

The Long Mile: Managing Chronic Pain

Greenleaf Medical Clinic Series

Dr. Caroline MacCallum

MD, FRCPC, BSc. Pharmacy

Clinical Instructor, Dept. of Medicine, University of British Columbia

Adjunct Professor, Faculty Pharm. Sc., UBC

Associate. Member Division of Palliative Care, UBC

Medical Director, Greenleaf Medical Clinic



Experience in:

- Chronic Pain
- Complex Chronic Diseases
- Internal Medicine
- Cannabinoid Medicine

Dr. Teresa Clarke

UBC Hon.BSc. Biochemistry 1977, MD 1981

Certified by Acupuncture Foundation of Canada 1995

Certified by Canadian Society of Clinical Hypnosis 1998

Special interests: Integrative Medicine, Chronic Pain, Complex chronic conditions



Experience in:

- Family practice
- Private practice in acupuncture
- Consulting physician in chronic pain rehabilitation program
- Facilitator of fibromyalgia group programs at Arthritis Society
- Consulting physician at BCWH Complex Chronic Diseases Program

Dr. Caroline MacCallum and Dr. Teresa Clarke have collaborated to develop a 10-week online chronic pain group series.

Neuroscience studies have demonstrated that chronic pain changes the brain and alters brain circuitry, creating multiple pathways throughout the brain that involve areas such as the limbic system and the brain stem. This program takes a patient-centered approach to influence brain networks and rehabilitate chronic pain circuitry. The program includes educational, experiential, and interactive components to achieve this goal.

Who would benefit?

Chronic pain patients who are looking for improvement in symptom severity, physical and mental wellbeing, and quality of life.

Learning objectives:

- Improve understanding of appropriate treatment options including prescription medications and medical cannabis
- Learn non-pharmaceutical evidence-based approaches to symptom management such as mindfulness and relaxation techniques
- Learn to self-manage a heightened sympathetic nervous system
- Understand the importance of self-care, self-management, and stress management
- Learn to improve health and wellbeing through nutrition, sleep, and other lifestyle factors

Patient registration page: <https://greenleafmc.ca/group-classes/the-long-mile-managing-chronic-pain>

Registration is limited to 30 participants. No referral needed. These sessions are covered by MSP