

YOUTH WHO LIVE WITH PAIN

Living with chronic pain is not easy. You may feel unsure of where or who to turn to for help. Your experience with pain can have physical, psychological, and financial effects. It may also become difficult to attend school, maintain friendships or participate in social activities. You may also struggle with concentration, sleep, mood, and fatigue.

There is a big difference between acute pain and chronic pain. Acute pain is pain that typically goes away in less than three months. Often, the source of acute pain is known and comes from an illness or injury that's healing. Chronic pain is used to describe persistent pain that has been occurring for more than three months. Many times, health care professionals can't find a cause for the ongoing pain. At times, you may feel that nobody believes you or understands your experience.

WHAT CAN YOU DO

SPEAK TO AN ADULT YOU TRUST

- It can be a relief to share your experience with an adult in your life who you have a trusting relationship with. This can be a parent, relative, teacher, or someone else. Being able to share your experience with others can help you feel you're not alone.

DISCUSS WITH A HEALTHCARE PROFESSIONAL

- Your doctor can help diagnose your pain condition, order tests such as X-rays or MRIS and refer you to specialists or pain clinics. Your doctor can also prescribe medications when appropriate.

CONNECT WITH A COUNSELLOR

- A counsellor can support you to learn how to cope with living with pain. Therapies such as Cognitive Behavioral Therapy (CBT) have been shown to help those who experience chronic pain.

BE GENTLE WITH YOURSELF

- One of the most important things you can do is be kind to yourself. Everyone's experience with chronic pain is unique and it might take some time to figure out what works best for you. It is important that you give yourself the space, time and kindness you need to figure out how to deal with this experience.

RESOURCES

- MyCarePath

www.mycarepath.ca

MyCarePath is a platform that supports with education around pain and self-management tools designed for youth living with pain.

- iCanCope

<http://icancope.ca/>

iCanCope is a pain education and self-management platform that is tailored for youth living with persistent pain.

- Solutions for Kids in Pain (SKIP)

<https://kidsinpain.ca/>

Solutions for Kids in Pain mobilizes evident-based solutions to manage kids' pain to make sure new research knowledge makes its way into health care practice and policy. They have many evidence-based resources on acute and chronic pain.

Check out their Guide to Chronic Pain in Students.

<https://kidsinpain.ca/wp-content/uploads/2021/08/FINAL-English-Guide-to-Chronic-Pain-in-Students-1.pdf>

- Pain Management & Comfort: BC Children's Hospital

www.bcchildrens.ca/health-info/pain-management

Provides information, resources, and links to help support children and youth experiencing pain.