

Practising Well Community of Practice

Self-management for chronic pain

June 23, 2021

The Practising Well Community of Practice is an intentional conversation for shared learning hosted by the OCFP. The Practising Well Community of Practice is one component of the **OCFP's Practising Well Program**. You can reach us by email at practisingwell@ocfp.on.ca.

Practising Well is designed to support you in providing the best care possible for your patients with their **mental health, substance use disorders and chronic pain**. It is an active and engaged online community that gives you access to a deep well of knowledge to make your practice easier today, and to improve it in the future.

At the core of Practising Well are three distinct, yet interrelated, parts:

- Practising Well Community of Practice
- Practising Well Information Exchange: An easy-to-navigate online repository of information.
- Practising Well Peer to Peer Connect: An opportunity to partner with another family physician in a one-on-one setting, and share experiences and best practices.

General Resources

- Practising Well - <https://www.ontariofamilyphysicians.ca/education/practising-well>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

Shared Resources

Ontario Health Chronic Pain Quality Standard

- **Chronic Pain Quality Standard** - focuses on care for adults, adolescents, and children with chronic pain. The quality standard is applicable to all health care settings (primary care, home and community care, long-term care, and acute care) and care providers. <https://hqontario.ca/Portals/0/documents/evidence/quality-standards/qs-chronic-pain-quality-standard-en.pdf>
- **Chronic Pain Patient Guide** - Health care professionals can share the guide with patients and families to help them have conversations with their physician and other care team members. The guide includes suggestions about what to talk about with their health care team related to their chronic pain. <https://hqontario.ca/Portals/0/documents/evidence/quality-standards/qs-chronic-pain-patient-guide-en.pdf>

Pain Education

- Management of Chronic Non-Cancer Pain – Centre for Effective Practice - <https://tools.cep.health/tool/management-of-chronic-non-cancer-pain/>
- Dr. Holowaty Medicine - <https://drholowaty.com/chronic-pain>
- Pain U Online - <https://tapmipain.ca/patient/managing-my-pain/pain-u-online/#/>
- Dr. Lorimer Moseley Ted Talk - <https://www.youtube.com/watch?v=gwd-wLdIHjs>
- Tame the Beast – It's time to rethink persistent pain - <https://www.youtube.com/watch?v=ikUzvSph7Z4>
- Understanding Pain in Less than Five Minutes - <https://www.youtube.com/watch?v=5KrUL8tOaQs>
- Trigger Points Explained - <https://www.youtube.com/watch?v=sltGyJvbwWw>
- Low Back Pain by Dr. Andrea Furlan - <https://www.youtube.com/watch?v=-9pjVcq-mcw>
- Mindfulness and Chronic Pain - <https://www.youtube.com/watch?v=KqS9qHEWnaA>

- Pain is Really Strange - <https://painisreallystrange.wordpress.com/author/stevehaines66/>
- Keep it Simple: Easing the burden of fibromyalgia - <https://www.cfp.ca/content/60/7/599.long>

Screening

- Brief Pain Inventory (short form) - http://www.npcrc.org/files/news/briefpain_short.pdf
- WHODAS - https://www.who.int/classifications/icf/WHODAS2.0_36itemsSELF.pdf

Patient Resources

- Curable App - <https://www.curablehealth.com/covid-19>

Polyvagal Theory

- The human condition: we are all on a quest for safety - <https://www.pacesconnection.com/blog/the-human-condition-we-are-all-on-a-quest-for-safety>
- Trauma and the Nervous System: A Polyvagal Perspective - <https://www.youtube.com/watch?v=ZdIQRxwT1I0>

Educational Opportunities

- Expression of interest survey for *Practising Wisely* - <https://www.ontariofamilyphysicians.ca/education/about-programs-workshops/practising-wisely>
- ECHO Chronic Pain at UHN - <https://uhn.echoontario.ca/Our-Programs/Chronic-Pain>
- South West Self-Management Program - <https://www.swselfmanagement.ca/>
- Online Self-Management Program - <https://www.selfmanagementontario.ca/en/regionalsite>

Books and Reading

- Man's Search for Meaning - <https://www.penguinrandomhouse.com/books/206272/mans-search-for-meaning-by-viktor-e-frankl/9780807000007/teachers-guide/>
- What Doesn't Kill You: A Life with Chronic Illness - <https://www.goodreads.com/en/book/show/53138101-what-doesn-t-kill-you>
- We Are All Perfectly Fine: A Memoir of Love, Medicine and Healing - <https://www.goodreads.com/en/book/show/53487139-we-are-all-perfectly-fine>