**Next Steps:**

A referral from your primary care provider or specialist is required. An electronic copy of the referral form can be downloaded from our website [www.hsnsudbury.ca/chronicpain](http://www.hsnsudbury.ca/chronicpain)

Once referred, you will be contacted to schedule a **MANDATORY** Welcome Workshop. The workshop will include information on our programs' resources, goal setting and questionnaires.

The next step will be to meet with one of our team members' for an assessment, where you will work together to decide which program best suits your needs.

**IMPORTANT:** some program options have longer wait lists. For example, waiting to see a pain specialist for an injection has a longer wait list.

Participants are encouraged to access other programs while waiting to see a pain specialist.

**Who is on the team?**

- Clinical Manager
- Program Coordinator
- Administrative Support
- Case Manager
- Occupational Therapist
- Pain Specialists - Physicians
  - Pharmacist
  - Physiotherapists
- Psychological Associates
- Recreation Therapist
- Registered Nurses
- Registered Social Worker
What is Chronic Pain?

- Pain lasting more than 3 months.
- Pain that has not improved with other treatments.
- Pain that interferes with daily life, preventing you from doing the things you want and need to do.
- Pain that is hard on your self-esteem, making you feel angry, depressed, anxious and frustrated.

Is participating in a chronic pain program right for me?

- I do not have an active WSIB or motor vehicle accident claim.
- I want to learn to cope with pain.
- I am comfortable participating in a group setting.
- I can commit to weekly 2.5 – 4 hour sessions for 6-8 weeks depending on group choice.
- I can commit to 30 minutes of daily practice of skills which I have learned during the program and will continue to practice.

Services Offered

- Accelerated 6-week Program: 4 hours per day, two days a week; Led by multiple team members. Each day will include: 1) Physical activity 2) Relaxation 3) Goal Setting and 4) 1 hour of education.
- Regional/Outreach Programming: A shortened version of our accelerated programming for patients and families living outside the Greater Sudbury Area (>100km)
- Consultations: with a pain specialist and/or pharmacist for recommendations in pain management. Pain specialist may also help clarify diagnosis.
- Interventional Procedure: a procedure performed by a physician pain specialist in order to relieve painful symptoms (ex. Trigger point injection). An injection also called a nerve block can provide temporary pain relief to a specific area. It sends medications (such as steroids) near your nerves to help relieve pain.
- Cognitive Behavioural Therapy for Chronic Pain: 8-week group, 2 hour sessions focused on relaxation strategies and ways of challenging negative thoughts.
- Chronic Pain Self-Management Program: 6-week workshop 2.5 hours each week; Peer Led. Topics include: Making an Action Plan, Problem Solving; Exercises to improve your strength, flexibility and endurance. Fatigue management, Depression Management, and Communication. Caregivers are welcome too!
- Family and Caregiver Programming: Family workshop available one evening a month. For those interested in more support and education a 6-week workshop will be available. Led by a trained professional.
- Mindfulness Education: Led by a trained professional. Skills include: Awareness of Breath, Body Scan, Mindful Movement, Walking Meditation, Non-judgement, acceptance and self-compassion. Maintenance groups available after completion.
- Community Integration: Assisting patients to remain active, involved in community, improve quality of life and transfer learnings into everyday practice.
- Peer Support offered once graduated from 6 week program.