

# Pan Am Pain Clinic

## Intro to Pain Care

### Learning Objectives:

- Understand the science behind why pain persists
- Learn about the types of persistent pain self-management strategies
- Review services available through the Manitoba Pain Care Program (that are available starting NOW!)

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You have been referred to a **Manitoba Pain Care Program** for assistance in managing your pain.

**You are not alone:**

1 in 5 Canadians live with pain

1 in 10 Canadians are limited in their daily activities due to pain

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Pain can affect **all areas** of our lives.

**Waiting** for care does not help.

Research has shown us **new ways** to approach pain care through **multidisciplinary care**.

Persistent (or “chronic”) pain is pain that is present most days for **longer than 6 months**.

**Learning about persistent pain** is an important first step in pain management.

A new chapter in your pain care journey starts **today!**

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## True or False.....?

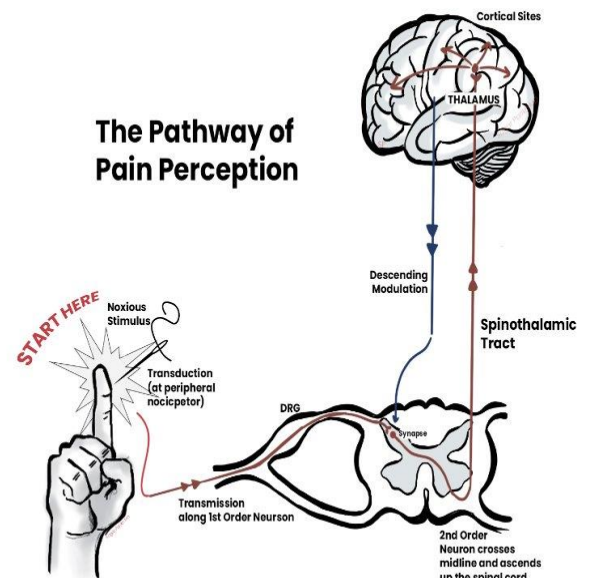
|  |               |
|--|---------------|
| The amount of pain that you are feeling correlates with the degree of changes found on imaging (x-rays, MRI's) | <b>False!</b> |
| The same injury will cause the same pain in two different people   | <b>False!</b> |
| The experience of pain is “all in your head”   | <b>False!</b> |
| Persistent pain only exists with an injury   | <b>False!</b> |
| Your environment, thoughts, and emotions can influence your pain experience.                                   | <b>True!</b>  |

## Pain is complex!!!

**Pain is:** “An unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage” (International Association for the Study of Pain, 2020)

- The experience of pain is influenced by many factors
- Therefore, pain is “whatever the person says it is”

## Understanding Pain





## Why do we have pain?

**Pain is normal and necessary to protect us.**

One way to think about persistent pain is to think about the smoke alarm in your home.

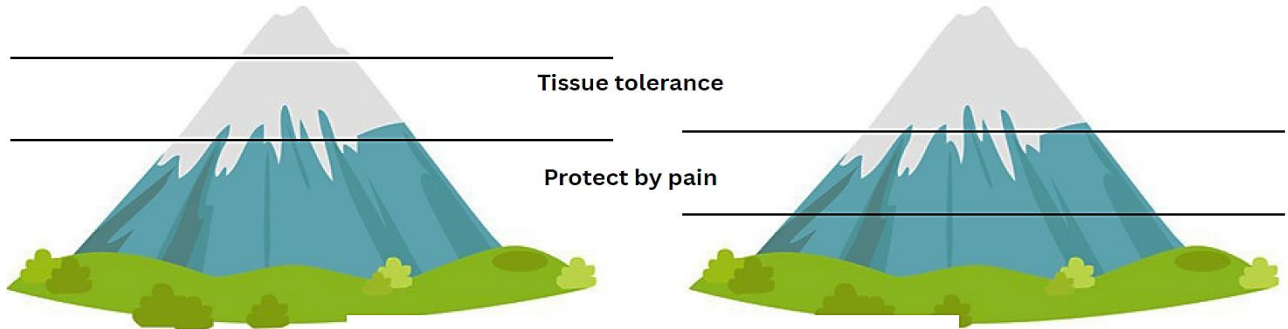
In acute pain, a smoke alarm will go off when there is a fire, meaning that it signals you to danger and motivates you to take action.

However, in persistent pain, it's like having a faulty smoke alarm that goes off all the time, even when there is no fire.

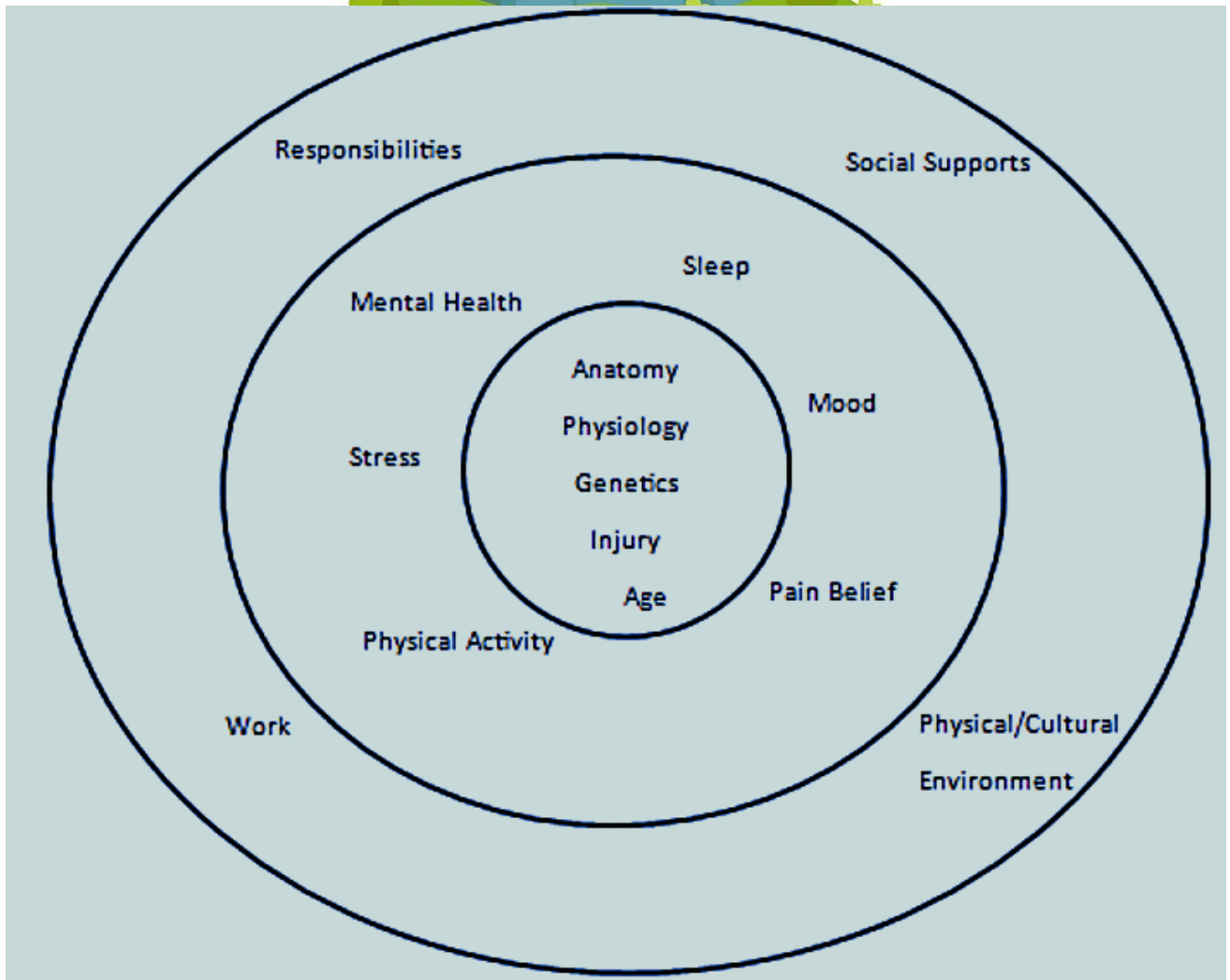
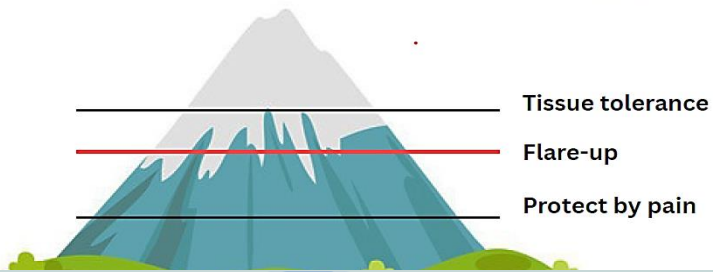
## Factors that Influence Pain

# The Twin Peak Models

ACUTE PAIN



PERSISTENT PAIN






With acute pain, your tissue tolerance and protect by pain line (the smoke alarm) are temporarily reduced. When the tissues heal, the lines return to prior levels.

With persistent pain, even after healing your protect by pain line continues to be lower. This leads to limited room to do your daily activities before pain begins. Your tissue tolerance line can also become lower due to reduced activity from pain avoidance.

The other line that appears with persistent pain is the Flare-up line. This can be related to pushing through pain with activity and creating a flare in your symptoms. Both the flare-up line and the protect by pain lines remain significantly lower than the tissue tolerance line. This means that pain is no longer a reliable indicator that our tissues are in danger or being injured. We can no longer use pain to judge what our bodies can safely do. This doesn't mean that you should ignore pain, but instead start to listen to it differently.

The nervous system changes, which is why pain persists!

### These changes include:

|   |  |  |
|---|--|--|
|  <p>Enlargement of pain pathways in the spinal cord. Can also convert normal sensations into pain.</p> |  <p>Increased receptors in the skin that are activated easier and for longer.</p> |  <p>Brain releases chemicals that increase the sensitivity of the pain receptors.</p> |
|---|--|--|

### Protection Options:

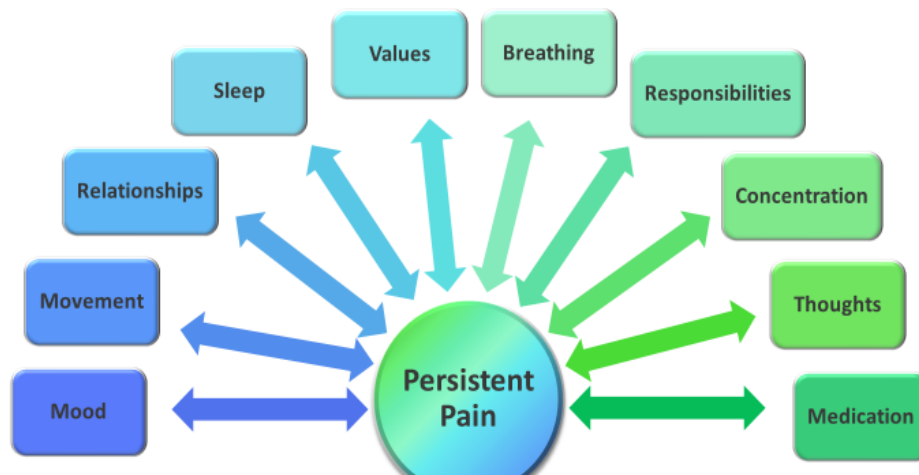
- Unpleasant Sensation
- Muscle Spasms
- Fear, anger, anxiety
- Stop Breathing
- Protective postures
- Weakness (muscles not engaging)

**Pain can be:**

- Debilitating
- Consuming
- Exhausting
- Difficult
- Confusing
- Overwhelming

**The Impact of Pain**

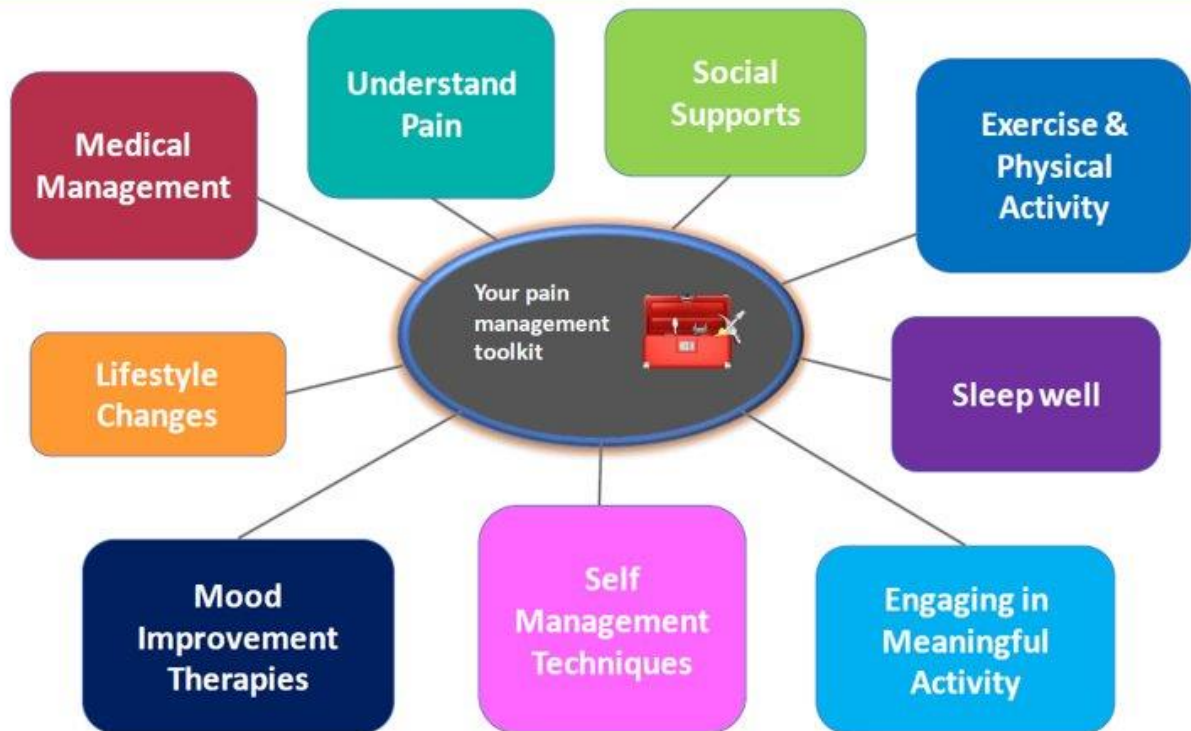
The Impact of Pain



## Pain Management Approach:

The best way to approach pain management is **Whole Person, Individualized, Directed by YOU care** to Improve Quality of Life.

## PAIN MANAGEMENT TOOLKIT



Here are some things that you may need in your toolkit. Look at the above diagram and consider what you are already doing to help manage your pain, and where you could use some help.

## A note about neuroplasticity

Our past life experiences inform our body, and determine how our body will work to protect us in the present. These experiences and reactions are powerful and long lasting. However, we can change how they affect us.

**Neuroplasticity is the ability of the nervous system to change.**

Just as our nervous system has adapted to become more sensitive and efficient at producing pain, **we can reduce our sensitivity** through modifying and unlearning these overprotective patterns. Being able to identify and understand the problem helps us rethink how we interpret our pain. Learning about pain helps us retrain our brain and ultimately improve our function. This leads us to a more balanced life.

## A More Balanced Life...



Image obtained from [https://painbc.ca/sites/default/files/2019-07/PainBC\\_AreYouInPain-Digital-07-22-2019.pdf](https://painbc.ca/sites/default/files/2019-07/PainBC_AreYouInPain-Digital-07-22-2019.pdf)

This will TAKE TIME.

### SUMMARY:

- The pain you experience **is real**
- With **persistent pain**, our pain system has **learned to overprotect**
- Pain is **complex** and is **influenced by many things**
- We **can do something** about it

## Resources to help you build your toolkit:

### Online resources

- Power Over Pain Portal <https://poweroverpain.ca/>
- Tame the Beast <https://www.tamethebeast.org/>
- Live Plan Be <https://www.liveplanbe.ca/>