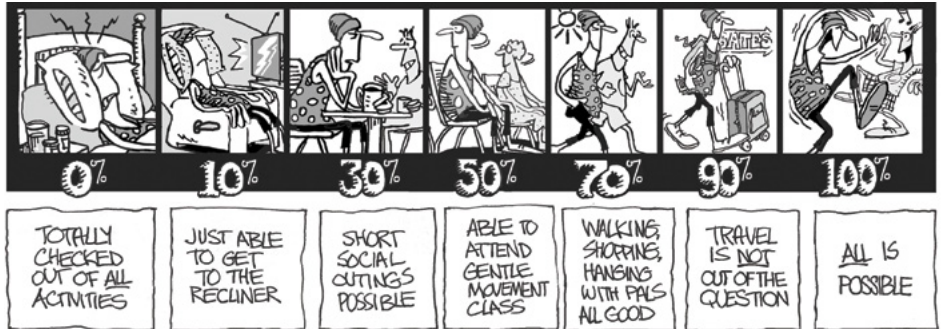


This pathway provides a brief overview of steps you can take to manage your pain and improve your function. Please complete this form in conjunction with your medical practitioner and take it to medical appointments regarding chronic pain. This includes visits to the Emergency Room, family doctor, nurse practitioner and any other member of your health care team to make sure they all have accurate, up-to-date information.

HOW ARE YOU DOING?

You can monitor your progress in a journal to see what works for you. One way of doing this is to use this functionality scale, e.g. by writing down every Monday morning your average value for the previous week.

FUNCTIONALITY SCALE



____%	____%	____%	____%	____%	____%	____%	____%	____%	____%
____	____	____	____	____	____	____	____	____	____
DATE	DATE	DATE	DATE	DATE	DATE	DATE	DATE	DATE	DATE

MY CURRENT PAIN MANAGEMENT PLAN

MEDICATIONS FOR PAIN

Estimate dates if you aren't sure of them

Medication Name	Maximum dose taken (mg)	Average # times taken daily	Start date	Stop date	How did it work?	Why did you stop?

HEALTHCARE PROVIDERS WHO I SEE FOR MY PAIN

TREATMENTS OTHER THAN MEDICATIONS THAT I USE, OR HAVE USED, TO MANAGE MY PAIN

Treatments	Date I started	Date I stopped	Results

SELF-MANAGEMENT

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. There are many ways to self-manage your pain. Explore different options to find out what works best for you.

GETTING STARTED Check out these resources one at a time to increase your knowledge about chronic pain.

- Visit Pain BC website www.painbc.ca
- Take this free course to learn about pain www.retrainpain.org
- Hear from others with chronic pain www.liveplanbe.ca/real-stories

TOOLS Some of these tools may be useful. Select the tools that you feel may work for you.

- Review the Pain Toolbox www.painbc.ca/find-help/pain-bc-toolbox
- Review the Canadian Pain Toolkit www.pipain.com/pain-toolkits.html
- Make a pain plan www.liveplanbe.ca/manage-my-pain
- Review video on Bounce Back to know more about anxiety and depression www.cmha.bc.ca/programs-services/bounce-back
- Learn to rethink persistent pain www.tamethebeast.org
- Keep a pain diary for _____ weeks
- Review My Opioid Manager www.opioidmanager.com
- Learn about box breathing www.healthline.com/health/box-breathing
- Learn about coping with chronic pain www.keltyskey.com/courses/chronic-pain
- Learn to set goals to make positive change www.liveplanbe.ca/manage-my-pain/pain-plan

Find links to these resources at www.painbc.ca/northshore

ACTIVITY PLAN Remember, take it slow and steady!

Now you have learned about chronic pain and reviewed some of the tools it is time to develop an activity plan. Here are some examples of activities you may want to try.

- | | |
|---|---|
| <input type="checkbox"/> _____ min. daily box breathing | <input type="checkbox"/> _____ min. daily walking |
| <input type="checkbox"/> _____ min. daily gentle movement | <input type="checkbox"/> _____ min. swimming, _____x/week |
| <input type="checkbox"/> _____ min. daily relaxation | <input type="checkbox"/> _____ min. yoga, _____x/week |

Notes:

COMMUNITY SERVICES

Other community groups, services, or online support groups that could be helpful:

- Self-Management BC supports self-management www.selfmanagementbc.ca or 604-940-1273/Toll Free: 1-866-902-3767
- People in Pain connects you with peers www.pipain.com
- Pain Support Line provides support for social challenges www.painbc.ca/supportline or 1-844-880-PAIN (7246)
- Bounce Back Online provides online support when feeling depressed, stressed or anxious <http://www.bouncebackonline.ca/>
- Contact the North Shore Chronic Pain Support Group northshorecpsg@shaw.ca
- Find help near you www.painbc.ca/find-help/help-near-you