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**Soins communs**  
Manitoba



Winnipeg Regional  
Health Authority  
*Caring for Health*

# Manitoba Pain Care Program: Step 1: Intro to Pain Care

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# Acknowledgement of Indigenous Ancestral and Territorial Lands

Health services across Manitoba are provided in facilities located on the original lands of First Nations, Inuit, and on the national homeland of the Red River Métis Nation.

Manitoba's health authorities respect that First Nations treaties were made on these territories, acknowledge harms and mistakes, and we dedicate ourselves to collaborate in partnership with First Nations, Inuit, and Métis peoples in the spirit of reconciliation.

# Housekeeping

Please be respectful and remember confidentiality

- Please do not record the presentation and place your phones on silent
- Opportunity for questions at the end
- Feel free to move, stretch and stand up as needed
- Bathrooms are located along the hallway

# Housekeeping

You may print off/download the slides from today's presentation at:

<https://www.panamclinic.org/patients-visitors/patient-resources>

This session will provide general information that applies to the most commonly experienced persistent pain conditions

Chronic Pain= Persistent Pain

# Why are we here?

- You have been referred to a **Manitoba Pain Care Program** clinic
- **You are not alone:**
  - 1 in 5 people live with persistent pain
- Pain can affect **all areas** of our lives
- **Waiting** for care does not help
- There is **hope**



# The MB Pain Care Program



# Pain Education



# Resources



# Next Steps





## Pan Am Pain Management Centre

## HSC Pain Management Centre





# Your Interdisciplinary Pain Care Team





# What to expect

- **1-on-1 appointment with Anesthetist**
  - **Comprehensive assessment**
  - **Treatment plan options**
    - Medical Management
    - Suggest other Pain Clinic workshops or classes
    - Recommend 1-on-1 appointment with other team members
      - Physical Medicine Physician
      - Psychologist
      - Occupational Therapist
      - Physiotherapist
  - **Consult with your primary care provider**





Intro to  
Pain Care

Individualized  
Care  
Planning  
Appointment

Self-  
Directed  
Learning

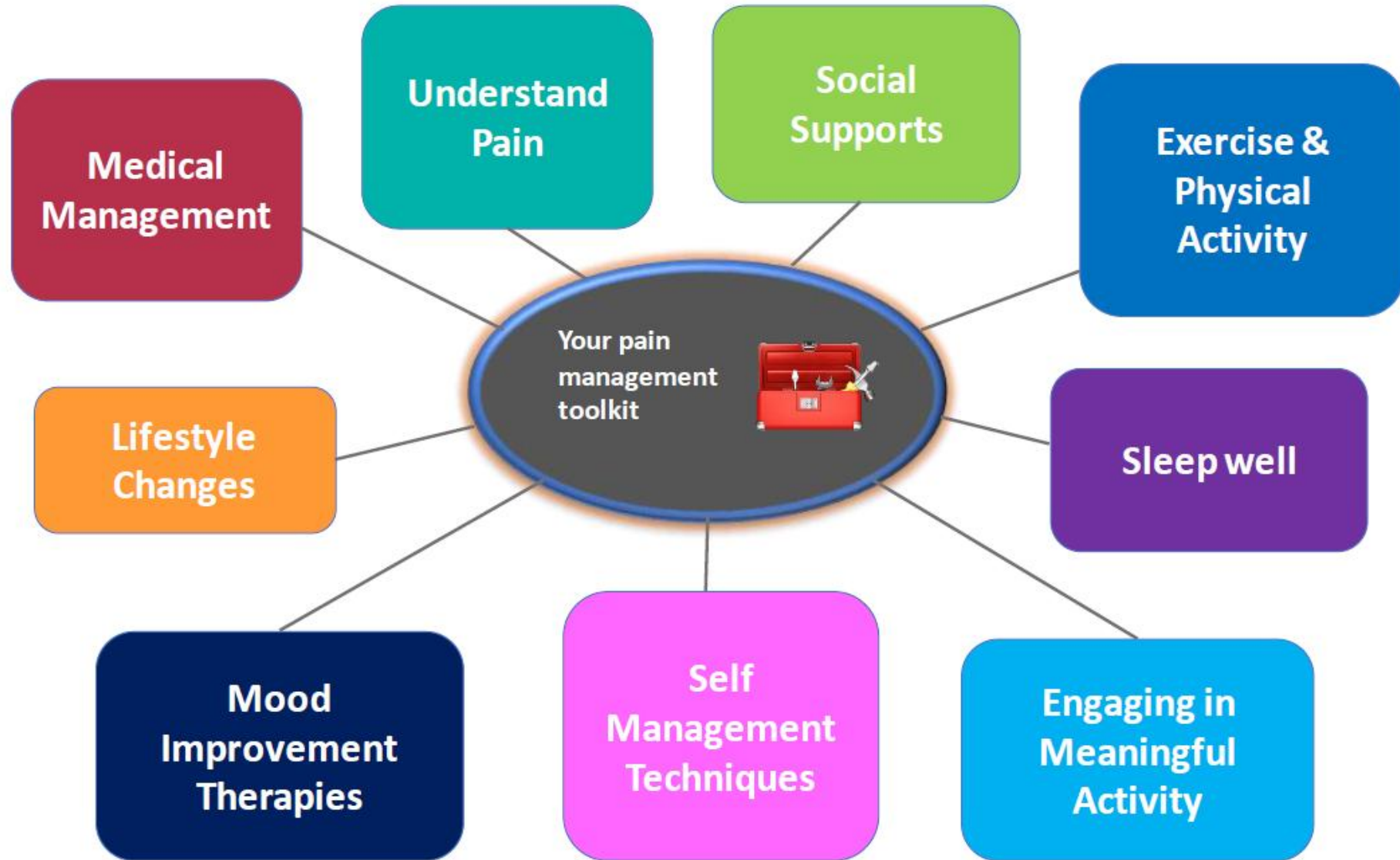
Workshops

**Groups**

Therapy  
Referrals



# PAIN MANAGEMENT TOOLKIT



# If pain is impacting your quality of life:



## Individualized Care Planning Appointment

- ❖ We recommend a non medical care planning appointment to help you:
  - Discuss how pain is impacting your life
  - Match you with resources that would be most beneficial
  - Help you start your treatment journey



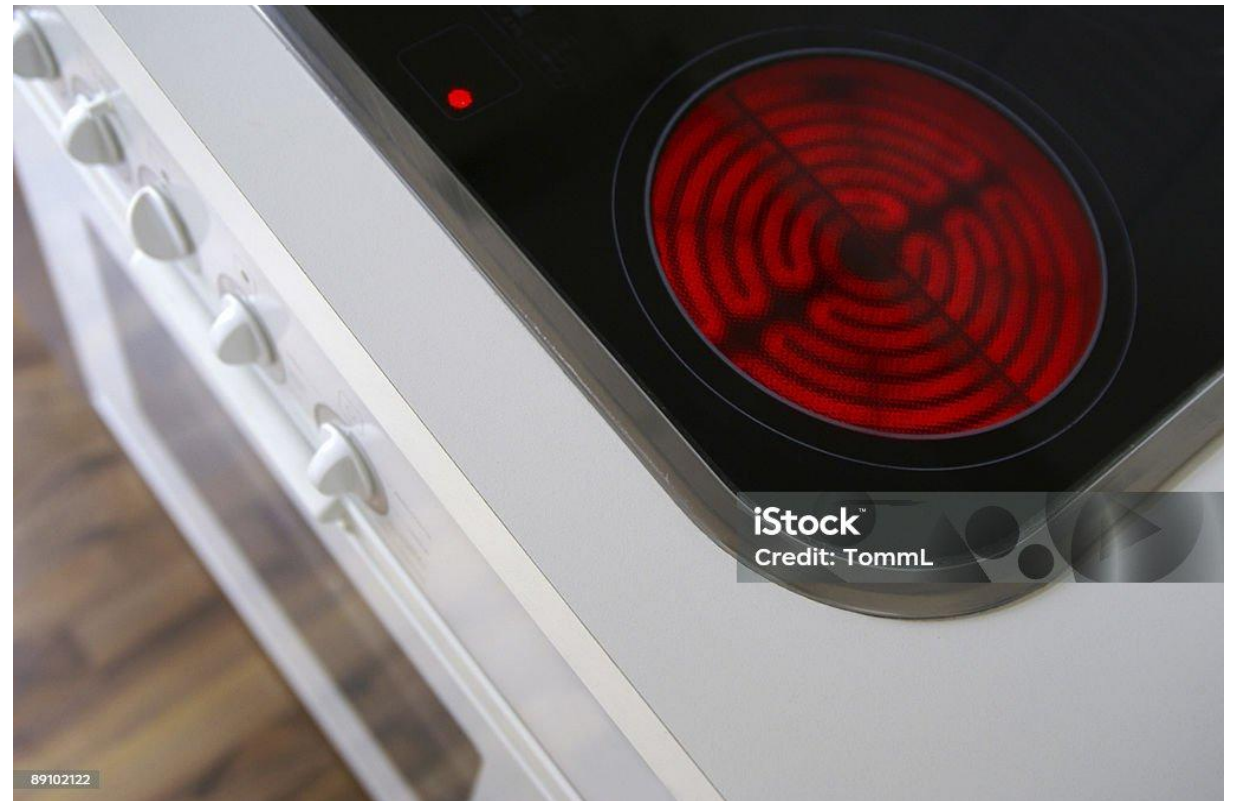
# True or False Questions

1. The amount of pain that you are feeling correlates with the degree of changes found on imaging (x-rays, MRI's) **FALSE**
2. The same injury will cause the same pain in 2 different people. **FALSE**
3. The experience of pain is all in your head **FALSE**
4. Persistent pain is only experienced following an injury **FALSE**
5. The environment, thoughts and emotions can influence your pain experience **TRUE**



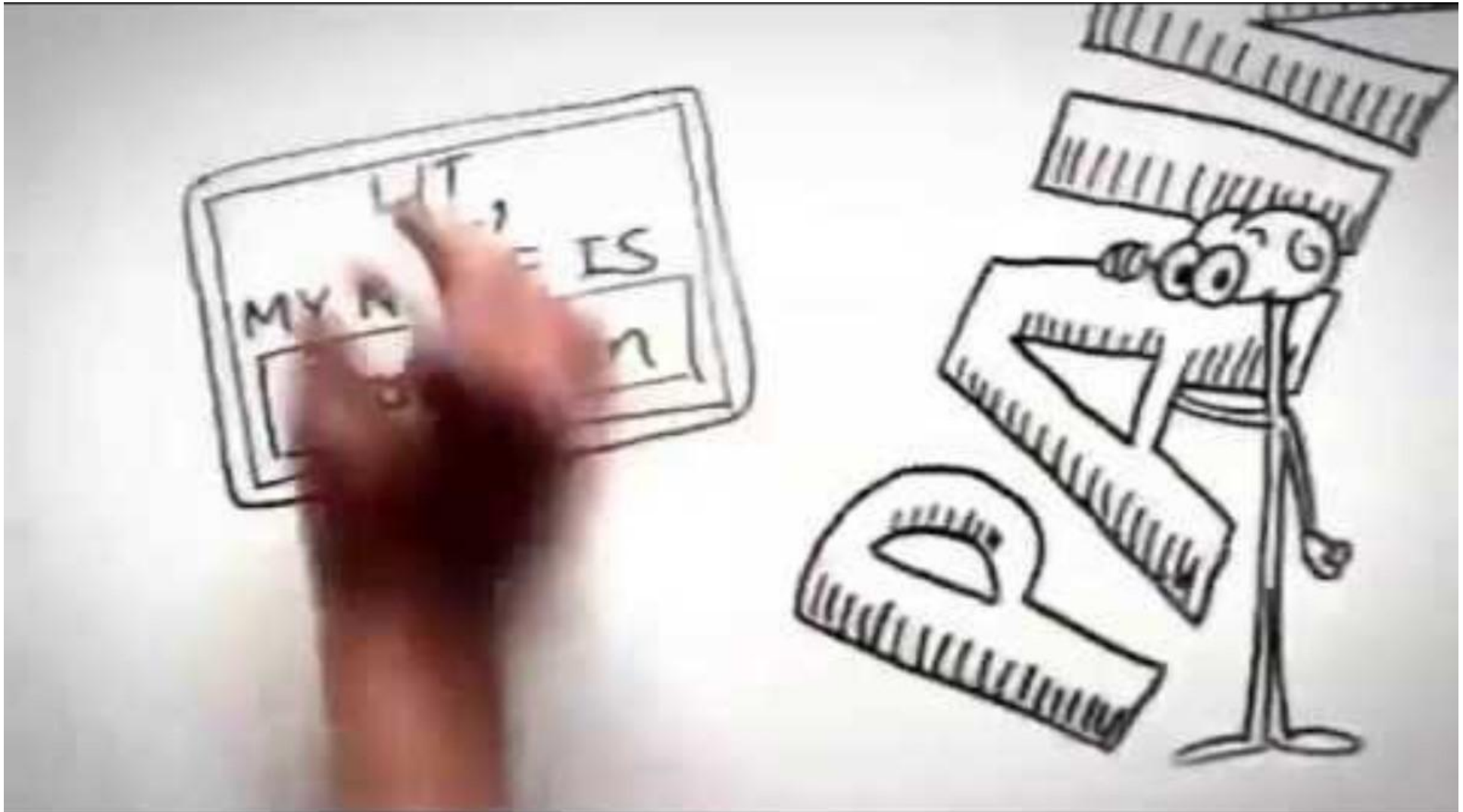
# What is Pain?

- Pain is normal and necessary to protect us.
- The experience of pain is influenced by many factors
- "Pain is whatever the person says it is "





# Understanding Pain in Less than 5 Minutes





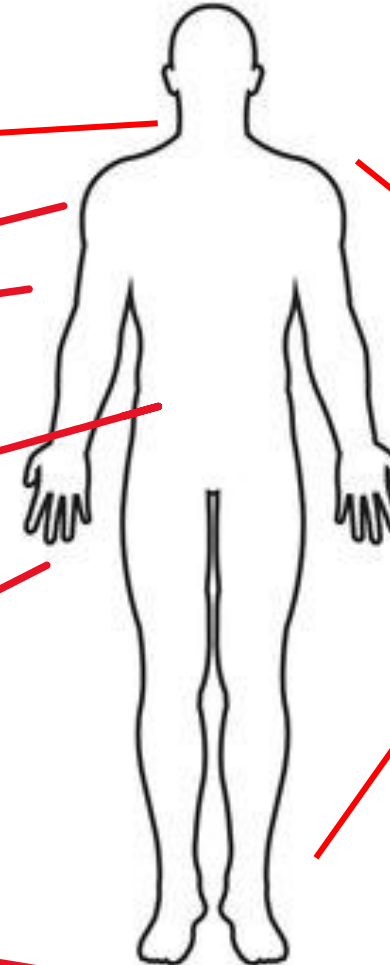
# What is Persistent Pain?

**Nerve pain (Neuropathic pain, sciatica, Diabetic Neuropathy etc)**

**Muscle Pain (Hips, legs, neck, shoulders, feet, etc.)**

**Mechanical/Compressive Pain (Spinal disc degeneration, Spinal nerve compression, Spinal Stenosis)**

**Inflammatory Pain (Arthritis, Infection, Tissue injury)**



**Widespread pain conditions (Fibromyalgia, Myofascial Pain syndrome)**

# What Does This Feel Like? Can You Relate?

- Burning Pain

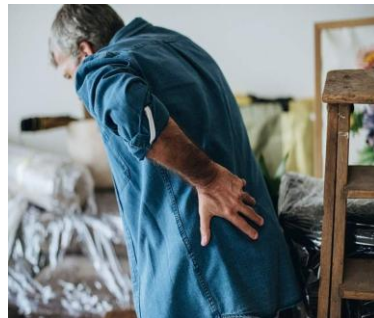


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- Pins and Needles



- Pain with slight movements (e.g. bending forward)



- Pain with sustained postures (sitting, lying for extended period)



- Increased pain for no particular reason (e.g. unpredictable zaps)



# What Does This Feel Like? Can You Relate?

- Trivial Incidences cause flare-ups e.g. getting out of car



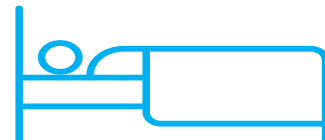
- Pain increases with stress/anxiety



- Pain moves around your body (e.g. one side to the other)



- Pain is worse at night

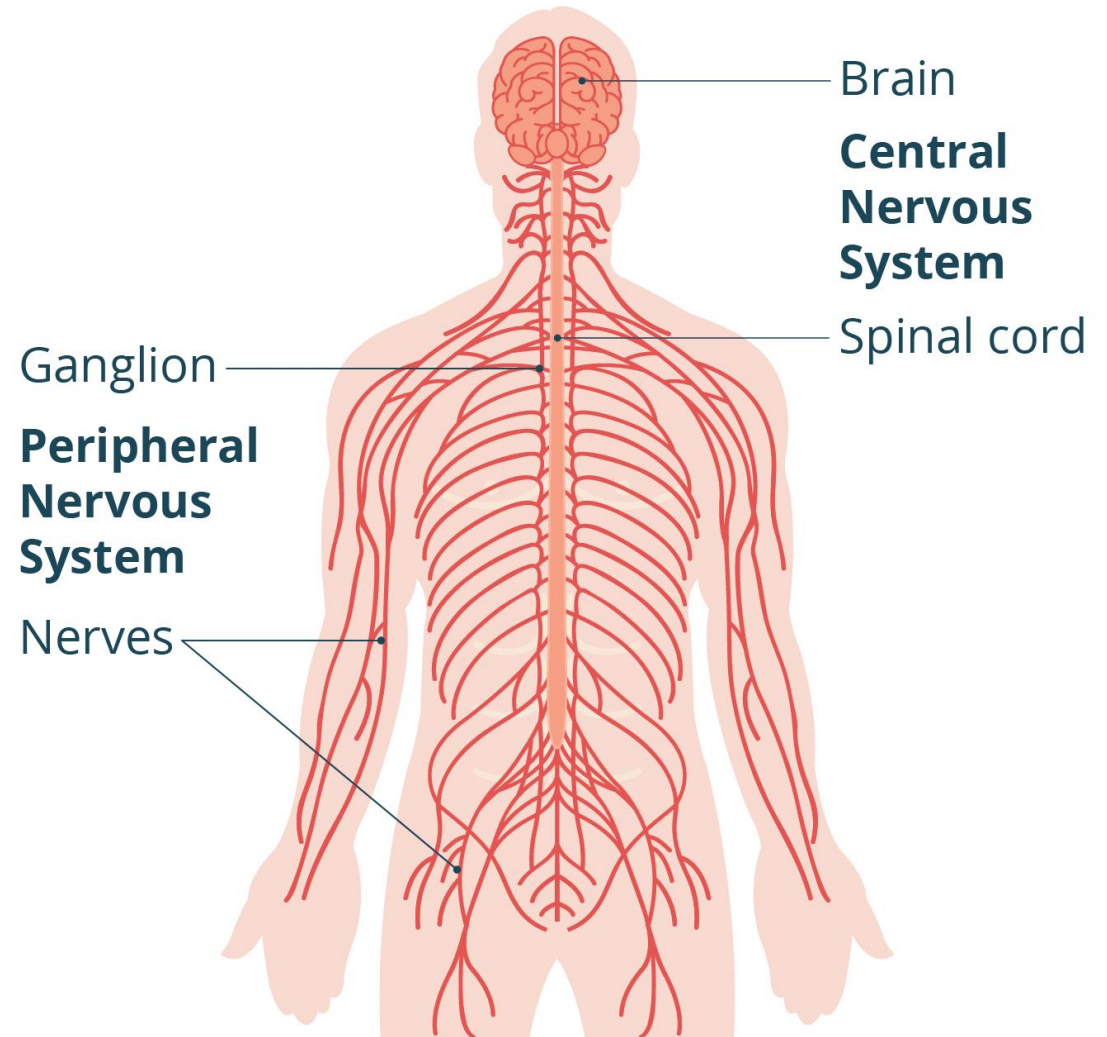




# The Nervous System

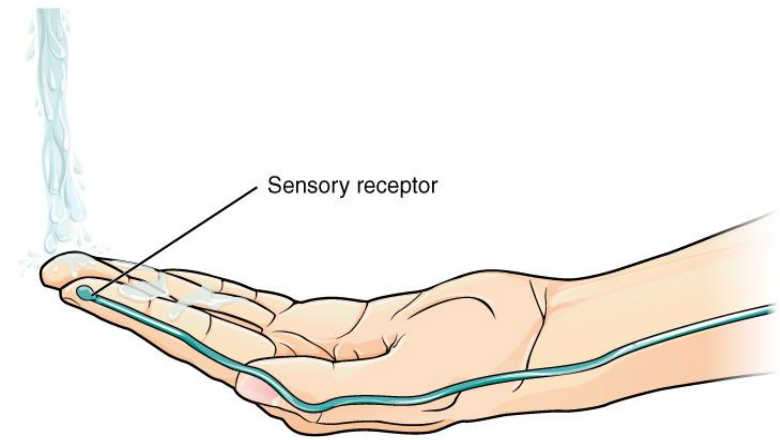


**45 miles and >400 individual nerves!**



# Nociceptors

- Danger sensors on the end of peripheral nerves that send messages to the brain



Mechanical (pin prick)



Thermal (fire)



Chemical (allergen)





# How Pain is Produced: Nociception

## The Pathway of Pain Perception

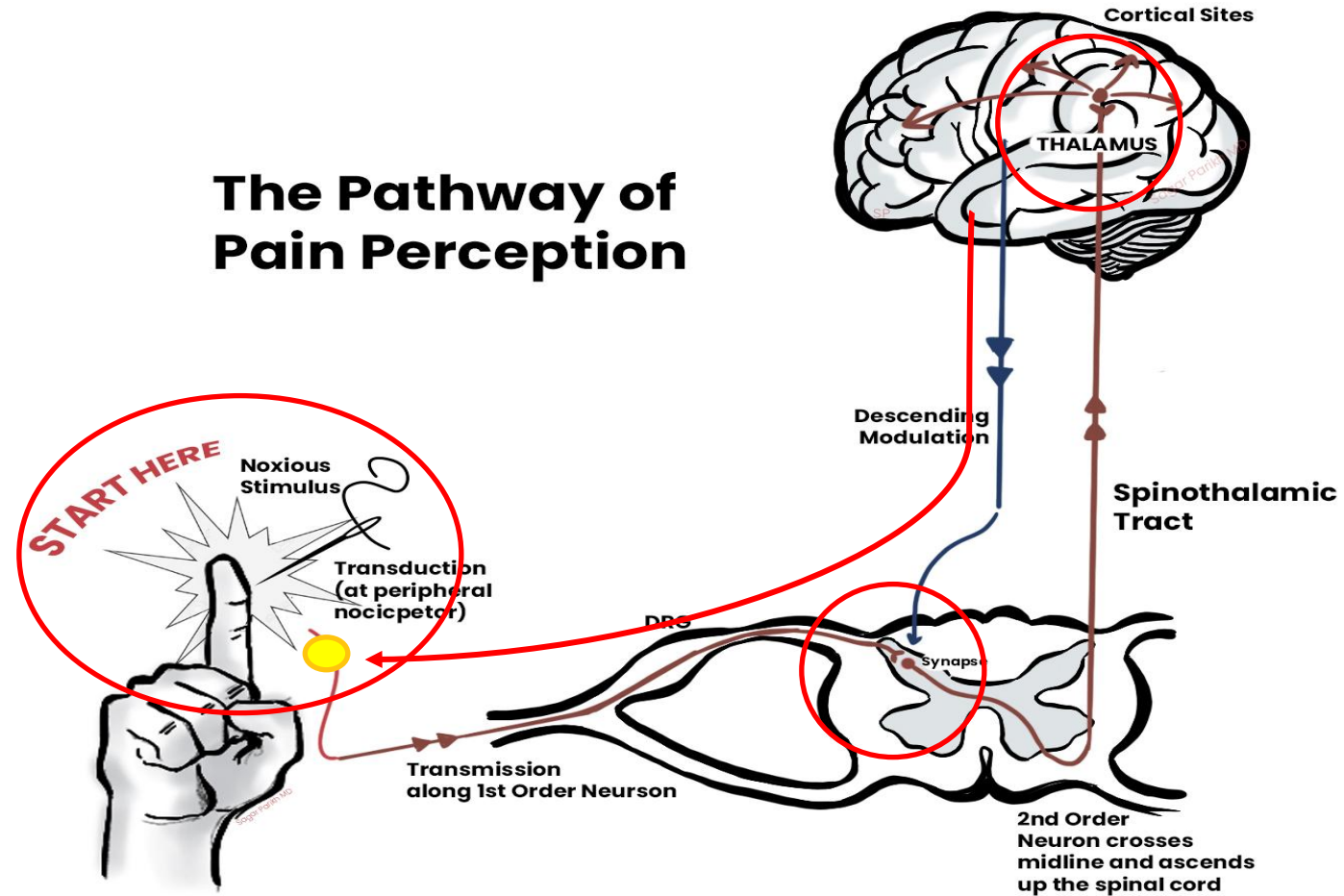
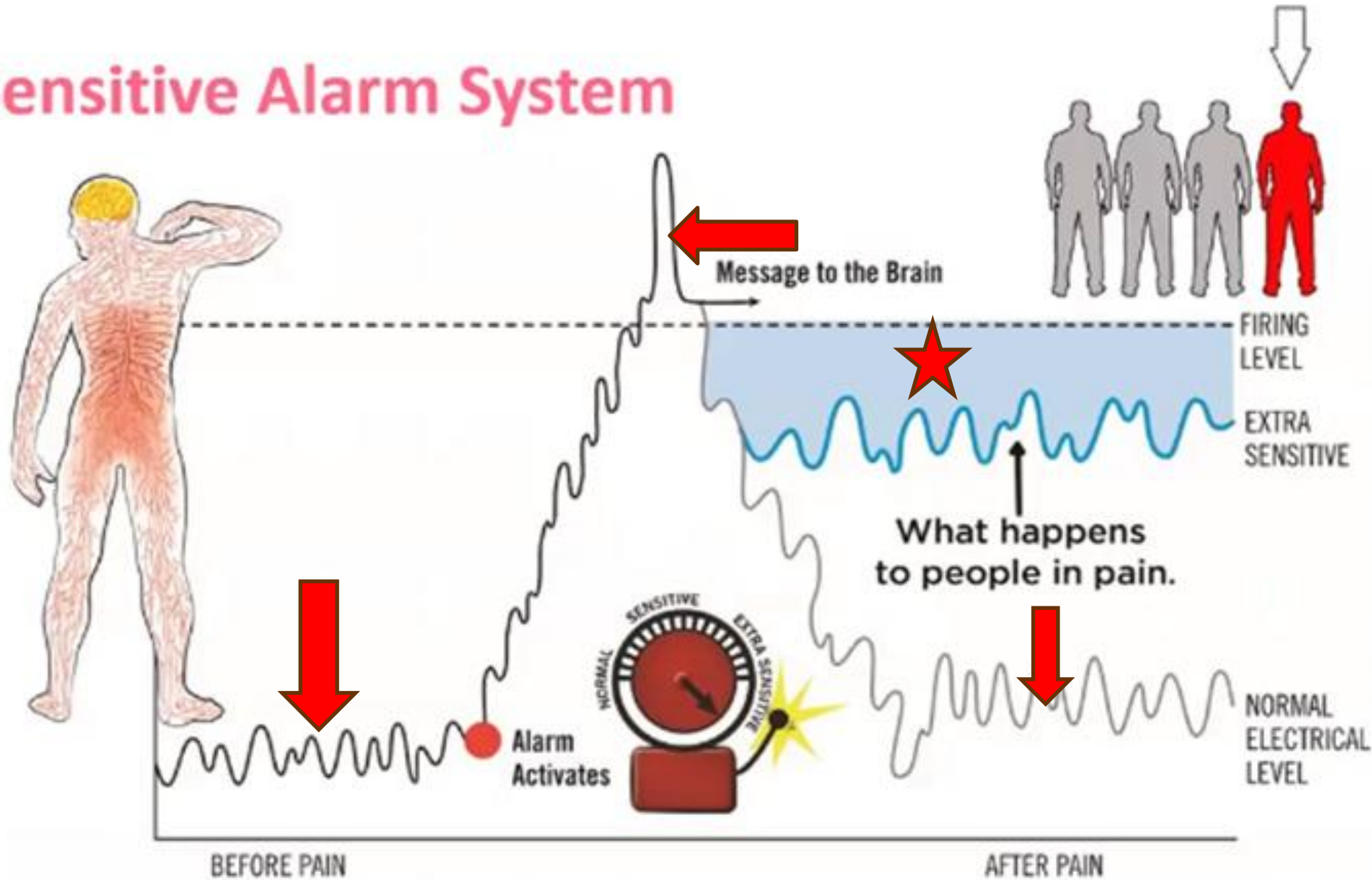


Image obtained from Pain and Placebo Physiology; Essentials of Rehabilitation Practice and Science

# Persistent pain....A Faulty Alarm system!



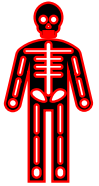
# Sensitive Alarm System



# Nervous System Changes Leading to Persistent Pain



- Enlargement of pain pathways in the spinal cord. Normal sensations can be converted to pain sensations

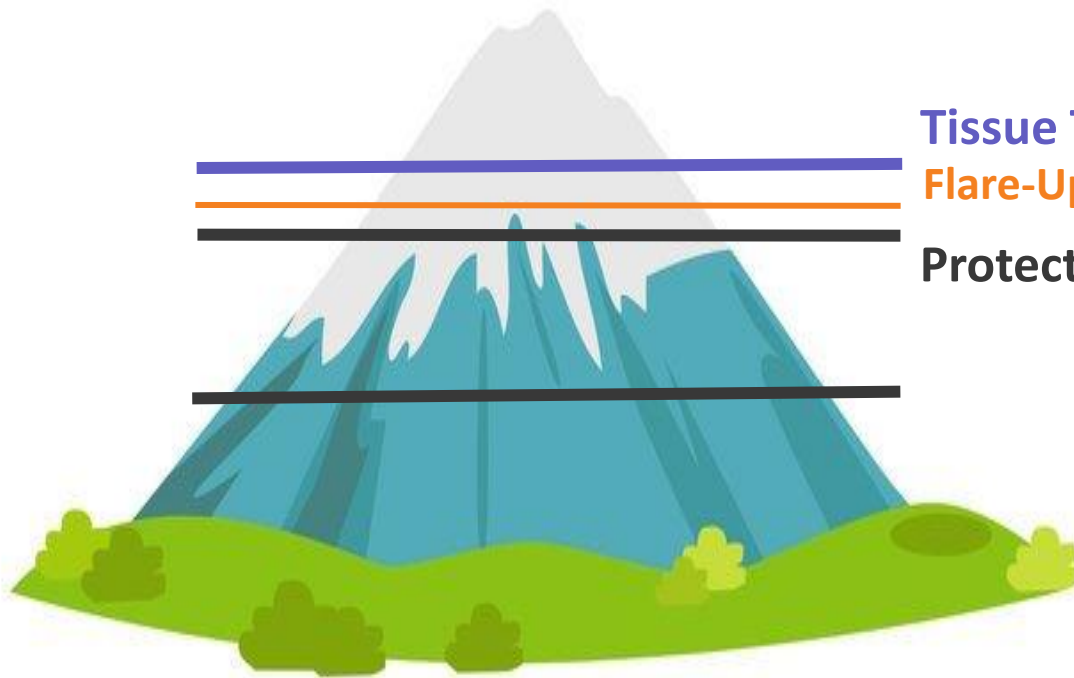


- Increased danger receptors that are activated easier and for longer



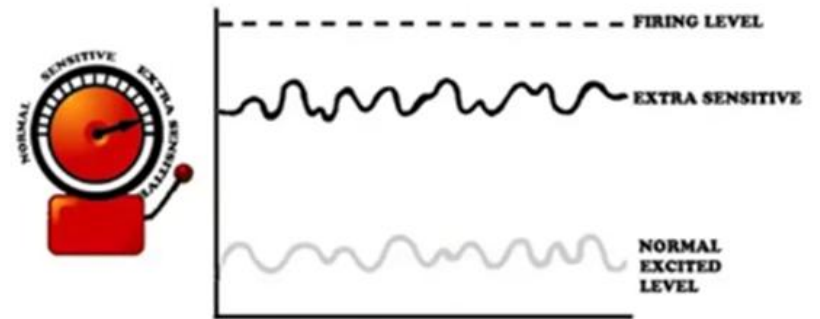
- Brain releases more chemicals that increase the sensitivity of the pain receptors.

# Pain Does not Always Equal Harm

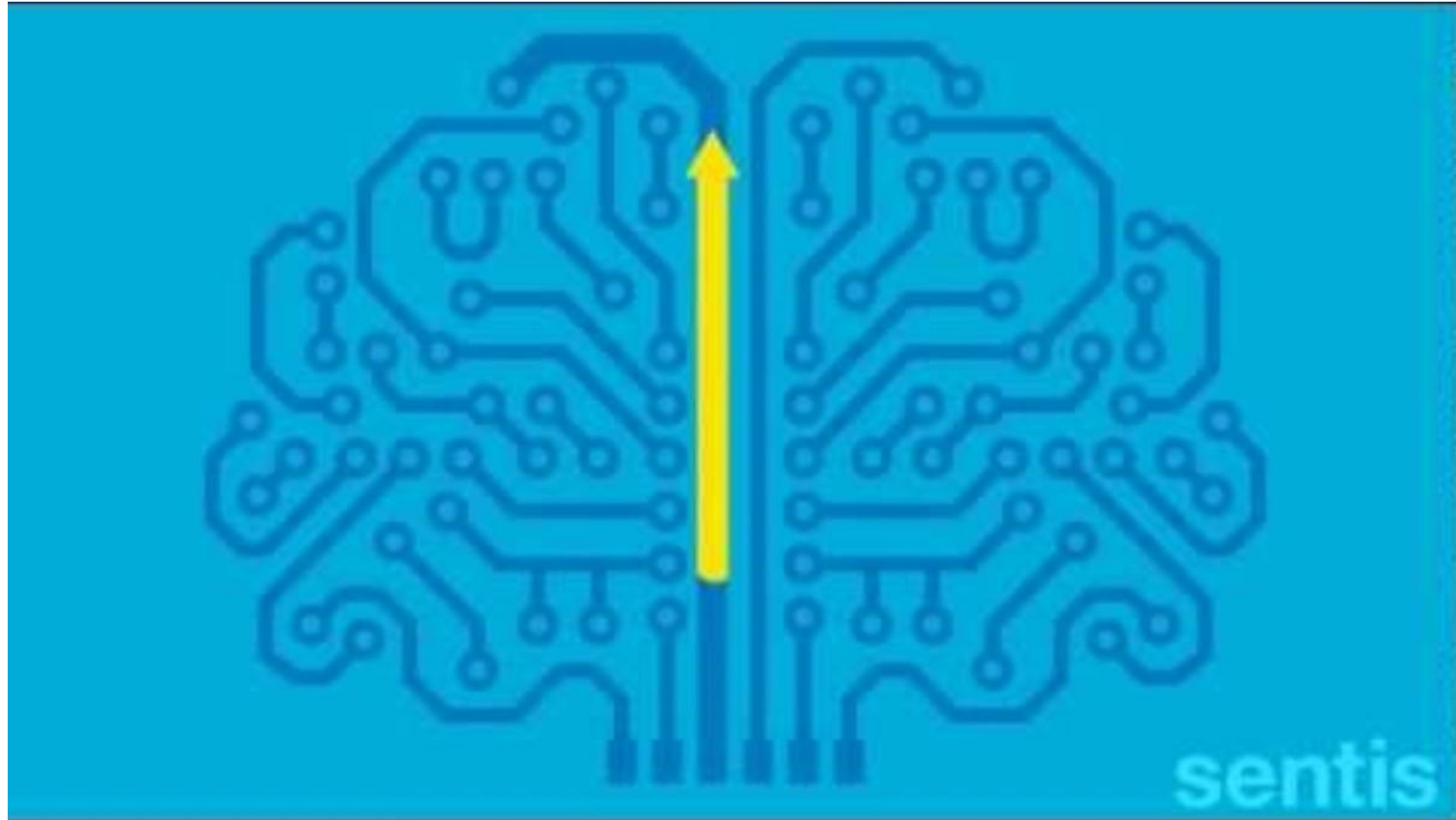


Tissue Tolerance  
Flare-Up Line  
Protect By Pain

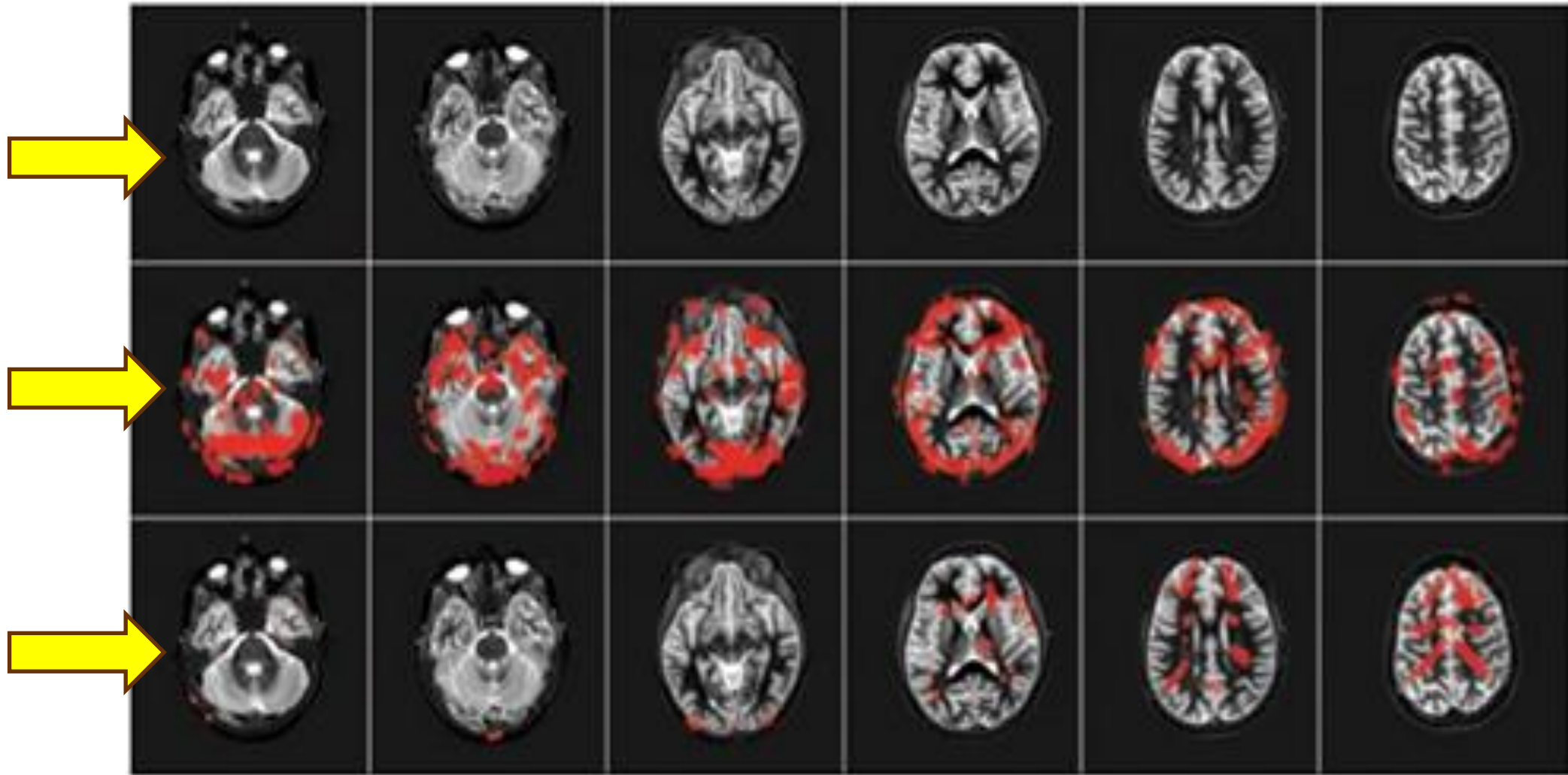
“I hurt when I move”



# Neuroplasticity Video



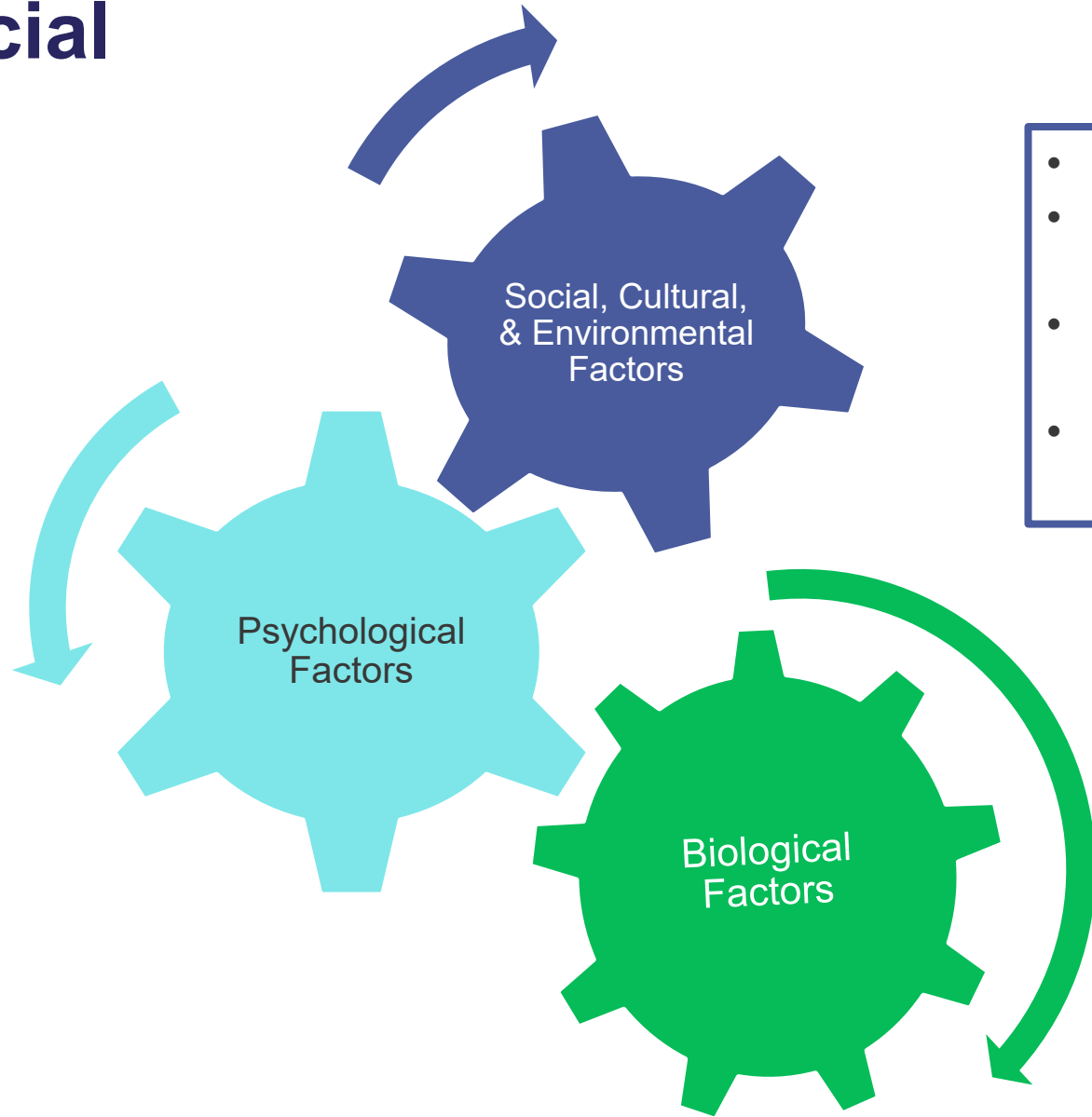
# The Effects of Understanding Pain on the Brain



# Biopsychosocial Model of Pain



- **Mental health**
- **Emotional health**
- **Coping skills**
- **Beliefs and expectations**
- **Perceived control**

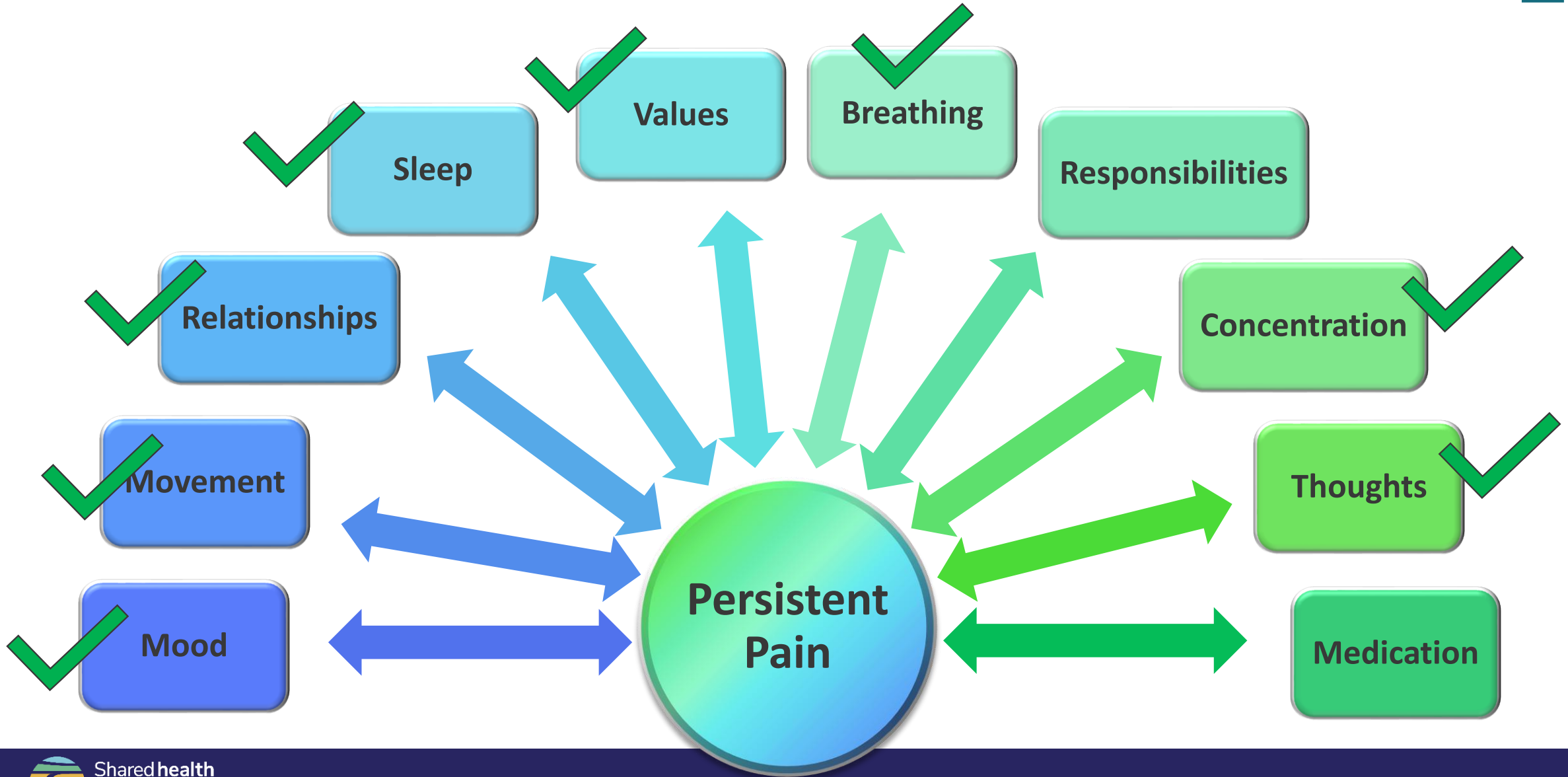


- **Relationships**
- **Social supports & social learning**
- **Access to needed services**
- **Socioeconomic & occupational status**

- **Tissue injury**
- **Physical health**
- **Genetics**
- **Medication effects**
- **Age**

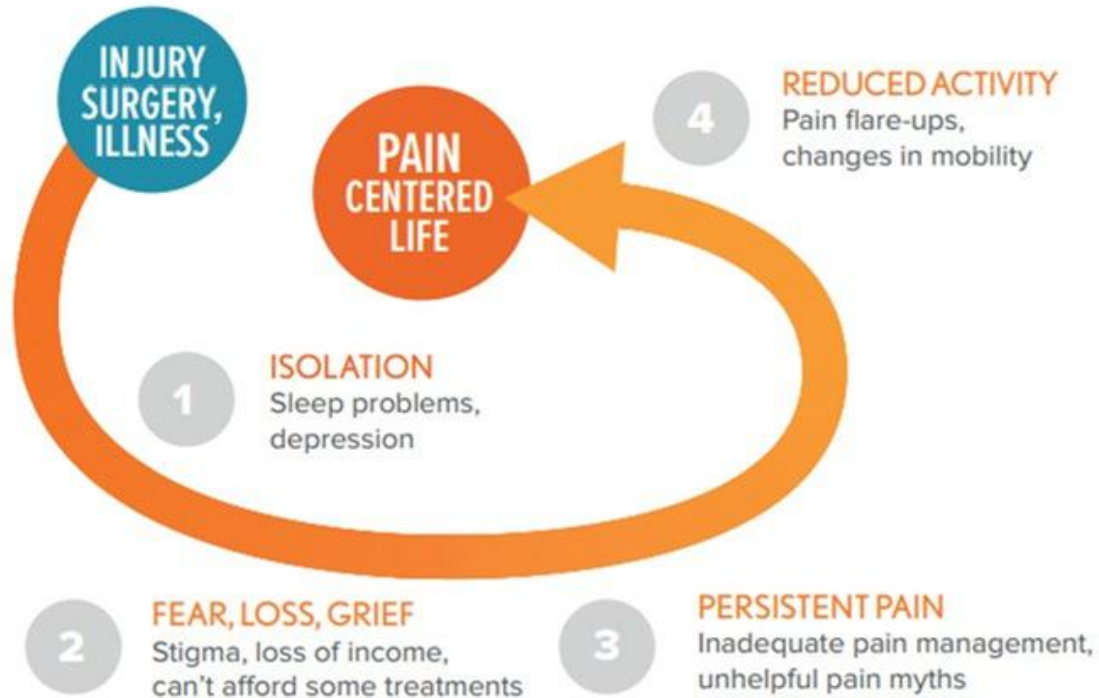


# Persistent Pain is COMPLEX



# A More Balanced Life...

## PAIN SPIRAL



## IMPROVED QUALITY OF LIFE

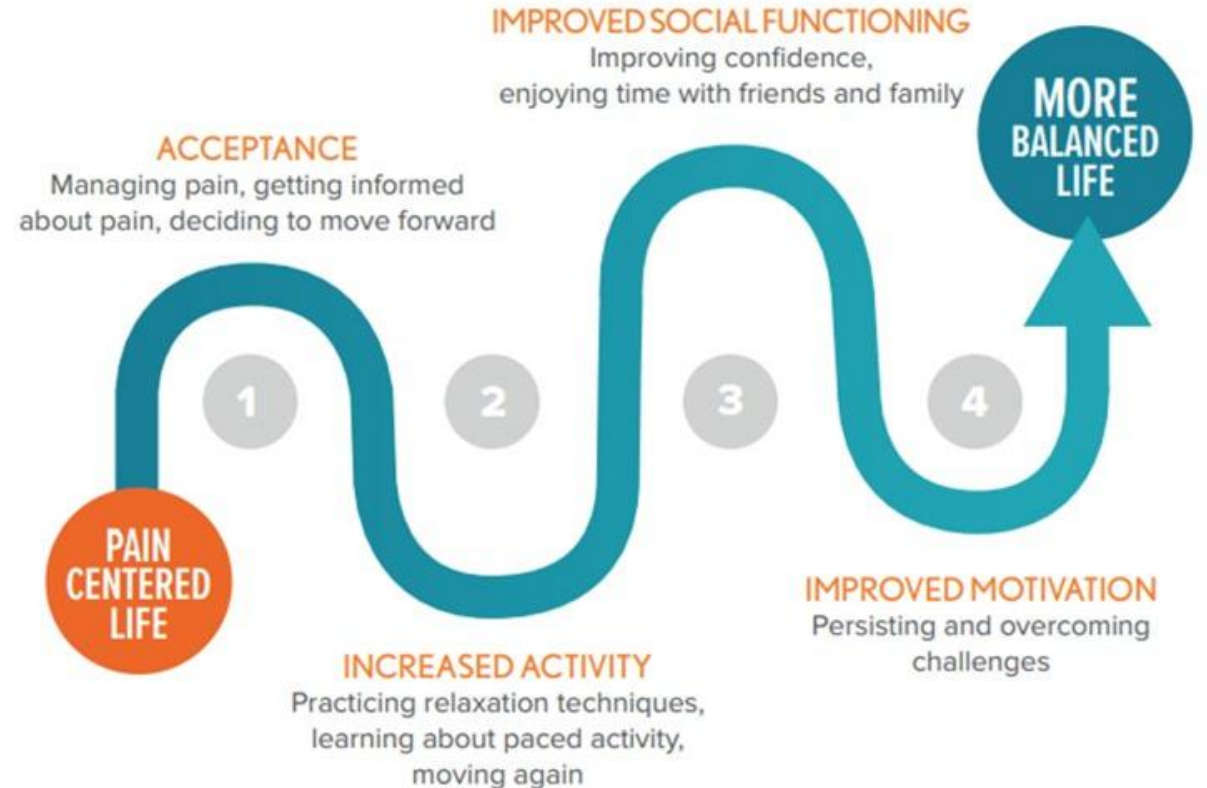


Image obtained from <https://painbc.ca/sites/default/files/2019-07/PainBC-AreYouInPain-Digital-07-22-2019.pdf>



# What can you do about Persistent Pain?



**You are here!  
That is the first  
step**



# Tools for Your Toolkit

Online  
Resources



Clinic  
Services



Groups &  
Workshops



# Power Over Pain Portal

## Power Over Pain Portal



POWER  
OVER PAIN  
PORTAL

Sign In

Create an account

In crisis? Get help now

Home

About ▾

Support ▾

Information Hub ▾

Events ▾

EN | FR

Power  
Over Pain  
is possible.

Your Portal, *always free.*

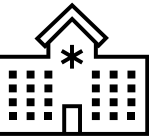
Watch the intro video

Find out more





# Pan Am Clinic | Winnipeg's Clinic for Sports Injuries & Physiotherapy



← ↻ 🏠 <https://www.panamclinic.org/patient-resources/> 🔒 🔊 ☆ ⌵ 👤 ⋮ 🖨



Minor Injury Clinic Hours  
 Mon-Fri: 8am - 6pm (Doors Open: 7am)  
 Weekends: 8am - 3pm (Doors Open: 7:45am)  
 Closed on Statutory Holiday

Call Us: 204.925.1550  
 Non-Urgent Walk-In Status  
**WE HAVE REACHED CAPACITY**

\*Patient must be present for registration

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## Patient Resources

Pan Am Clinic believes your health is something you should know about.



### Orthopaedic Surgery Education

Content provided by Pan Am Clinic together with Understand.com™

Terms English

MENU

Knee

Shoulder

Hip

Cartilage

Elbow



**Diagnostic Knee Arthroscopy**  
404 views · 1 likes



**High Tibial Osteotomy**  
126 views



**Loose Body Removal - Knee**  
139 views

### PDF Resources

- [Guide to Orthopaedic Day Surgery](#)
- [Shoulder Care after Surgery](#)
- [Early Postoperative Shoulder Exercises](#)
- [Pan Am Rehabilitation - Post Surgical Program](#)

<https://www.panamclinic.org/how-we-work/>

# If pain is impacting your quality of life:



## Individualized Care Planning Appointment

- ❖ We recommend a non medical care planning appointment to help you:
  - Discuss how pain is impacting your life
  - Match you with resources that would be most beneficial
  - Help you start your treatment journey



Option 1

Option 2

Intro to Pain Care

Individualized Care Planning -  
Appointment  
Workshops  
Assessment/Treatment with our team

Optional

Visit with the Pain Physician

Continue treatment with our team

Individualized care planning-  
appointment  
Workshops  
Assessment/Treatment with our team

Optional



# Your Next Steps

**Medical appointment with a pain doctor** in ~2- 4 months.

The clinics contact you with an appointment closer to the date.

## *Utilize resources from today*

Online resources and information on clinic workshops are available in your handout

## *Recommended Individualized Care Planning appointment.*

**\*\*Let us know if you want to schedule this non-medical treatment planning appointment.\*\***

# Upcoming Workshops at Pan Am Clinic



## **ACTing on Persistent Pain**

Thursday, May 21st from 1:00-2:30 p.m.

## **Reframing Exercise and Persistent Pain**

Thursday, May 28th from 1:00-2:30 p.m.

## **Self-Compassion and Communication in Pain Management**

Thursday, June 4 from 1:00-2:30 p.m.

## **Understanding Low Back Pain**

Thursday, June 18 from 1:00-2:30 p.m.



Scan this QR code to access the Calendar of Workshops online.



# Questions?



# References

1. Health Canada's analysis using data from Statistics Canada's Canadian Community Health Survey, 2019 annual component, referenced in the Canadian Pain Task Force Report (2021)
2. Jensen, M.C., Brant-Zawadzki, M.N., Obuchowski, N., Modic, M.T., Malkasian, D., Ross, J.S. (1994) *Magnetic resonance imaging of the lumbar spine in people without back pain*. N Engl J Med. Jul 14;331(2):69-73. doi: 10.1056/NEJM199407143310201.
3. Definition of Pain- International Association for the Study of Pain, 2020
4. Explain Pain (2003) by David Butler and Lorimer Moseley
5. Biopsychosocial Model developed by Dr. George Engel in 1977
6. Are you in pain? By Pain BC 2019, retrieved from: <https://painbc.ca/sites/default/files/2019-07/PainBC-AreYouInPain-Digital-07-22-2019.pdf>
7. Bell, L., Cornish, P., Gauthier, R., Kargus, C., Rash, J., Robbins, R., Ward, S., Poulin, P. (2020) *Implementation of the Ottawa Hospital Pain Clinic stepped care program: A preliminary report*. Canadian Journal of Pain: 4(1). doi: 10.1080/24740527.2020.1768059