

## **Introduction to Pain**

- Describes the mechanics of the pain experience
- Explores why pain lasts and becomes chronic
- Highlights the consequences of chronic pain and strategies for influencing them
- Outlines the support available through Living Well and the Chronic Pain Centre

## **This Is Your Body**

- Familiarizes participants with medical names of body parts and with their function
- Describes the normal physiological process of healing
- Emphasizes the role of the autonomic nervous system, including the effects on the body's glands and organs and notes some possible abnormal responses.

## **Role of Exercise in Pain Management**

- Outlines benefits of a regular exercise program
- Explains how to adapt exercises for people with chronic pain

## **Medications**

- Describes the terminology of pain medications
- Outlines the risk/benefit ratio
- Describes the various groups of pain medications
- Examines how pain medication works and the various ways they can be taken
- Explains the proper use of pain medications
- Reviews precautions and side-effects

## **Nutrition**

- Provides a basic understanding of healthy eating principles
- Teaches easy ways to improve your food intake so that your body is getting the nutrients it needs

## **Pacing in Pain Management**

- Teaches how pacing can be used by people with chronic pain to organize home, work, and leisure activities within their own energy and pain limits
- Describes how a careful balance of rest and activity, heavy and light tasks can help people achieve their daily goals

## **Anxiety, Depression and Chronic Pain**

- Provides information regarding the causes of depression and anxiety and the challenges that can arise for people who experience chronic pain along with depression and/or anxiety
- Outlines information on treatment options and resources

## **Sleep**

- Describes the normal sleep rhythms (the five stages of sleep) and the age-related changes which occur normally
- Introduces the concept of 'sleep hygiene'
- Provides some of the rules of proper sleep hygiene and describes other interventions available

## **Navigating the Health Care System & Understanding Investigations**

- Suggests how to come prepared for your appt with the family physician and what are appropriate questions and how to ask them
- Examines commonly-used medical investigations, including blood and urine tests, X-rays, CT Scans, MRI's
- Explains why they are ordered and what they mean and how results can help determine effective treatments.

## **Attention and Memory**

- Chronic pain can affect the way we think and how we get through our daily activities: it is distracting, medications may have side effects, sleep is disrupted, etc.
- You will learn ways to cope with attention and memory difficulties and poor concentration.
- You will also learn how to get the most out of your therapies, how to reduce your concern about attention and memory difficulties, and to identify when further follow-up may be indicated.