Disabilities) has been a place of support, information, and advocacy for people with all disabilities. The heart of the program is free one-to-one assistance with provincial and federal disability benefits. They provide an expert advocacy service. Advocates are highly experienced in helping people with disabilities apply for benefits or appeal the denial of benefits. They know which questions to ask, who to contact, and what supporting documents are most important.

You should also understand that people with disabilities don't automatically qualify for disability benefits and that it can take a week or more to go through the process and get all the necessary documents. First, you need to show you are financially eligible. Second, you must get the Person With Disabilities (PWD) application, which must be completed by your doctor and sent to the provincial government for approval. If the government approves your PWD application, you will then be recognized as a "person with disabilities" and be eligible to receive the disability assistance rate. Disability benefits are not back-dated. This means they are paid from the month the Ministry decides you are eligible. It can take the Ministry as long as three months to adjudicate your PWD application. Most new applicants will not qualify for the Persons with Persistent and Multiple Barriers to Employment (PPMB) benefit because you have to be on social assistance for 12 months before you can apply for it.

Call to make an appointment.

**Office Hours:** 8:30am – 4:30pm, Monday to Friday

**604-872-1278** Toll free: **1-800-663-1278**

## Neil Squire Society

[www.neilsquire.ca](http://www.neilsquire.ca)

**The Neil Squire Society** uses technology, knowledge, and passion to empower Canadians with disabilities. They host and sponsor a number of different **programs** (<http://www.neilsquire.ca/individual-programs-services/>) that include employment programs, computer tutoring, and online learning for people with disabilities.

# Influence the Health Care System

## Patient Voices Network

<https://bcpsqc.ca/about-the-council/patient-voices-network/>

The Patient Voices Network (PVN) is a community of BC patients, families, caregivers, and friends who are collaborating with health care partners to bring change and improvement to the health care system. Any BC resident is invited to join PVN, as each person has their own experience of interacting with the health care system and can contribute a unique perspective to important conversations about care. When patient partners and health care providers collaborate, this results in better safety, better health outcomes, reduced health care costs, and improved support for BC's health system. But most importantly, it results in a better experience for patients, families, and health care providers. Sign up to volunteer or become a PVN Friend via their **website**.

## Get Involved with Pain BC

On our website at [www.painbc.ca](http://www.painbc.ca) you can take advantage of our free resources:

- Connect for Health program – support services for beyond the doctor's office
- The latest research on pain and pain management
- Information on support groups and pain self-management classes near you (to help you manage your pain better)
- Lists of pain clinics and services across BC
- Pain Waves radio episodes, webinars, and more!

Sign up for our monthly newsletter, get involved in our Facebook discussions, and connect with other people living with pain. You can also check out the pain science information, secure community forum, and other interactive tools on Live Plan Be, our free self-management tool at [liveplanbe.ca](http://liveplanbe.ca).

Become a member of Pain BC at <http://www.painbc.ca/get-involved/membership>. Help us make a positive difference and support people with pain.

## Feedback & Questions

If you want more information, please visit Pain BC's resources page on our website for **those in chronic pain** (<https://www.painbc.ca/chronic-pain/recommended-resources>).

Have questions, comments, or suggestions about any of the tools and links on this list? Contact [communications@painbc.ca](mailto:communications@painbc.ca) and let us know!