

## Practising Well Community of Practice

### When your head hurts too much... (chronic pain and headaches)

March 23, 2022

The Practising Well Community of Practice is an intentional conversation for shared learning hosted by the OCFP in collaboration with the U of T DFCM. 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](mailto: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:

- Community of Practice
- Information Exchange: An easy-to-navigate online repository of information.
- 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/>

### Resources

- Quick Reference: Guidelines for Primary Care Management of Headaches in Adult - <https://actt.albertadoctors.org/CPGs/Lists/CPGDocumentList/Quick-Reference-Headache.pdf>
- CORE Neck and Headache Navigator (CEP) - <https://cep.health/clinical-products/core-neck-tool-and-headache-navigator/>
- A Pain in the Neck – Spine Health - [https://www.researchgate.net/publication/281454165\\_A\\_Pain\\_in\\_the\\_Neck\\_SPINE\\_HEALTH](https://www.researchgate.net/publication/281454165_A_Pain_in_the_Neck_SPINE_HEALTH)
- Pink Concussion: Female brain injury from sports, violence and military service - <https://www.pinkconcussions.com/>
- Love Your Brain - <https://www.loveyourbrain.com/>
- CDC Heads Up - <https://www.cdc.gov/headsup/index.html>
- Brain Injury Guidelines (for clinicians) - <https://braininjuryguidelines.org/>
- Brain Injury Guidelines (for patients) - <https://braininjuryguidelines.org/concussion/index.php?id=154>
- Sample intake form (Women's College Hospital) - [https://www.womenscollegehospital.ca/assets/pdf/CentreforHeadache/HeadacheIntakeForm\\_PINK\\_March\\_2018.docx](https://www.womenscollegehospital.ca/assets/pdf/CentreforHeadache/HeadacheIntakeForm_PINK_March_2018.docx)
- Sample past and current medications for headache form (Women's College Hospital) - [https://www.womenscollegehospital.ca/assets/pdf/CentreforHeadache/MedicationsTried\\_revisedMarch2020.docx](https://www.womenscollegehospital.ca/assets/pdf/CentreforHeadache/MedicationsTried_revisedMarch2020.docx)
- MIDAS Migraine Disability Assessment (Women's College Hospital) - <https://www.womenscollegehospital.ca/assets/pdf/CentreforHeadache/REV122013MidasMigraineDisabilityAss.pdf>
- Exercise videos for pain (BC Chiropractic Association) - <https://www.bcchiro.com/chiropractic-you/chiropractic-exercise-videos/>
- Pain BC - Gentle Movement (YouTube) - [https://www.youtube.com/playlist?list=PLDQAFpdI\\_jz8nkIOSe2zmbjpbk247sSyp](https://www.youtube.com/playlist?list=PLDQAFpdI_jz8nkIOSe2zmbjpbk247sSyp)

## Education

- UHN Krembil Brain Institute (webinar series) - [https://www.uhn.ca/Krembil/Research/Projects/Canadian\\_Concussion\\_Centre/Pages/web\\_seminar\\_series.aspx](https://www.uhn.ca/Krembil/Research/Projects/Canadian_Concussion_Centre/Pages/web_seminar_series.aspx)
- TAMPI - Headaches Module - <https://tapmipain.ca/patient/managing-my-pain/pain-u-online/headaches.html>

## Supports for you and those you care about

- OMA Physician Health Program - <https://php.oma.org/>
- CAMH Health Care Provider Resource Site - <http://www.camh.ca/covid19hcw>