

## Practising Well Community of Practice

### Exploring Psychosocial Interventions in Chronic Pain – January 22, 2025

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. 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**.

#### General Resources

- Mental Health and Addictions Community of Practice - <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/community-of-practice/>
- Self-learning – <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/community-of-practice/past-events/>
- Peer Connect Mentorship - <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/peer-connect-mentorship/>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

Resource	Link
YouTube channel – Dr. Andrea Furlan: Education about the causes, prevention, treatment and management of chronic pain	Youtube Channel - <a href="https://www.youtube.com/@DrAndreaFurlan/">https://www.youtube.com/@DrAndreaFurlan/</a> Video Download - <a href="https://www.doctorandreaefurlan.com/index-videos">https://www.doctorandreaefurlan.com/index-videos</a>
Website – Dr. Andrea Furlan: Handouts for Patients and Healthcare Providers (free registration required)	<a href="https://www.doctorandreaefurlan.com/">https://www.doctorandreaefurlan.com/</a>
ECHO Ontario Chronic Pain and Opioid Stewardship	<a href="https://uhn.echoontario.ca/Our-Programs/Chronic-Pain">https://uhn.echoontario.ca/Our-Programs/Chronic-Pain</a>
Opioid Online Self-Assessment Program (SAP)	<a href="https://opioidassessment.ca/">https://opioidassessment.ca/</a>
An Action Plan for Pain in Canada	<a href="https://www.canada.ca/content/dam/hc-sc/documents/corporate/about-health-canada/public-engagement/external-advisory-bodies/canadian-pain-task-force/report-2021-rapport/report-rapport-2021-eng.pdf">https://www.canada.ca/content/dam/hc-sc/documents/corporate/about-health-canada/public-engagement/external-advisory-bodies/canadian-pain-task-force/report-2021-rapport/report-rapport-2021-eng.pdf</a>
PHQ9 Questionnaire	<a href="https://www2.gov.bc.ca/assets/gov/health/practitioner-pro/bc-guidelines/depression_patient_health_questionnaire.pdf">https://www2.gov.bc.ca/assets/gov/health/practitioner-pro/bc-guidelines/depression_patient_health_questionnaire.pdf</a> (PDF) <a href="https://www.mdcalc.com/calc/1725/phq9-patient-health-questionnaire9">https://www.mdcalc.com/calc/1725/phq9-patient-health-questionnaire9</a> (Online)
GAD7 Questionnaire	<a href="https://adaa.org/sites/default/files/GAD-7_Anxiety-updated_0.pdf">https://adaa.org/sites/default/files/GAD-7_Anxiety-updated_0.pdf</a> (PDF) <a href="https://www.mdcalc.com/calc/1727/gad7-general-anxiety-disorder7">https://www.mdcalc.com/calc/1727/gad7-general-anxiety-disorder7</a> (Online)
Article - JAMA: Persistent pain and well-being: a World Health Organization Study in Primary Care	<a href="https://pubmed.ncbi.nlm.nih.gov/9669787/">https://pubmed.ncbi.nlm.nih.gov/9669787/</a>

Article – Journal of General Internal Medicine: Screening for depression in medical settings with the Patient Health Questionnaire (PHQ): a diagnostic meta-analysis	<a href="https://pubmed.ncbi.nlm.nih.gov/17874169/">https://pubmed.ncbi.nlm.nih.gov/17874169/</a>
Article – Journal of General Internal Medicine: The PHQ-9: validity of a brief depression severity measure	<a href="https://pubmed.ncbi.nlm.nih.gov/11556941/">https://pubmed.ncbi.nlm.nih.gov/11556941/</a>
Article – Gen Hosp Psychiatry: Screening for anxiety disorders with the GAD-7 and GAD-2: a systematic review and diagnostic metaanalysis	<a href="https://pubmed.ncbi.nlm.nih.gov/26719105/">https://pubmed.ncbi.nlm.nih.gov/26719105/</a>
Article – Arch Intern Med: A brief measure for assessing generalized anxiety disorder: the GAD-7	<a href="https://pubmed.ncbi.nlm.nih.gov/16717171/">https://pubmed.ncbi.nlm.nih.gov/16717171/</a>
Article – Journal of Pain - Pain Catastrophizing: Controversies, Misconceptions and Future Directions	<a href="https://pubmed.ncbi.nlm.nih.gov/37442401/">https://pubmed.ncbi.nlm.nih.gov/37442401/</a>
The Pain Catastrophizing Scale (PCS)	<a href="https://sullivan-painresearch.mcgill.ca/pcs.php">https://sullivan-painresearch.mcgill.ca/pcs.php</a>
Dropbox Link from Dr. Bryan MacLeod - Catastrophization Review Presentation	<a href="https://www.dropbox.com/scl/fi/ii806jcsidi0ab8a3c2sx/Catastrophization-Review-Dyane-Lygaduro.pdf?rlkey=kth1wykk1l4z5pq4b16xibc1y&amp;e=1&amp;st=hbwsyc9f&amp;dl=0">https://www.dropbox.com/scl/fi/ii806jcsidi0ab8a3c2sx/Catastrophization-Review-Dyane-Lygaduro.pdf?rlkey=kth1wykk1l4z5pq4b16xibc1y&amp;e=1&amp;st=hbwsyc9f&amp;dl=0</a>
Power Over Pain (Adult & Youth Portals)	<a href="https://poweroverpain.ca/">https://poweroverpain.ca/</a>
Dropbox Link from Dr. Bryan MacLeod – References Articles	<a href="https://www.dropbox.com/scl/fo/wanw23707vx4dljp9zpr9/AEVgCxOZkXEiX6t_d5EKtq8?rlkey=9llxhg5cym78igjaqq2414tzd&amp;e=1&amp;st=qbbogxap&amp;dl=0">https://www.dropbox.com/scl/fo/wanw23707vx4dljp9zpr9/AEVgCxOZkXEiX6t_d5EKtq8?rlkey=9llxhg5cym78igjaqq2414tzd&amp;e=1&amp;st=qbbogxap&amp;dl=0</a>
Health Quality Ontario: Chronic Pain	<a href="https://www.hqontario.ca/evidence-to-improve-care/quality-standards/view-all-quality-standards/chronic-pain">https://www.hqontario.ca/evidence-to-improve-care/quality-standards/view-all-quality-standards/chronic-pain</a>
Health Quality Ontario: Opioid Prescribing for Chronic Pain	<a href="https://www.hqontario.ca/evidence-to-improve-care/quality-standards/view-all-quality-standards/opioid-prescribing-for-chronic-pain">https://www.hqontario.ca/evidence-to-improve-care/quality-standards/view-all-quality-standards/opioid-prescribing-for-chronic-pain</a>