

# Powell River Chronic Pain Project

The Powell River Chronic Pain Project started May, 2017 and is expected to end March, 2019. The main project aim is to increase patient functionality. We have tried to reach this by educating the public and healthcare providers, building on sustainable local resources and establishing better links and relationships with tertiary centres. Some highlights of our project are provided below.

To create **Public Awareness**, three events featuring pain educator Neil Pearson, were held over a two-day period: 59 healthcare provider attended a 6-hour Innovations in Pain Science education course; 114 attendees joined the Chronic Pain Public Seminar with exhibitors and an expert panel; and 46 participated in a 2-hour patient workshop. More community events were held throughout the year, and several articles were published. Evaluation reports are available upon request.

Through community services partnerships, a few chronic pain programs were developed and piloted. Some are now sustained without project support.

**Local Pain Team Program** is a 12 week program that aims to improve functionality of people suffering from chronic pain through self-management and education.

Patients are supported by a Local Pain Team nurse and a multidisciplinary team, which meets once a month and consists of two family doctors with special knowledge about pain and opioids, a psychiatrist and a community pharmacist. If needed, people can be seen by individual team members for assessment and treatment. As much as possible, the program builds on established, affordable community programs. Evaluation results of the pilot program revealed a significant increase in patient's ability to sleep and a doubling of patient's coping skills. 100% of primary care providers would recommend the program to other patients and colleagues. An evaluation report is available upon request. Completion of a second evaluation is expected Summer 2019.

The **Chronic Pain Roadmap** focusses on self-management and provides a long list of resources. The tool can be used independently or with the primary care provider. An evaluation report is available upon request. The tool will be maintained by Pain BC and is available via their website [painbc.ca/health-professionals/resources](http://painbc.ca/health-professionals/resources).

The **Functionality Scale** is an easy to use scale that visually helps patients communicate their level of functionality and keep track of progress. Validation of the functionality scale is in progress. The **Activity Progression for Chronic Pain** provides some ideas of activities for people when they rate their functionality 30% or higher. Both tools are used by the Local Pain Team nurse

See [divisionsbc.ca/powell-river/resources](http://divisionsbc.ca/powell-river/resources) for digital copies of the resources. Or contact Christien at [powellriver@divisionsbc.ca](mailto:powellriver@divisionsbc.ca)

## Project Aims

- **Increasing patient's self management** with support of coordinated community network
- **Enhance patient and provider experience** by delivering a coordinated structured approach to chronic pain
- **Lower per capita cost of care** by reducing chronic pain related emergency room visits
- **Improve population health** by increasing patient functionality

