

Get *your life* back

Our goal is to assist people with persistent pain by empowering them to regain and maintain control of their pain and their lives. We encourage our clients to participate actively in managing their health.

Our treatments and therapies benefit individuals who are having difficulty coping with chronic pain and the impact it has on their lives. This is especially true if they have experienced a decrease in functional ability, such as self-care, home management, work, social activities, recreation and family roles.

The VIHA Regional Pain Program's caring team of health professionals work with clients to explore strategies for living more effectively with chronic pain, allowing them to participate in activities they enjoy.

Visit www.viha.ca/pain_program for more information.



Vancouver Island Health Authority Regional Pain Program Information for Patients and Families

CLINICAL CENTRES

Royal Jubilee Hospital
Memorial Pavilion, Homer 2
1952 Bay Street, Victoria, BC
Phone: 250-519-1836
Fax: 250-519-1837
E-mail: painprogram@viha.ca
Hours: 8am - 4pm (Monday to Friday)

Nanaimo Regional General Hospital
1200 Dufferin Crescent, Nanaimo, BC
Phone: 250-739-5978
Fax: 250-739-5989
E-mail: painprogram@viha.ca
Hours: 8am - 4pm (Monday to Friday)

COMMUNITY PAIN SERVICE SUPPORT

Comox Valley Nursing Centre
615 Tenth Street
Courtenay, BC
Phone: 250-331-8502
Fax: 250-331-8503

Helping People In
Pain to Maximize
Quality of Life and
Overall Function



www.viha.ca/pain_program





The VIHA Regional Pain Program focuses on treating patients suffering from non-surgical pain that is not managed by conventional methods. We believe pain relief requires individualized treatment of many types of pain, including:

- physical pain
- psychological pain
- social pain
- spiritual pain

The most efficient and effective current practices from many disciplines are used to treat the patient as a whole.

The Pain Program's interdisciplinary team consists of anaesthesiology pain specialists, physiatrists, psychiatrists, pharmacists, nurses, occupational therapists, physical therapists, social workers and clerical staff. Through the program, patients are encouraged to take personal responsibility for their health through shared discussion, goal setting and problem solving.

Getting Here

To receive treatment at one of the clinical centres, a patient must be referred by their family physician or a specialist. Before their first visit to the clinic, the patient will be asked to fill out a Patient Questionnaire and bring it to the appointment. The questionnaire can be obtained on the Pain Program website, under "Coming to the Clinic": www.viha.ca/pain_program

What Types of Pain are Treated?

- **Axial** - or "mechanical pain", is the most common cause of back pain
- **Cancer** pain
- **Headaches**
- **Ischaemic** - pain due to low blood flow to muscles and/or body tissue
- **Myofascial** - the presence of hypersensitive points called "trigger points" within one or more muscles and/or connective tissue
- **Neuropathic** - a complex, chronic pain that is usually accompanied by tissue injury
- **Visceral** - pain affecting our internal organs and body tissue

What Types of Interdisciplinary Treatments are Offered?

All patients are provided with information and education about the complex nature of chronic pain, and about how they can learn self-management skills. This is done through orientation sessions, group and individual education, and written materials.

- Interdisciplinary Diagnostic** - assessments to assist in determining the causes and contributing factors of pain, conducted by a variable number of health disciplines, including (but not limited to):
 - * nursing case manager
 - * pharmacist
 - * occupational therapist
 - * physiotherapist
 - * social worker
 - * anaesthesiology pain specialist
 - * physiatrist
- Interdisciplinary Therapeutic** - procedures performed by, or techniques led by, the interdisciplinary team members listed above. Examples include:
 - * group discussion sessions
 - * reconditioning
 - * learning new ways to perform daily living or workplace skills
- Interventional Diagnostic** - a procedure performed by a physician pain specialist in order to distinguish a disease or condition (i.e. discogram - an x-ray exam of a disc after injecting dye).
- Interventional Therapeutic** - a procedure performed by a physician pain specialist in order to relieve painful symptoms (i.e. trigger point injection or facet joint blockade).

