

Practising Well Community of Practice

Heal the pain, comfort the patient: Navigating the diagnosis, treatment and management of neuropathic pain

November 23, 2022

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

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

- [Community of Practice](#): Virtual sessions by family physicians, for family physicians. Connect in real time and learn with your colleagues.
- [Information Exchange](#): An easy-to-navigate online repository designed to help you quickly find the information you need.
- [Peer Connect](#): Continue your learning journey and partner with another family physician, one-to-one or in a small group.

General Resources

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

For Your Practice

| Resource | Source | Link |
|---|---------------------------|---|
| Chronic Pain Quality Standard | Ontario Health | https://hqontario.ca/Portals/0/documents/evidence/quality-standards/gs-chronic-pain-quality-standard-en.pdf |
| PEER Simplified Chronic Pain Guideline | CFPC | https://www.cfp.ca/content/68/3/179 |
| Chronic Non-Cancer Pain | CEP | https://cep.health/clinical-products/chronic-non-cancer-pain/ |
| Optimizing Care Using a Trauma Informed Approach | Practical Pain Management | https://www.practicalpainmanagement.com/treatments/psychological/optimizing-care-using-trauma-informed-approach |
| Pharmacological Management of Chronic Neuropathic Pain | Canadian Family Physician | https://www.cfp.ca/content/cfp/63/11/844.full.pdf |

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| DN4 Questionnaire | Agency for Clinical Innovation | https://aci.health.nsw.gov.au/data/assets/pdf_file/0014/212900/DN4_Assessment_Tool.pdf |
| The S-LANSS Pain Score | Best Practice Advocacy Centre New Zealand | https://bpac.org.nz/BPJ/2016/May/docs/s-lanss.pdf |
| Nociceptive, neuropathic and nociplastic pain | Andrea Furlan (YouTube video) | https://www.youtube.com/watch?v=bNdxG5cYW0E |
| Neuropathic Pain, Post-herpetic neuralgia, Sciatica, and nerve pain | Andrea Furlan (YouTube video) | https://www.youtube.com/watch?v=oa53SDg3fn0 |

For Your Patients

| Resource | Source | Link |
|------------------------|------------------------------|---|
| Tame the Beast | Tame the Beast | https://www.tamethebeast.org/#tame-the-beast |
| Why Things Hurt | Dr. Lorimer Moseley Ted Talk | https://www.youtube.com/watch?v=gwd-wLdIHjs |

Education

| Resource | Source | Link |
|--|--|---|
| Peer Connect | Ontario College of Family Physicians – Practising Well | https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/peer-connect |
| ECHO Chronic Pain & Opioid Stewardship | UHN | https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/information-exchange/practising-well-partner-programs/echo-ontario-chronic-pain-and-opioid-stewardship |
| Project ECHO: St. Joseph's Care Group – Chronic Pain & Opioid Stewardship | St. Joseph's Care Group | https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/information-exchange/practising-well-partner-programs/project-echo-st.-joseph-s-care-group-chronic-pain-opioid-stewardship |

Supports for you and those you care about

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